



## Episode #361 Show Notes

I wanted to thank you so much for being a member of our newsletter community. I don't take that lightly and it's my goal to help you and serve you as much as I possibly can. Thanks for sharing our shows on Facebook, Twitter and to your friends! :)

And thank you to those of you who have donated on [Patreon](#) or supported us from our [store](#) and bookmarked our [Amazon link](#)! We love you so much.

I appreciate each and every one of you...



- Kate & Justin (and Maggie)

### Show Notes For This Episode:

Help support us so we can remain commercial free! Don't worry it's easy!

- [BARF World Raw Dog Food](#)
- [Qigong Moving Meditation Course](#)
- [The FAR Infrared Sauna](#)
- [One World Whey Protein Powder](#)
- [Annmarie Gianni Skincare Line](#) – [see our video](#)

- [Our Patreon Account](#)
- [Blog On Renegade Health](#)
- [The Complete Bone Health Program](#)
- [The Blood Test Program](#)
- [Dr. Bernard Jensen](#) – [see books](#)
- [Standard Process](#) – [see products](#)
- [Colostrum For Gut Health](#)
- [Atom Bergstrom Chronobiotic Nutrition](#) – [see books](#)
- [Dr. John Bergman Our Chiropractor](#) – [see books](#)
- [5 Rites Exercise](#)
- [Qigong Exerciese](#)
- [The Longevity Stick Workout](#)
- [David Ji Meditation](#) – [see books](#)

## **Commercials During This Episode:**

- [Commercial #1 BARF World Raw Dog Food](#)
- [Commercial #2 Qigong Moving Meditation Course](#)
- [Commercial #3 The FAR Infrared Sauna](#)
- [Commercial #4 One World Whey Protein Powder](#)

