

## **Episode #404 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 <u>Facebook</u>, Twitter and to your friends! :)

And thank you to those of you who have donated on <u>Patreon</u> or supported us from our <u>store</u> and bookmarked our <u>Amazon link!</u> We love you so much. <u>Click here</u> to find out more ways you can help us!

I appreciate each and every one of you...



Kate & Justin (and Maggie)

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Surthrival – Build your immune system, and restore hormone health! ☑

•Qigong Meditations – 10 minutes twice a day to get grounded and build energy. 

☑

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