



Episode #371 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!

- Bellicon Premium rebounders
- Get free shipping on your Vitamix
- Q-1000 Low Level Laser Therapy
- Healthy Raw Dog Food
- Raw Organic Whey Protein Powder

- [Sean Croxton](#) – [see books](#)
- [Jimbo's Naturally Stores](#)
- [Dr. Thomas Cowan](#) – [see books](#)
- [Weston A. Price Foundation](#)
- [Sally Fallon](#)
- [Broth is Beautiful](#) article
- [Paul Chek](#) – [see books](#)
- [What Color Is Your Parachute?](#)
- [Chef Mark Strausman](#)
- [Fred's of Beverly Hills](#)
- [Piccola Cucina](#)
- [San Diego Culinary Institute La Mesa](#)
- [Nourishing Traditions](#) book by Sally Fallon
- [Whole Foods](#)
- [Nourishing Broth](#) by Kaayla Daniels
- [Dr. Kaayla Daniel](#)
- [Pure Flo Well Water](#)
- [Carlsbad Mineral Water](#)
- [GAPS](#) – Dr. Natasha Campbell McBride
- [Gut and Psychology Syndrome](#) – Dr. Natasha Campbell McBride
- [Mother's Market](#)
- [Paleo FX Conference](#)
- [Robb Wolf](#) – [see books](#)
- [Mark Sisson](#) – [see books](#)
- [Christa Orecchio The Whole Journey](#) – [see books](#)
- [Dave Asprey](#) – [see books](#)
- [The Presence Process: A Journey into Present Moment Awareness](#)
- [Dr. Lisa Raskin](#)

Commercials During This Episode:

- Commercial #1 – Bellicon Premium rebounders
- Commercial #2 – Get free shipping on your Vitamix
- Commercial #3 – Q-1000 Low Level Laser Therapy
- Commercial #4 – Healthy Raw Dog Food
- Commercial #5 – Raw Organic Whey Protein Powder