

## Episode #354 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.

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!

- Qigong Energy Course
- Q-1000 Lasers
- Relax FAR Infrared Sauna
- Colostrum
- Neti Pot for clearing sinuses

- [Tapping Emotional Freedom Technique](#)
- [The 21 Day Quit Sugar Plan](#)
- [One World Whey protein powder](#)
- [Dayton Medical Center](#)
- [Our biological dentist Dr. Stuart Nunnally](#)
- [Dental section of our website](#)
- [Dr. Alison Adams](#) – [see books](#)
- [Dr. Bob Marshall](#)
- [Dr. Bob Dowling](#)
- [Archetypes.com](#)
- [Caroline Myss](#) – [see books](#)
- [Southern Herb Flower Essences](#)
- [The Natural Recovery Plan](#)
- [Bach Flower Essences](#)
- [Dr. Edward Bach](#) – [see books](#)
- [The Food Babe](#)
- [HTHY Thyroid drops](#)
- [Tamara St. John healing from breast cancer](#) – [see books](#)
- [Dr. Navarro Urine test for cancer](#)
- [Mike Adams from Natural News](#)
- [Dr. Susan Smith Jones](#) – [see books](#)
- [Jessica Ortner on tapping](#) – [see books](#)
- [Q-1000 laser](#)
- [Kate's headache article](#)
- [The Desire Map](#)
- [Danielle Laporte](#) – [see books](#)
- [Dr. Garry Gordon on vitamin C](#) – [see books](#)
- [Lipospheric Vitamin C](#)

- [Kendall Jewelry cleaner for making vitamin c](#)
- [Dr. Lloyd Jenkins from the Budwig Center](#) – [see books](#)
- [Nancy's Cottage Cheese for the Budwig diet](#)
- [Make colloidal silver](#)
- [Steve Barwick on making silver](#)
- [MovNat](#)
- [Steve Maxwell](#)
- [The Sit Test](#)
- [Deepak Chopra Ayurvedic book](#)
- [Chiropractor Dr. John Bergman](#) – [see books](#)
- [Jim Rohn on success](#) – [see books](#)
- [David Wynn Miller on quantum language](#)
- [Atom Bergstrom on solar nutrition](#) – [see books](#)
- [David & Annie Jubb on Language](#)
- [Dr. Jeff McCombs on Candida](#) – [see books](#)

### **NEWS HEADLINES:**

- [8 Things To Give Up](#)
- [Sour milk test for testing cancer](#)
- [Non Violent Communication techniques](#)
- [NLP](#)
- [The Cuddle Article](#)

### **Commercials During This Episode:**

- [Commercial #1 – Qigong Energy Course](#)
- [Commercial #2 – Q-1000 Lasers](#)
- [Commercial #3 – Relax FAR Infrared Sauna](#)

