

Episode #401 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)

Sponsor For This Episode:

Extrema Chemical Free Cookware – Cook your food free of chemicals, toxins and heavy metals leeching into your dishes!

• **Relax FAR Infrared Saunas** – Detox your body, cleanse from chemicals, increase your immune system and lose weight with this sauna!

Show Notes For This Episode:

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

- Ty Bollinger – Truth About Cancer
- Extrema Chemical Free Cookware
- The Relax FAR Infrared Sauna
- Dr. Rhonda Patrick Video On Sweating
- Atom Bergstrom – [see books](#)
- Robert Holden – [see books](#)
- Hay House Summit
- Dr. Jack Kruse Cold Thermogenesis
- The Jing Slingers
- Cynthia Pasquella – [see books](#)
- Wim Hof The Iceman
- Newport Float Therapy
- The Benefits of Floating
- Vice Documentary On Wim Hof
- Jon Pall Sigmarsson
- Doc McStuffins
- Dr. Richard Massey
- Dr. John DeWitt – [see books](#)
- Athenix Body Contouring
- Robert Kennedy Jr. Vaccines
- Pathways Magazine
- Dr. John Bergman – [see books](#)
- Dr. Kevin Connors on Rife Technology
- Sean Croxton
- George Weinand from Neurowaves

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! 😊

- Bellicon Rebounders
- The Q-1000NG Soft Laser
- Good Morning Good Evening Moving Meditations
- Activation Products – Ocean's Alive & Magnesium