

Episode #390 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. [Click here](#) to find out more ways you can help us!

I appreciate each and every one of you...



– Kate & Justin (and Maggie)

Show Notes For This Episode:

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- [The Thyroid Bundle](#)
- [23 and me test](#)
- [Dr. David Steenblock interview](#) – [see books](#)
- [Dr. Steven Hines](#)

- Hydrochloric Acid with Pepsin
- Urinary Spot Test ZRT Labs
- Dayton Medical Clinic
- Dr. Rhonda Patrick
- Louise Hay Loving Yourself To Great Health
- Heather Dane – [see books](#)
- Ahlea Khadro – [see books](#)
- Lugols Liquid Iodine
- Dr. Natasha Campbell McBride GAPS Protocol
- GAPS Diet Book Healing The Gut
- Danielle Walker Interview about celiac
- Against All Grain Book

Featured Products For This Episode:

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Commercial #1 – Bellicon Rebounders

Commercial #2 – Good Morning Qigong

Commercial #3 – The Q-1000 Laser

Commercial #4 – The Relax FAR Infrared Sauna