

Episode #367 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!

- Increase Energy with Qigong
- Get free shipping on your Vitamix
- Clean Your Air of Chemicals
- Create Quick Tasty Raw Food
- Sweat out toxins in a FAR Infrared Sauna

- [American Heart Association](#)
- [Dr. Robert Lustig](#)
- [Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease](#)
- [Fat Chance cookbook](#)
- [Mark McCafee on raw milk](#)
- [King Corn documentary](#)
- [56 Names for Sugar book](#)
- [Sweet Revenge TV show](#)
- [Fed Up Documentary](#)
- [Sugar Is Killing Us](#)
- [Ralph Nader](#)
- [Sugar Coated Documentary](#)
- [Dayton Medical Clinic](#)
- <http://www.fatchancerow.org>
- [Open Truth Now Project](#)
- <http://www.dumpthejunkamerica.com/>
- [Fred Water](#)
- [The C Word Documentary](#)
- <http://www.sugarscience.org>
- [Luna & Larry's Ice Cream](#)
- [Ron Becker on Floating](#)

Commercials During This Episode:

- [Commercial #1 – Increase Energy with Qigong](#)
- [Commercial #2 – Get free shipping on your Vitamix](#)
- [Commercial #3 – Clean Your Air of Chemicals](#)
- [Commercial #4 – Create Quick Tasty Raw Food](#)

•Commercial #5 – Sweat out toxins in a FAR Infrared Sauna