

S4 Episode 2: Catching Up

author:



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Synopsis

<p>Ally and Cortni catch up on months 8-11 post surgery, talk about all of the changes that have happened, what their diets and daily routines look like now, and discuss what (if anything) they would want to be different.</p> <p>For any questions or to guest spot or share a story of your own, please email us at: nogutsnoglorypod@gmail.com or find us on instagram @nogutsnoglorypodcast2021. For products mentioned in our podcast, find our Amazon storefront [here](https://www.amazon.com/nogutsnoglorypodcast). Check our website nogutsnoglorypodcast.com.</p>

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