



## Episode #392 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:

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

- Relax FAR Infrared Sauna
- Crowdfunding & Extreme Health Radio – Support Us via Patreon
- Vitamix Blenders
- Hyperbaric Oxygen Tanks

- Cryotherapy
- Dr. Jockers Digestive Workshops
- Dr. David Steenblock on ALS
- Bulletproof Coffee
- Grass Fed Butter
- MCT Oil
- Mucousless Diet Healing System
- Coconut Milk Ice Cream
- Mold Article
- Mold Documentary by Dave Asprey
- Cancer is a Fungus
- Dr. Tullio Simoncini
- Air Filter For The Home
- Plants In Your Home
- Activated Charcol
- Diatomaceous Earth
- Daily Detox Supplement
- Benefits of Beta Glucan Article
- Transfer Point Beta Glucan
- Shows On Improving Sleep
- A Good Quality Magnesium
- Epsom Salt Baths
- Brain Calm Magnesium by Dr. David Jockers
- Melatonin
- Sleep Mask
- Orange Glasses to Block Blue Light
- Apple Cider Vinegar
- Chronobiotic Nutrition

## Featured Products For This Episode:

We are now commercial free but only if you [click here to support us](#) to keep making commercial free shows! 😊

### The Q-Laser Healing System

- Organic Makeup & Skincare Products
- Qigong Course
- Bellicon Rebounders