Environmental Toxicants, Autoimmunity, and Chronic Diseases Summit Live Q&A Transcript

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Welcome and Audience Introductions

All right, if you're just joining us, keep. Keep typing in the chat where you're from so we can get to know you little more Australia. It's amazing. We love that you're here.

And we're going to try to make tonight useful, valuable. Answer your questions. We have a lot of questions to answer. Please feel free to type in the chat or Soto welcome.

Hi Ruth, please feel free to type in the chat where if you have a question. Barbados. I don't want to ignore anyone, right? So please feel free to keep typing.

Crystal Colorado. Maryland. We really have the whole world. We haven't seen anyone from Asia. Hi, California. Hi, Sherry. We haven't seen anyone from Asia yet, so if you're from Asia, don't be shy.

Let us know. California is kind of a California so blasé right there. Everyone's from California. Also, isn't that the fifth largest economy in the world?

Oh, I love it. All right, so keep telling us where you're from. We're going to start reading the questions. And also, again, if we don't answer your question or if you didn't get a chance to submit, please feel free to put it into the chat.

We will be monitoring it through the whole presentation and I remember not be able to get to it. Do our best. Disclaimer we don't want to leave anyone out.

All right, Redwood City, let's see. Okay, feel free to keep typing in the chat so we know where you're from. We're so excited you're here. And we're going to go in order of receipt, or at least in the order that our team gave it to us. So, so, so one thing that people brought up is that when we, when they eat right, and then they fast.

So one question that came up is when they fast, should you be consuming binders to bind the toxins that are getting released when you fast?

Binders for Fasting and Detox Support

Because when you're fasting, the body is technically resting and able to focus on detox. So should you take a binder so that these toxins aren't released and then re uploaded?

And if so, what binders do you recommend you want to hit that one? Sure. So that sounded bad. Sorry. So in terms of binders, it's always helpful. I mean, the question is first, do you have metals or do you have mold or do you have toxins?

We all have someone to talk to you. Right? The question is how much, etc. so it's really hard to know what you need. There are some general ideas. For example pack practice.

All is amazing. It binds up a lot. That can be taken every day. It can and should be the proper manual if there's any mold. Konjac fiber is purple man and fiber, and it binds all the strains of micro toxins, which is fantastic.

And it also helps clean up the gut we like in our cats like chlorella or cats really love chlorella for cats. Well, train. They sit on the bed at night waiting for us to give them chlorella.

So that's our treat for the day. So it's it's good. It's good for us. It's good for it's a win win situation. There. The

question that just came up that I'm going to address straight off is how do you spell the mold binder.

It's protocol man. And so we sell this because, you know, this is what we do for a living. It's called Clean and Clean on our five journeys website which is five journeys.com.

It's called Lean and Clean. It's propyl man and propanol l m and then and it comes from Konjac konjac. I know there's a lot of L's and M's and and there you go.

Thanks for adding that in Brett. So. Well the cool thing about it that is not only does it buy in bulk, but it's actually just good fiber. So, people use it for actually helping with the weight loss because once it hits, your body and it absorbs it, it bubbles up, balloons up, and it takes up room in your belly so you're not as hungry.

So a lot of people use that actually to win, to lose weight and when. So it gives you fiber, gives you poop obviously poop and moves the mold. So it's win win all around. Totally.

All right. We're going to move on to the next question, which is I have a positive RNA an anti single strand DNA. What should I eat. This is I think the question that a lot of people ask which is what should I be eating.

Let's start with big stuff. Well let's let's make the question more generalized. So the question is really I have an autoimmune disease, right. What do I eat for an autoimmune disease.

So okay. So for autoimmune disease we are huge fans of the autoimmune paleo protocol because it takes away the majority of allergens from your eating.

And that allows the body to quiet down. The thyroid loves this. All types of lupus, the multiple sclerosis degenerative disease is really respond well to quieting down the immune system and taking away the things that trigger it.

So you think about autoimmune paleo. It's paleo, but souped up.

Autoimmune Paleo Diet Guidance

So no gluten, no dairy, no knots, no seeds, no corn, soy, no egg. I know I'm missing something. Yeah, there's a whole run out of fingers. Yeah, that was a lot.

So I really have to count on my fingers. There's a whole slew. And the point is really anything that's inflammatory. Yeah. Take it out. And this may not be the rest of your life.

And products may not be sustainable, but you want to do it for at least a good three months. And I would say realistically 6 to 12 months is what you want to think about.

And I think about the sicker you are, the longer you're going to do it. And the sicker you are, the longer it may take you to get back to baseline, crawl out of the hole.

So use that as a guideline. Write it. The thyroid loves it, but it takes a little bit of time. So like I always say to people, it's like the Titanic. They saw that iceberg coming from miles away, but they still hit it.

And then they had to clean up after they hit it. So think of yourself in the cleanup point. It's like an iceberg. Okay, fair. So let's move on to another question that's come up, which is do you have a checklist of the symptoms and a questionnaire that can be downloaded.

And we're looking for a doctor to locate. And do you have someone to guide us to. So that's sort of a two part question. Yeah. So so we have the quiz on our site.

So definitely feel free to, go on five Transcom. I think it's backslash quiz. If not, just look at it. On the, in the, I'll put it

in the chat. Yeah. So, That that's one way to look at it.

I think there's a lot of questionnaires, but you really want to weigh. It's very. We know some people. I mean, we have the best people on a stomach because we're like, we're I mean, it just it's awesome for gold.

We had to network the heck out of it to, to get people like, Mark came in. Yeah. Mark Hyman's coming on board and on this on the, What it's called that we can of so that we the replay we can.

So when you look at the checklist and on our website, we have a quiz. It'll tell you how sick you are. And then I think the bigger question is if you want to work with someone who's local to you, the best place to find a provider is ifm.org, and I'll put that in the chat.

Also, because you can find a provider now. So I know there was another question later on about person Australia. Yeah. And we just looked up ifm.org and that we had there was like seven pages of provider.

Oh 17 only two pages, only two pages, 17 providers. Oh, it was 17. But Australia is massive, so I'm hoping they do telemedicine in Australia because it's a it's a really big area.

So but you could certainly find someone in Australia to work with. Yeah.

Finding Providers and Using the Health Quiz

We actually had a client that just moved to Australia, so I'm working remotely with her. So that's that's kind of fun. But the restrictions are much harder because, they don't have all the supplements and some of them are different than I do at the time. Difference.

I'm not sure I want to know the answer to that question. Let's keep moving on the question. Okay. So the, one question came up, which is how does one get rid of toenail fungus?

And, it has spread to all toes on both feet, and you no longer use public swimming pools or public showers. What suggestions. I love this question. Thank you, Michael, for submitting it.

He's in Canada, so we actually, I went to a podiatrist years ago and, he so kindly offered to charge me $1,000 per toe to do laser on it. And I said to him, with all due respect, I really can think of a better use for $5,000 than Lasering.

My toes like that just doesn't quite fit my vision of life. And he's like, yeah, I totally understand. So instead you can use this thing called formula seven, which is like a a paint on gel that you put on your toenails and you add, you put it on your toes twice a week, I'm sorry, twice a day, morning and night.

And it works. It takes a long time to work, so it's not like you do it. And then three days later it's done. It's like you do it once and you have to grow out the toe until the healthy nail takes over and has no mold.

It is the fungus comes. It is at risk for coming back just to warn you that it's it often will recur. But, like, we sell it on our website at five journeys.com because so many people have toenails like this.

And don't forget, you have to still get all the basics done. You have to stop the sugar. You have to, make sure that your, metals are not there. Yeah, you have to do all the fundamentals.

It's not just. The more chance you have of recurring is if you're not doing the basics and just try to attack the toe. So definitely do the basics. But we had Nick, ask about is there any negative side effects or negative effects of reducing that many foods in a diet?

So yes, I mean, I mean, for me, I'd say a lot of my patients, the negative part is when you go back, you don't feel good on a lot of them because they make you feel like junk and you can't eat them again.

That that's the worst part. It's right. You see how you see how bad it makes you feel. But more than that, if you start with leaky gut and you limit the number of foods you're eating, then yes, you can raise your sensitivity to the foods that are left, which is why we always recommend a work with a nutritionist who's, certified in functional nutrition or does functional medicine nutrition.

Toenail Fungus Treatment Options

And also make sure you rotate your diet. Rotating your diet means that in a four day period, you try not to repeat foods. And then on day five, you start the rotation again so that you can you can have as broad a range for the, for the foods as possible.

Ed is going to our website right now because Lori popped up a question about what's your website for the health quiz. So Ed's getting the link for it.

So so it is five journeys.com, backslash health bash IQ, health dash IQ. Yeah. That's equal just one one line health dash IQ. There we go. We get. Yeah.

All right guys and then catch up. Thank you. The tea tree oil definitely for some people works. We've used it. And we'll put up the, fungus toenail Earl.

But tea tree we've used in the past doesn't seem to be as effective for our patients as the formula seven. But it is effective. It's also going to look for the URL for the toenail fungus.

Well, I'm taking another question that actually might be off our our website. It's a hip site. If you want it through us, just send us. We can only ship in the United States just to warn people.

I know it's not to be discriminatory. We just can't ship things across the, kind of countries because they just don't seem to get there, unfortunately.

Okay, let's see. There's a question about, given the importance of bio to the gut microbiome, what are the consequences of gallbladder removal? This is a great question.

And what remediation, if any, is possible. You want to take that one. Sure. So let's talk about why you need to be all about it in the first place. So your liver creates bile and bile helps emulsify fat so helps put fat.

And Create helped sawdust digest digest fat. So what happens is the liver creates it. It's stored in the gallbladder. And then the gallbladder pumps it out.

And in a big burst when you have when you eat fat, if you don't have your gallbladder, it will leak slowly. And so you're not digesting that well. And you need things like ox bile to help with digestion and obviously that will change your microbiome and not allow you to digest very well and, not feed them the good bacteria that you need.

Food Restriction, Gut Health, and Diet Rotation

Yeah. So we always recommend, if you've had your gallbladder taken out, that you take digestive support and there's tons of options, that ox bile is an amazing option to make sure you're getting, because it does help break down the foods.

So these are kinds of things you can, send us emails about to direct us to direct you towards products because we, you know, we have a lot of people who have their gallbladder out.

Yeah. I just want to make sure, again, the toenail I just looked at for the formula seven, it's not on their website. And the reason is I, I remember it's not on the website.

That's what I was worried about was we couldn't actually the company doesn't allow us to sell it online. Just send

us an email. We're happy to, provide if that's a problem.

That's a question. Right. All right. Okay, now let's keep going. So one question we got from Val is would you agree that diabetes is an autoimmune disease?

What other interventions between diet and exercise would you suggest to reverse diabetes? I that's a big question I know. Right. I was just on recording a summit.

It's the metabolic summit for sugar for kids. And he's all about being sugar free. And I said to him, sugar is the devil. And he's like, oh, I'm totally making that a meme.

So if you see, if you see a meme where I'm doing sugar is the devil on repeat, that's because, the guy made it into a meme. Okay, so, so, okay, so in terms of diabetes, yes, I would say I would say it's an immune response.

I don't know about autoimmune disease per se. More about it and dysfunctional immune response to triggers. So one thing of obviously, yes, keto is amazing for diabetes exercise.

But then when you think about when you have a dysfunctional, metabolic issue, it almost always tracks back to inflammation and dysfunction in the system.

And guess what? We just did this whole seminar and on, on toxins. Because toxins are critically related to cardiovascular disease, diabetes, metabolic dysfunction, PCOS, fertility challenges.

So when you have diabetes, it's always to me, and I think I'll speak for you, I'm your wife. I speak for you anyway. What what's good with you about that?

So if you, if you do have any type of metabolic dysfunction, then we always do recommend that you, of course, get that gut in order. And of course, change the way you're eating and make sure you're moving and sleeping, but that you really do look at toxins so that you can pull those off.

And and ultimately at a cellular level, get healthy. Okay.

Gallbladder Removal and Digestive Support

So I just want answers to questions that have come up already that from the chlorella point of view, the Chlorella super important, not all Chlorella is made equal.

Chlorella if grown is amazing. A detox when even one's alive. So it's good to pull any toxins that are in the water that it grows in. It is an algae. So you want to make sure it's super clean.

The one we use is bio pure chlorella. It's on our website, but you want to make sure you just have to make sure it's super clean. What's next? So. Oh, there's a few questions that have come.

I guess we're not just keeping our word. We're going to kind of ask questions. Answer questions. They come. So, Lori, thank you so much for putting the question about multiple chemical sensitivities.

A lot of people have these, if you can type in the chat what your question is, because it, it looks like a comment, but I want to make sure that if there's a question we answer that there's there's a lot to do for multiple chemical sensitivity.

I definitely want to get to a functional medicine doctor. There's everything from toxins to low dose antigen therapy to all sorts of things that, there's no one size fits all.

That's the problem with this type of medicine. And the cool thing about this type of medicine, because there's always something more to look at, something more to discuss.

So you're not limited to, are you used to having multiple chemical sensitivities the rest of your life? Yeah. So I used to have it and it went away. When the healthier you get, the less you'll react, which is great, to tell you, you put in a question about how is Pokemon and fiber for histamine wise?

I actually don't know the answer to that. That's the question. It's I don't know the we have not had any problems with anybody that I know that has histamine that was on that.

So I think that's as far as our experience with it. It's very well tolerated. I mean it's a binder. So it it should be quieting things. All right April, I love that you asked this question.

Can I talk about perimenopause and, and menopause in terms of hormone therapy. So, let me just say that our next to our first book is Dirty Girl. See behind me. Summer fair.

So the first book is Dirty Girl.

Diabetes, Inflammation, and Toxin Exposure

The second book, which is coming out in 2024, is sweating, bitchy from sex to brain function, master menopause and feel freaking amazing so I can talk about it.

It's what we do in our practice. It's the second book because one day and I was sitting in the car, it was summer and I had like the mother of all hot flashes and the car is not on it.

It's summer and all my kids are in the car. She can't really go on a rant, so Ed pokes his head in the car and asks me something. To this day, I don't remember what you asked me, and I looked at him.

It was like The Exorcist and I said, do you value your life? Turn on the car because I'm having a flash. And and I wasn't swearing because the kids are in the car and I won't swear with you because this is a professional thing.

But, you know, if I could have sworn there would have been all of the expletives and all the four letter words and, and being a really wise married man looked at, took one look at me, it was like, yes, dear, just turn the car on so I could turn the air on.

So anyway, I could definitely talk about, perimenopause. You know, you get less resilient in this time of life. And so the things that would, you would kind of brush off and not impact you in the past when you get perimenopausal menopausal, your system is less resilient.

So things bother you that wouldn't have bothered you in the past. And so, I mean, a big broad brush stroke is that if you're looking to minimize your risk of dementia, cognitive dysfunction, bone loss, it is a good idea to look at your hormones, treat hormones to at least symptom resolution, if not a little bit more.

If you're looking for bone health and certainly for, dementia, because there's good data that looks at that, treating those will decrease your risk for those, and cardiovascular disease and cardiovascular disease mood changes, sleep changes.

I mean, the list goes really, really extensive. That's why we wrote a book about it, because we were like, we got to we got to talk about that. So that's coming in 2024.

Let's see. Yeah there's that. Subjects just fall so massive. If there's any specific thing we're happy to answer that. That's too broad. And I think you did a good job for broad question, what types of chlorella do you recommend for various toxins.

So I really oh you did, I answered. Got that. Okay. And then, I think we should go back to the questions that we got up front, and we'll come back to these questions.

We won't forget about you, but I, I will say, Joy. Yes, people, I had multiple chemical sensitivities. I made my mother law and my sister in law stop wearing perfume when they came to my house because it was so striking.

It's so offensive. I was like, we don't want to smell you when you leave, and I don't want to smell you when you're here or there because I'm having an asthma attack and, you know, it got better.

I still don't like the perfume, but I don't no longer have an asthma attack. And while we're okay before we come back, maybe we'll answer Jenna's question.

Comes up. I'm not sure what. Ask for these supplements. Well, on a supplement, it's a lot of supplements. It's a whole range, and there's no answer. Some people do. Well with three supplements.

That's all they can tolerate. And some people take any supplements, and they're. And they're happy because, they feel the best they can at 80. So it really depends on your body, what you're coming in for, why you're using it.

Chlorella, Chemical Sensitivities, and Menopause

You do have to be careful of overloading and making sure the, the quality is super important of supplements. You can get supplements with mold. You can get supplements with heavy metals.

You can get supplements with nothing that says is in there because nobody really regulates it. So making sure high quality supplements is as important as what the names of the supplements and what's in it.

Yeah. Yeah. I'm not a huge fan of getting I love Amazon, he's my boyfriend. He sends me everything, but I don't get supplements off of Amazon because their warehouses aren't necessarily temperature related.

So you know when to get stuff that's been sitting in too hot because then it gets inactivated. So I you always want to buy your supplements from someone reliable and trustworthy.

Okay. Going back to the Pre-Submitted questions, I currently live in Australia. We talked about this. If you live in Australia, you're looking for a provider, go to ifm.org.

And here I'll put that in the chat for. There we go ifm.org. And you can right at the top is find a practitioner. So you can find someone. And I'm glad you enjoyed the summit Nick.

And then let's see. If Kenya had a question applying the 8020 rule. This is a hard question. Just for the record, what 20% of environmental toxicants, when and when eliminated, will have the most positive effect on health and well-being?

That's a hard question. It's a hard question because it depends what, first of all, what affects you and then what you're exposed to. So if you're eating tuna sushi every day, all day, or even three times a week, well, that's the biggest one because that has huge amount of mercury in it.

If you're living in a moldy house, get rid of that. Like so. It's impossible. Remediate your mold or move. Yes, that's what I've had. It was just expanding.

So it's really what it's supposed to be. But if you're generally living healthy in terms of, you know, it's supposed to high level, high mercury fish like tuna, swordfish, maki, maki, Chilean sea bass, you're living in your house is pretty good quality.

No mold. Maybe it's. Let's get a water filter, whole house water filter and clean up the water. It's really next. Always looking for the next level. And there's always the next level. Yeah.

And then are you filtering your air properly and are there, Michael? Probably your 65,000 thoughts a day. Are you cleaning up your brain? But I would say this kind of ties into another one of the questions we got, which is ditch the

plastic drinking.

Thinks there's plastic water bottles, plastic jugs. Someone said, should I replace it with a five gallon instead of a single use? No, replace it with a glass five gallon, or get a filter so that the filter filter the water.

Because if you have glass, water, glass, big bottles, they do still need to be shipped. So then you get the sort of side effect of emissions and harm to the environment.

And if Mother Earth isn't happy, we're not healthy. So the best you can do for the environment would be filter your water. Right. So the idea is filter your water, take a glass bottle, fill it with that for the day and then go, yeah.

Next question that Yevgeny had would what binder would you recommend for safe daily use as a preventive measure? I love this question. How do we know it's preventive though?

Because I think it would be be cynical. But we are really, really drowning in toxins. And so it for most of us it's, it might be nice to think of is prevention, but really it's treatment.

So I would say the two top things I personally love are the bio clear bio pure chlorella, as well as what's the name of Katherine. Orange is Chlorella energy bats and she was a sponsor on the summit.

So energy bits and bio pure Chlorella are a fantastic. And then I also personally love the proper man and fiber that we mentioned, which is our clean and clean because they just, they're gentle.

Supplement Quality and Sourcing

And the nice thing so funny Chlorella. You know, we do chlorella for mycotoxins and we start with a quarter of a tab because sometimes people react. And when I started, I was like, I'll be fine.

Nothing bothers me unless it's gluten. So I took 2 or 3 times and promptly had, like, hot flashes all night. So don't do what your doctor did do. Start slow and small and build up your body.

Tolerates it? No, I'm up to like 14 times a day and I don't notice it at this point. But in the beginning. In the beginning, there were hot flashes, right?

And it depends what you're toxic load is. And, are we telling my story? Hi. Yes, it's all about what the. Where are you starting and how are you doing?

So. Yeah. All right, so should we see this question about known correlation between location of psoriasis? Legion lesions and accumulation of toxins in internal organs?

Yeah, I don't think there's any not that we know of any correlation that we know of. If you ask an acupuncture that's a good acupuncturist question because that's an energy field question.

Yeah. But no, but the presence of psoriasis is very concerning for toxins and metals. Oh, there's one question I like to answer, which is the what kind of bottle for hiking.

So that was going to be my quick. Oh that's just question. No, I mean, I do a hard plastic bottle that reusable water and then use a filter so that, that it's the hard plastics are as long as they're BPA free, etc..

So those are way better. And with when you're hiking, you don't want to bring glass because that could shatter pretty easily. I thought it was because it was heavy, not too it's, you know, it's it's never going to be it's never going to be perfection.

You know, perfection is going to make you nuts. So what you want to aim for is how do you improve today in a way that you maybe didn't do yesterday? Because, look, we travel and sometimes I will drink from a plastic water bottle

because we are stuck.

Right when we were in Lima, Peru, the water was not clean, so we had to drink from plastic. And the whole time I thought, I'm going to hell for this one, but I'm drinking plastic water bottles.

I'll just go home and detox, right? And then instead I recovered from Covid.

Environmental Toxins, Water, and Plastics

So you are going to have to recognize that perfection isn't real. It's really just about improving the way that you live, right? It's really is not. You never have a plastic bottle again.

It's really okay. You do what you possibly can and then you'll detox the rest. Yeah. All right. Let's go back to the question. So, sugar, I noticed that you both mentioned to stay away from sugar.

What do you all have for snacks? And assuming that you eat salads, what type of dressing do you use? Or do you make your own? What type of meals do you prepare?

Do you like that? Would you like me to take care of? Well, we can you can take that one. Can we? Maybe we talk about our routine when we go to conferences.

Oh, that's. I think that's a that's a example. So, last fall we spent every, every 7 to 10 days traveling. And if you've been on the summit, you know, I'm gluten free and I don't need sugar.

So for let's start to answer the basics of the question. What do you recommend for snacks? I will have recently been able to tolerate pecans and pistachios randomly.

Pistachios and peanuts are very high in mycotoxins, but I can tolerate pistachios and walnuts. I'm sorry. Possessors and pecans. Add some walnuts. Not cashews, not peanuts, not a whole lot.

Hold on. This not so nuts. When we travel, we make massive salads. We actually have these metal travel containers that are that are stainless steel. We bring cutting board, a lightweight cutting board.

We bring knives, bring an induction cooktop. Yeah. So anyway, I would have shared the picture of when the over the induction in her row over the induction cooktop and the beautiful Las Vegas hotel.

I didn't want to get my outfit dirty, so I fit the robe on, but yeah, so Ed can't quite pull that up while we're in this. But. So we travel with a lot of stuff, but when we look at snacks, what we're looking at is Whole Foods. So it so often I'll have an apple for snack or a handful of pecans.

I never, literally never leave the house without at least two protein shakes in hand. And I have a I have water that I take along and I shake it as needed.

You know, you don't want to blend it ahead of time. It gets, it'll get bad. But shake it up on demand and it'll have, you know, 20 to 40g of protein depending on how much protein I put in it.

And that'll generally keep me satiated. You can take bars that are it's really hard to find bars that are nut base that are not too sweet. They often have like 15 to 20g of sugar in them, which I would avoid.

But if you can find a not sweet bar, that's great. Look for more protein and fiber than sugar. That's a big broad brush. It's easier to do if you're not dairy sensitive, because a lot of the way bars are whey based.

And can give you the protein. Not as much sugar. Yeah, yeah. The next question that this person had is will you elaborate on our book? So our book is Dirty Girl.

Ditch the toxins, look great and feel freaking amazing. It's based on my story of being a hot, toxic mess, losing half the hair on my head and being, oh geez, I was like 15 pounds heavier than I am now, and I had a rash on my face that would not quit, and we subsequently figured out that I was full of toxins.

So we wrote a book about it. Because we are the poster children for healthy living. We eat organic. We have this massive garden in our house. You know, we just we just I don't even drink alcohol for God sake.

And I don't eat sugar, so I do nothing exciting. And yet I had all these toxins. So we wrote a book on essentially a roadmap on how do you start to clean up your life and how do you how do you improve things.

All right. Let's go back to questions that came up. We have a couple more that are pre-submitted. But let's go to this. What? Oh, hold on, I'm in the wrong section.

Bear with me, because I really can't walk and talk at the same time. Hang on one second. All right? We talked about chlorella. What is the best to take for a chronic sinus infection from mold?

Mycotoxins with also having a deviated septum. My PCP only recommended antibiotics after a Cat scan.

Daily Binders and Detox Strategies

All right, I'm not sure we can take that because, Well, there are nice satin, nice satin sprays for the nasal cavities. And there's something in blankets for spore necks.

I'm blanking on the name. Yeah. I mean, there's all sorts of, antibiotic sprays you can do, which are really cool, but it's really that should be that has to come from their position.

The one thing you can do, which a lot of people don't think about, it's very simple, but is either a neti pot or something called Neil Med Sinus Rents that you can get at CVS and Walgreens, which is the same idea.

Is neti pot doing a neti pot 2 or 3 times a day? And it really has to be a day, really makes a huge difference for people that have any chronic, sinus issues.

Adding a tiny drop of vaccination golden seal to that, making sure it doesn't burn your sinuses. Please, please, please. What's the difference between a tiny drop and a drop?

Just do I want to make sure that because people like how tiny a drop in the whole container should be, fine, but make sure it doesn't burn at all or it doesn't hurt at all.

It used to first to salt water and make sure you understand what the difference is. But that actually works amazingly well. And then you can do things like the bug spray and the eye bag spray and all sorts of things.

Antibiotic sprays, basically antifungal sprays. Okay. Do we have a recommendation for well water testing and water filtration? You live in an area that has a local beef cattle farm.

They only spray manure as a fertilizer. Interesting. I wonder what's in that manure. So I think doctors there has a kit. We tested our water at our house water testing kit.

So you can go to doctor's data and they'll be, provided testing kit. There's a question about how about stainless steel water bottles instead of glass? Fantastic. Totally.

Just make sure that you get the three, testing strips which test for lead. And, you know, I have to say, they're little, and I have misplaced, like, three batches.

So I keep ordering more and then have to remember where I placed it because they're small, they're like this big. But you can test for lead as a spot testing.

And, I love stainless steel in all forms. We actually replaced all of the all of the glass. You know, we've teenagers and they'll take a lunch, but not if it's heavy.

So we replaced all of our glass and all of our plastic with stainless steel. Here's the one downside. Excuse me. You cannot see through stainless steel, so you actually literally have to pick up each thing, flick the top, get the condensation to go away, and then realize what's in it.

It drives my kids nuts. They don't eat the leftovers anymore, but they take a lunch. So it's sort of a, an upside down side. Yeah. Okay. So let's see what other questions we have here.

Snacks, Travel Food, and the Dirty Girl Book

Let's I'm going to scroll up in the chat because we, we didn't mean if we missed you. We didn't mean to miss you. We're we're just looking to say scroll down scroll down.

There's a question about what is our opinion of pectin to detox heavy metals and Emfs love pectin, especially pectin. So, I mean, Isaac Elias was on the summit and his product is fantastic.

The is all so, so the modified citrus pectin is really the way to go. Chlorella should not, I think, clearly acts as a toned binder. I don't think it needs a specific binder.

It's it's part of its own binding. And yes, there is going to be a replay. And let's see recommendations for someone who has a difficult time metabolizing vitamin B12.

Great question. And then there's a follow up to that. But we'll come to that I think. Yeah the B12 I think is really important question. So most of us so there's about I don't know what the, the statistics are.

30% of people have a genetic, issue that they can't metabolize regular B vitamins and make regular B vitamins into activity vitamins or methylated B vitamins.

So what you want to do is when you get B vitamins, especially B12, you want to get the methylated form, the methyl cabal. I mean, you don't want to use cyano copolymer in which is the cheap and that, form.

That's one way to look to see if you have, cheap supplements as if they use, say, compounding in there. You know, it's a cheap supplement. And to not buy it, you want you don't want any artificial colors, flavors in your supplements.

Make sure clean supplements, good methyl Kabala mean methyl folate and make sure it's all methylated. Then the follow up to that is regarding your supplements.

Do you buy directly from the companies that make them? So our company, we we both purchased directly from physician grade supplements. They all test for the presence of mycotoxins, heavy metal contaminants.

And then we also manufacture some of our own supplements. And those are also all tested for the presence of contaminants heavy metals, mycotoxins and what they're supposed to have in them.

Yeah, that's true. They have what they're supposed to and they don't have what they're not supposed to. Let's see. D oh, and MG this is a tough question.

Is there a cure for tinnitus after years of parasitic, viral, bacterial, and co-infections? I never want to say to someone that you're stuck with what you got because that feels really depressing.

So what I would say is, I don't know, but it's worth exploring and working with a functional medicine provider to see if you can get to the root cause of it and fix it.

Yeah, tennis tends to be a challenge to fix, not undoable, but it's definitely a challenge. I think from simple things

like Coke, you tend to things like magnet therapy and everything in between. So, definitely stick with it.

It's hope is not lost and you have to try different solutions. Okay, we have another question in sports in the gut. I'm not sure I know what that means.

Oh, like my mold spores. Mold spores? I mean, there's binders are what you want to do for mold spores. Susie, I love this question. What is a good substitute for something like roundup?

Okay, well.

Sinus Infections, Water Testing, and Bottles

It depends what your goal is. I'm pausing because I was about to say something kind of sarcastic, but I don't want to say that. So what I want to say is it depends what the goal is.

You know, I think I shared at one point about I have a patient who has really high levels of, pesticides and glyphosate in her body. And I was like, do you spray your lawn?

And she said, well, my dad does. And I said, well, ask your dad what he loves more. Does he love his green lawn or does he love his daughter? And her mom was on the car because she was a teenager, and her mom was like, oh, he totally loves his green lawn more than his daughter.

No question. That's not even a hard question. So that was sort of a nonstarter. So, so, this is a huge question. And I would say you and I haven't talked about this, but I have been wanting to talk to you about converting our yard into an edible landscape like we did.

No, no, no, the grass itself. Like getting rid of all the grass. So, so. Well, let me let me answer a few things while you're so one thing we're doing with our lawn.

I mean, if you need, if you need perfect mono grass, there's no way to do it without chemicals, right? Because nature loves diversity. So you need a perfect, perfect that that's all there is now, the way we're doing it is we're putting for any patch that we're worried about.

We're putting in compost on top, planting grass seed. But we also don't mind if there's clovers. Clovers are great. They, they're really good for the soil.

They're nitrogen fixator. They're good for the bees because they're, flowers come up and feed the bees. So we actually like a diversity in our lawn. It doesn't look perfect, but we're okay with that.

And, yeah, I mean, there's other things. There's a great article in the New York Times about, three weeks ago, maybe to get rid of your lawn. This is totally unpopular. Okay, so I acknowledge this.

If this is not where you are, it's okay. We can still be friends, but essentially get rid of your lawn and replace it with things that are better for the environment that don't require pesticides.

And they're either perennial flowering or good for the bees or fragrant or edible. So there are forms of creeping time. There are forms of, different flowers that you can start to replace the grass with.

And I meant to talk to you about it. And then you were gone for the day. I was gone for the day, and I forgot. But that's something that we're going to be doing, which we can still keep the clovers.

But to replace segments with walkable you, the nice thing is you can walk on them and it creates a lot of diversity and you can mow it so that it doesn't.

It's not like you come home and you're living in the the jungle, overgrown jungle. Exactly. Which doesn't look nice.

Okay, going back to the question about pernicious anemia is a question on that.

Oh, there's another question here. Hold on. Spring manure is toxic. Left my home county where they did that. We use, When you say manure, are we talking about compost?

I think this is more for commercial. The beef. Is this the beef farm we're going to. We want this not where we're strong. So we're going to leave that one.

There's a question from Sue. Sue first. Chef, I'm really sorry you're going through that, okay, Sue. Right. I'm currently going through chemo for parent nail cancer.

I ordered c 60 and started taking it yesterday. Great. Are there 2 to 3 other things that I can or should do that will make the chemo more effective with fewer side effects?

So I would talk to your team about the cold cap because that can help with retaining hair.

Pectin, B12, Tinnitus, and Lawn Chemicals

Sometimes the chemo will have you lose your hair and then it's it's sort of a staged thing. So if you're in the midst of chemo, you're going to want to focus on that.

If your providers are open to doing other things, and that's a conversation to have, whether they'd be okay with vitamin C IVs while you're in chemo, some providers are and some providers are not.

And then the other, the other thing that you can look at is high dose marijuana, if it's legal where you are, because it's a tremendous antioxidant. And also, melatonin, which is a tremendous antioxidant, come out on in like a 10 to 20 milligram range, if not higher, not the 1 or 2 milligram range.

Yeah. Okay. Let's close this and go back to the questions. Let's say to avoid petrol exhaust petrol. Petrol as a petrol Peter Pedal are you in another country.

It must be. Petrol is another country I think gas to exhaust exhaust from mowing a dog rescued rabbit chief or goat. Or if you could live near us, we have a whole like tribe of bunnies that basically we eat everything in the garden and lawn.

So. Yes, totally. We're making bunnies too soon. Yeah, I'm not peeling that, though. So we have. Yeah. Totally love. There are places that will do goat scaping.

You can rent them and they'll they'll it'll. The goats will even eat poison ivy. So if you have poison ivy, you can get goats and they'll eat it back.

Or you can just rent a goat. You don't have to keep them forever. Okay, back to our. Okay. Another question. And we have another question also. Let's go back.

Bear with me. There's lots of clicks here. Okay. We had a question. What are the odds that I have heavy metals? That's okay if you live in the Earth. And so here's the thing.

If you were born before 1978, the odds are pretty good, because in 1978, it was outlawed to have paint and lead paint, I'm sorry, lead in paint. And in 1975 it was outlawed to have lead in gasoline.

So if you were born before 1978, or if you were born to someone who was born before 1978, the odds are good that you have lead, which is everybody. Yes.

Well, yeah. I mean, so we I mean, I'll say at least from our experience, when we, we test people mostly when they're sick or when they want to find optimal health.

And we find probably about 75, 80% of people to have, yeah, higher than desired. Lead or mercury levels. I will say that I agree with you, even if there even if they're below the desired levels in terms of have the hazard levels, you still have some, but there's never it's never zero.

Well, I'm waiting for these studies to come out on what happened. So when let's back up a second. Mercury is put out by a whole bunch of different things and a lot of mining procedures release mercury or use mercury and then it's released into the environment, the air, the groundwater, the sea water and forests sequester or hold on to mercury when wildfire, when wildfires burn, the forests release their mercury back into the environment.

Where does it go? It's a heavy metal. It goes to the ground and the seawater. So I know that there's a study or two that are starting for California to see what's the impact on Mercury in California from all of these wildfires that are releasing mercury back into the environment.

Is it impacting the fish? Is it impacting the food? And so, the odds are pretty high that we've been exposed. I mean, for example, I have a patient in my practice.

She's 32 years old. So what does that put her? She was born in the 90s. It's born in like 1991. So way past Mercury. Way past mercury fillings. She's never had a mercury filling.

She was born to someone who was born, before 1978. And her mercury level is 74, and she has metastatic recurrent breast cancer that has recurred three times in a year, like, it's very aggressive.

And I was like, we really need to focus on toxin removal because toxins are extremely inflammatory and we really want to get rid of it. There's actually a question from Patty who just came in.

Yeah. I mean, just to finish that in terms of we've seen kids, I mean, we see autistic kids, we see kids with ADHD that have high levels of mean. Yeah. And then that's one treatment.

That's not the whole thing for most people. But if they have that and a lot of people have poor detox pathways, that really messes them up. Yeah. How do you treat copper toxicity?

Chemo Support, Heavy Metals, and Mitochondria

Let's see what tests can be done to check the copper levels, except from the hair mineral analysis test. I personally am not a huge fan of hair analysis because it only shows what you're voluntarily getting rid of, and that means that you have to assume, like, like Ed mentioned, that, detox pathways are functioning, but if they're overloaded or dysfunctional, you're going to store that in your bones or organs or your tissue.

So you're not going to really see what's present in the hair. Personally, I think you and I are on the same page. Are we, like, urine provoked testing, not just baseline.

Baseline tells you if you've had a recent exposure that you're dealing with but provoked, that pulls it out of your your bones, your organs, your tissue.

And actually, let's allows you to start seeing what's present. So for copper toxicity, I mean obviously whatever the source of it, try to get rid of the source of it.

And zinc and copper compete for the transport mechanism in and out of the cells. So increasing the zinc can often displace the copper. So even starting with zinc is very helpful.

So we have about three months left. Yeah. Let's just do one maybe one more question. Let's say which one do you like the best. Should we talk about mitochondria.

Because that yeah it's kind of the root of all health. Yeah. So or energy at least. And so what are there. So for us we had a question about can mitochondria really recover.

And yes mitochondria can recover. So really again comes down to let's get so everything the way we think about things that that's a noisy keyboard I know.

So I'm replying to Joy's question about can provoke testing causes works which we're taking offline because we may not get to it, but I'm going to reply to you in the chat and like keyboards.

So when you think about health, we want to think big picture optimal health in terms of, the body wants to be, well, what does a body need? Vitamins, minerals, nutrients? Hormones?

What does the body need to get rid of? Food sensitivities? Heavy metals, molds, etc.? Yep. Give the body what it needs, help it get rid of what it doesn't need and then let the body heal itself.

So that's true for everything. So in terms of mitochondria recovery what's the source. Is it overuse. Is it toxins that are poisoning which is mostly the majority of what's happening.

And then how do we get back things like CoQ10 and carnitine and all the mitochondrial, resources that it can use. So the answer is yes. I most everything can be recovered and takes time and it takes knowledge.

And there's always new things that are coming out that continue to add. I think when you're you're dealing with all right. Let's see what else we have.

What if I have poor energy. Should I be exercising. And the quick answer is if an exercise makes you feel poorly, then you want to be really mindful and very slow exercise, but really gently.

On the other hand, if you have low energy and exercise actually helps invigorate you, make sure you're not exhausted the next day, but really do exercise because that really does.

That really exercise is one of the best things you can do for your brain, for your heart, for your liver, for your detox, anything and everything. Exercise.

The only reason you shouldn't exercise is if you're that sick and that makes you feel poorly, or you have pots or something of that nature. Yeah. Always exercise.

So the level at which that works for your body really want to thank everybody for joining us, because it's just a privilege and honor and thank you for want to tell them something.

We're gonna have another webinar which is on, May 2nd, which is a Tuesday at the same time. So 730 Eastern Standard Time. And we're going to talk all at that point about like, okay, what's next?

Right. You've gone through this. And now if you're looking for how do you test for your toxins? We're going to talk about how do you test for your toxins in this as the next step.

So we'd love you to come back. Oh, and Brett's asking if this was valuable for you. First off, thank you for being here. And second off, if you can type yes in the chat.

So we know that this was impactful for you. And please feel free to follow us on Instagram, Facebook. We're on all the channels you can subscribe to our newsletter.

Like really, it's been a pleasure working with you and from the bottom of our hearts. Thank you for your commitment to your health and your time and your energy and your like.

Scrape being with you. Thank you. Thank you for being so engaged. All right. Truly a worldwide webinar. Thank you all for being here. And, it's our pleasure to answer your questions and hope you are well and that you take the next step for your health.

Thank you.