



Episode #372 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:

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- [Q-1000 Low Level Laser](#)
- [Medical BioMats](#)
- [Raw Organic Whey Protein Powder](#)
- [Qigong](#)
- [Dr. Mercola Interview](#)

- [Beyond the death spiral](#)
- [Beyond the death spiral video](#)
- [Biological dentistry](#)
- [Self-Guided Myofunctional Therapy](#)
- [Dr. Stuart Nunnally](#)
- [Are There Safer Alternatives to Root Canals article?](#)
- [Breathing episode with Dr. Artour Rakhimov – see books](#)
- [Buteyko breathing method](#)
- [Oxo sippy cups](#)
- [Facial Meltdown video](#)
- <http://www.facefocus.com>
- [The Breath Slim](#)
- [Dr. Mark Sircus](#)
- [Close Your Mouth book](#)
- [Crossroads Clinic](#)
- [DMT The Spirit Molecule](#)
- [Aubrey Marcus from Onnit.com](#)

Commercials During This Episode:

- [Commercial #1 – Q-1000 Low Level Laser](#)
- [Commercial #2 – Medical BioMats](#)
- [Commercial #3 – Raw Organic Whey Protein Powder](#)
- [Commercial #4 – Build Qi With Qigong!](#)