

Love & Guts Podcast links.

I couldn't wait to make this one live,

Here are all the links. Feel free to use any or all.

I have the MP3 file too if you need it.

I will push it through my newsletter, facebook and instagram over the next few days.

## Links

For website

```
<iframe style="border: none"
src="//html5-player.libsyn.com/embed/episode/id/6350306/height/90/theme/custom/autoplay/no/
autonext/no/thumbnail/yes/preload/no/no_addthis/no/direction/backward/render-playlist/no/cust
om-color/87A93A/" height="90" width="100%" scrolling="no" allowfullscreen webkitallowfullscreen
mozallowfullscreen oallowfullscreen msallowfullscreen></iframe>
```

Itunes --- > <https://itunes.apple.com/au/podcast/love-guts/id1345246309>

Stitcher ---> <http://stitcher.com/s?fid=175728&refid=stpr>

Podcast page ---> <http://lyndagripaie.libsyn.com>

Thank you again for being my guest :)