

Episode #422 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)

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- Raw Silk Gloves
- Life Spa
- Yoga Shakti
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- National Ayurvedic Medical Association
- S.A. Wilsons Coffee for Enemas
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- Link to foods high in sulfur
- Tony Pantalleresco
- Flula Borg
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- Meridian Grace
- Float Tanks
- Ayurveda food combining
- Nikki Moses

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