Tired of Bloating? Spring Cleaning Reset That Works! Transcript

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Welcome and sharing wins

Great. Well, I'm so glad you all are here. I love seeing your faces pop in. And Michelle, seeing you in the chat that everyone is healthy. That is a great win.

Love hearing that. It's something to not take for granted either. Well, thank you. It's a great one. I'd love to see any other wins coming in. And it can be a health win, it could be family win.

We're not getting gorilla hail right now. Whatever win that you want to share. As people are putting in their wins and people who are trickling into the waiting room, I want Some of you have met April before.

Some you haven't. She is our nurse here at the clinic. And she is wicked smart, so brilliant, especially in metabolic health. and she has been in our spring cleaning chat.

she's the one who's AB, who is answering some questions in there. So if you oversee an AB answering a question or you see April's little icon, that's her.

April, do you want to say hi? That's me. Hello everyone. So nice to see faces to names. Thanks for coming tonight. I'm seeing some more wins too. So Linda able to take off work today or take up early from work.

Today. That's excellent. Deb. I found it like the cauliflower rice breakfast. We'll talk about that one today because it's been one that people are like, I think a little bit hesitant about, but then surprised by.

Oh, Bridget, I got, ooh, raised beds filled and ready to go. You are ready for a garden season, you may raise beds, love it. Excellent, thank you. And for those of you that are just popping in or still haven't put anything in the chat, we'd love to see it and Valerie, so happy to you, it just caught eyes with you Erin just bought a home in Portland yesterday.

Oh my gosh. Congratulations. That's a huge win. Erin, I'm so glad to see you too. Honestly, as you all are popping in, like Bridget, Cynthia, Emily, Michelle, Deb times two, Tammy, Talia, Angie, Anna, Katie and Linda, thank you all for being here.

And I'm realizing, especially for some of you who aren't in our QC Natural Health practice member right now, I didn't even know what your last name was.

Like Erin, you're one of them. I was like, of course I know Erin. So it's great to see you. Oh, another one got my community garden plot ready for the season.

Excellent. Love it, Emily. Thanks for sharing. Great, so feel free to keep sharing your wins. For today, we've got a lot planned for you. I want you to have a very successful spring cleaning.

And so you've been getting into the modules, seeing some recipes, and there's more to come. Every day, you'll get an email from me saying what we're doing in the cleanse today and the science behind it.

So how it's relating to what's going on in body and what were trying to decrease. This year's focus of our spring cleaning is decreasing histamines. And I'm so glad like your stomach's already feeling better.

Some people said that they're noticing less bloating already. That is excellent. And that means you're doing a great job already now, some of the things that you'll notice during a cleanse are everybody's body responds on different timelines.

Spring cleaning overview and histamine basics

Typically, by day five, everyone's feeling really great. But some people are like, it was day one and I felt amazing. Some people it's a little bit longer.

So give yourself the grace to be your own unique human. And I'll be so curious to see what happens along the way. You'll get the science of why bloating decreases, why stomach feels better, and why skin usually clears up just by decreasing histamines.

A couple of housekeeping things just to make sure that you've got everything that need. And then there is a fantastic list of questions in the chat. In the spring cleaning group chat, you are welcome to ask questions there throughout the whole time, but they will be answered really thoroughly in this live session today.

Then if you have questions today that want to feel free to comment in chat too. April is going to be monitoring that. If there's anything else that pops up or you think of, we can get an answer for you.

So first thing here, some of you are familiar with this part already, but just to make sure we're all on the same page. In your modules, you will see your spring cleaning prep guide.

This is throughout the week, When to suggested grocery shop, when to suggest and make each of the meals and some little prep tips just to make it easier for you as you go along.

I like to this as simple and as easy as possible. So hopefully that prep guide will be helpful. If ever you want to download it or print it out, it is there for, I want you to use it to whatever capacity feels good.

And then on your, menu, these are all in your Get Ready Get Set module, the pre-cleanse. On your menu you've got the week laid out by pictures and then the subsequent pages are your grocery list for the Week, which we'll talk about some substitutes there in case any of you are running into snags, and all of your recipes and how to make them.

Now the layout for this first day or excuse me this week is when you're making something fresh it will be like the brighter colors. And then when you're making something to have enough for leftovers, it will be grayed out.

Some of you might love to cook every day, every meal. And I think that's amazing and I'm slightly jealous of, but I know that a lot of have busy lives.

So we wanna make this as sustainable as possible. We did offer some leftover options in there so that if you wanna batch cook, you can batch cooked. We'll talk about leftovers a little bit more in module six, but ideally the lowest histamine options are the freshest foods.

So if you are making food and eating it fresh at that time, celebrate, give yourself a pat on the back. And then if your eating leftovers, if it's one day, it usually not too much histamines, But the longer days that you let leftovers sit, the more histimines it has.

This brings me to a very important point. The 80-20 rule. Now, a lot of you have heard this if you're already a QC natural health person, but the 80 20 rule is our way of reminding you to be kind with yourself and remind you that you are human with many responsibilities, many things on to-do lists.

So please give yourself grace if are not following this cleanse 100%. AD20 rule. So AD 20 means 80% of the time you're following this cleanse, you are making all of meals, but then 20% percent of time maybe you add an extra snack or you make a substitution.

That is all good. And that is really what sustainable health is for. So this is a backbone. The more that you follow it, I imagine you will see an increase in results.

But even it is designed for it to be, if you followed it 80%, you'll still feel excellent. Give yourself that grace and kindness. And one more piece about the science behind what we're doing.

And then we'll go into some questions. There are histamines are considered a smoke alarm, a smok alarm with the body. So just out of curiosity by a show of hands where you can raise your digital hand, who's here heard of a histamine before her or heard have histomines?

Okay, great. Lots of educated group. So lots of knowledge on this. A lot of times people think about histamines, especially this time of year, like in the springtime when maybe the pollen's going and you're having more sneezing or itchy eyes, runny nose.

That is a form of the way histamine can show up in a body. Histamines are a natural part of the body and they're made in the digestive tract for a lot of them.

And people will use antihistamins to help block those kinds of symptoms. So blocking sneezing, blocking runny nose or itchy eyes. Those are often the seasonal things that we think about, but when histamines can get to be too high in the body, it signals like a smoke alarm.

So histamine can show up as headaches, they can as skin breakouts like acne or even eczema sometimes too, chronic skin issues that just don't go away.

It can show up as bloating, it can chop as anxiety. And so those are just to name a few even like joint aches and muscle aching, there are some studies showing that there's links with fibromyalgia.

So histamines are related to a lot of different health conditions. Histamines being the smoke alarm mean that it's not actually where the fire is, but the histamins are a signal saying something's going on.

Something's happening in the body that needs extra support. So when we decrease histamine in diet, that gives the bodies more ability to work through where that fire is coming from.

It basically says, oh my goodness, I don't need to work on all of this extra inflammatory signaling. I can focus on the healing process. So that's why it's so interesting and so vastly different to see how people respond on these kinds of cleanses because some people have increased energy while somebody else has decreased joint pain.

And it's all information on what your body does and responds when we decrease that inflammatory load. So if you haven't already, and I've been seeing a lot of forms come in, I would love to see it.

If you have it already fill out your pre-spring cleaning form or your survey of what you're symptoms are like right now. And then at the end, you'll fill the survey again to what's shifted.

Food swaps, coffee, and low-histamine options

And I want you to use this as information to see where are the smoke alarms in your body and where can we help to nourish and heal. I'm loving seeing some of these other wins come in.

I mowed the yard for the first time this season and it was just relaxing to be outside treated as your self-care. Oh, this is great. And I thank you for sharing that.

Thanks for showing love, all these emojis. If there's a particular win that you're like, oh yeah, I want to like that, go ahead and celebrate it. Give people some love.

This is the chat is a great place to add any extra questions that you have want to start with some of the questions. Oh, my mom's here. So I wanna start with some of the questions that were in the spring cleaning.

And you are welcome to add any other questions on the Spring Cleaning chat form as well. First thing, and this was

such a fantastic question by Emily.

Emily S, thank you so much for this. So what about vegan and vegetarian options? You might've noticed from looking at the menu that there tend to be a lot of meat dishes, especially at dinners.

The reason for that is Unfortunately, a lot of legumes have higher histamine content naturally. So we're trying to get as much of our protein sources from meat as possible.

However, if you have a dietary restriction or dietary preference to not have meat, I did share, based on Emily's nudge, Did share a resource in the spring cleaning about a lower histamine plant based option.

I'll just name that it's not exactly 100% low histamines, but it is lower history and we'll talk about the difference here in a moment. So here is just a preview of it.

In case some of you haven't seen it, it's available to all of You in the spring cleaning chat. But this one is entirely plant based if you want an option for either these next two weeks, or especially if You're feeling incredible at the end of your cleanse.

and you are like, I want to keep going. What are some other meals that I could have? So I'm going to adjust for thoroughness sake, drop this into the chat so that you can download it and have it.

So thank you, Emily S for that question. Then another question that people were having, which I thought was really good, is what about if you want You have a busy week and you want to make Thursday's meal on Tuesday.

Is that okay? Absolutely. We do this cleanse every year and we do a spring cleaning every. And some years there is a method to the pacing of, I really want you to ramp up and ramp down.

This year, however, is different where right away we're starting with low histamine foods and you can mix and match. So if you're wanting to swap Thursday for Tuesday, that is totally fine.

Please feel empowered to do that. And with the week two, it's the same thing. So week one and week 2, there isn't as much of a ramp up and a ramp down.

It's just let's give you some delicious nourishing food that is good for the body and good the histamine load. Feel free to swap around. Thank you for that question as well.

Okay. I have them written down here. If you see my eyes starting down, that's fine. All right, coffee. So this was a great question. And I saw, I wanted to celebrate somebody.

I don't see them here live, but someone who said I'm four days without coffee, things are going well, a bit of a headache, amazing work. This coffee is a high histamine food, and this is where I encourage you to lean back into your AD20 role, because if you, after this cleanse, if I felt amazing that I really want my coffee back, please feel free to lead into that 20. However, during this week and next week, if you can decrease your coffee consumption, it will be so interesting on what happens and how your body responds.

I want to share with you some of my favorite coffee alternatives while you're in this cleanse. One of them, we just posted it on our social pages this morning, is this one, the Sip Herbals.

And it's actually quite tasty. They have a lot of different flavors, but they're all intended for people who love the taste and the ritual of coffee, the negative health effects if people are sensitive to the histamine load or the mold content.

Coffee tends to be a very moldy food as well. So that one's a great one. And then this one, feel free to snatch that from the chat aswell. This one is a good one too.

It's the Chaga company and they're based in San Francisco. If you're around here, you can come grab some live,

but they have an instant coffee alternative.

And it's with chaga mushrooms, it has some other adaptogenic herbs in it. It's good. My only hesitation with it is it got some barley in there, and one of the things that we're trying to decrease is non-gluten, or excuse me, we are trying decrease gluten rich foods.

So it had a little bit of barley, so if you're sensitive to that, please be mindful. I see, Bridget, I saw your question about good teas to add. Yeah, thank you for that.

That is a great question. And quite honestly, with teas, you can go ham. You can really have all the teas that you want. There are two that I would say to avoid on this particular cleanse are black and green.

They are higher histamine than others. But any of the herbal teas, pretty much all good. Now I'll pause. I want to come back to some of these amazing questions that are coming in on the chat, but then also that were in the spring cleaning thing.

Some of you who might be April named to this when we were having our team meet yesterday, she was like, What if some people really like this and they want to keep going afterwards, but they don't have a meal plan?

So there are some overarching themes that this meal is following. And we want give you those. So since you came live, we wanna give the cheat sheet for if you're wanting to continue with a lower histamine lifestyle.

That'll be your bonus for coming live today. But I'll share them verbally first and then we'll drop them in the chat towards the end. but the big ones.

There are some foods that are high histamine that is pretty much high-histamine for everybody, just in varying degrees. And these ones are alcohol, so you'll notice there's no alcohol in the cleanse, fermented foods, and fermented food for some phases of life are excellent.

They are good for the microbiome. They give you diversity in the micro biome and can be really good. For healing up some old wounds, so to speak, when there's too much bad bacteria or helping to get things well balanced.

But fermented foods are high histamines. So think about sauerkraut and kombucha, even yogurts, soy sauce, pickled veggies, vinegars. A lot of these things are high histamine just because of the fermentation process.

So any fermented pieces are removed from this cleanse. So there's no pickles. And for the vegetarian menu, there is no soy. We're trying to decrease as much of that fermentation process as we can.

That will really benefit the body too. So alcohol, fermented foods, cured and preserved foods. So think about cured meats like bacon and salami. There's none of that included on the cleanse, but those do tend to be higher histamine in general.

And then anything that has the word sour in it, it's not quite as intense as fermentation, but like sour cream, buttermilk, sourdough, these all have a very gentle fermentation process and that gives it that wonderful sour flavor, But it makes it higher histamine.

So we've removed those from the cleanse too. Last two big ones are dried fruits, the raisins, figs, dates, a lot of good foods here. but dried fruits and aged cheeses.

So blue cheese, any moldy cheese. We're getting rid of a lot of mold-y foods, and like we mentioned, coffee and peanuts tend to be some of the moldiest foods.

Taking a pause, taking a step back, I feel like that is so many things. Those are all my favorite foods! What am I supposed to eat? And that's why we've made the meal plans for you so that you don't have to look at this long list of things that can't eat.

Instead, you can celebrate like, oh, I'm gonna eat this, it's gonna be delicious, and I am gonna feel amazing. But if you end up practicing this outside of the cleanse, those are some of big ones.

Some small things to also keep in mind and this is this was coming up a little bit in conversation in the spring cleaning chat. There are some fruits and veggies that are high histamines as well.

Avocados are a big one, as Again, healthful foods. This is why I wouldn't recommend somebody eat a low histamine diet all the time, but it can be nice to hit the reset button with this.

Just see how you feel with very concentrated container without these histamines foods, and then anything smoked, like smoked salmon, smoked mackerel, even like certain canned tunas, those can high histamiens as well.

And then the difference between a high histamine food and a food that releases histamines. So this is a slight nuance, but also something that we've removed it from the cleanse for you, so you don't even have to think about it.

But a question that came up was dairy. And cow's milk, though it's not a hi histamin food, does tend to release histimine from body. so we removed all cow milk as well.

And then chocolate. Chocolate is a histamine liberator, as they say. So it's not a high histamines, but it will make more histomines in the body. We recommend either AD20 rule or avoiding chocolate for the next two weeks.

And some wonderful fruits and veggies that can be histamin liberators as well, we put in this document and we'll give you at the end. But the last piece on that is wheat.

So it makes for a lot of room for, well, what can we eat? What can celebrate and what we can really focus in on? And it ends up being a lots of fresh food.

So beef, pork, poultry, fish, gluten-free grains, lots fresh fruits that are not high histamine, olive oils, dairy substitutes, seeds, any herbalties that you want.

There are tons of low histamines foods that the body can really do well with. All right, so I'm loving all these questions coming in. So wanted to talk about coffee.

I see this question here about dandy blend. Like that one. Let me do a quick check on it because I think So I'm gonna put on my, oh yeah, yeah. So, I didn't put it on the list because it's got dandelion in it, which is excellent.

Protein, produce, and snack substitutions

It's go roasted chicory, also excellent, the only two things that make it slightly high histamine or histamine liberators is because its got roasted barley and roasted rye.

Those are some gluten containing things. Still, it would be a less histamin, option than coffee, but the sip herbals or the chaga might be even better.

Great question. Okay. And then Kat, I see your question here. I'm going to answer that one before we come back to these ones. So is pineapple considered high histamine?

I wish it wasn't, but it is a histamine liberator as well. So it's not high histamines all by itself. But if there's pineapple, it will release some. It's interesting the science on that because pineapple and papaya are both, they have enzymes in them.

Like they're really good for digestive health, that they will create a little more histamin. Yeah, thank you. Okay. So one other question that came up in the chat was about protein shakes.

I thought this was really good. And you've noticed on your cleanse, there are no protein shake included, but if you're needing more protein, feel free.

There are some really ones that are low histamine as well. So if we come back to that list of, well, what am I trying to, big picture, What am trying avoid?

Trying to avoid fermented things, so that would get rid of any soy protein. and then ideally avoiding dairy, so I get rid of dairy. And then the third piece is getting rid However, Michelle, I think this was your question.

Collagen is high histamine. And ideally, for the two weeks, if you're wanting to avoid histamines entirely, collagen and bone broth would be avoided. But if this is going to be my 20%, feel free to add it in.

I wanted to share some brands that are really quite good in terms of protein powders in case some of you need some extra protein during this. This one is the cream of the crop.

Like it is low histamine, it's organic, It's very, very clean. There's a single ingredient and it the sprout living pumpkin seed organic protein. So if you needed it, have that in your repertoire.

There are two others that I've found to be pretty good, and they're also quite accessible to find are Sun Warrior and Kachaba. And the only reason that, I'm not going to put them in the chat is because Both of them have some flavors that are histamine liberators.

So to be honest, my favorite of the Kochava brands is the chocolate one. It's so good, but it's got the cocoa and so it would be some histamines liberator as well.

But the Kochava and Sun Warrior are also quite clean if you're wanting to do a lower histamin option. In general, pumpkin seed, rice, and hemp are really nice protein powder alternatives for lower histamine options.

All right. I think we're getting there. We are just about done. So there's last question. If you have any other last minute questions, please drop them in the chat.

Around our last two from the spring cleaning group chat, I saw some great conversations about what if you can't find a produce that's on the menu and you want to find something as an alternative.

And some folks were having a hard time finding rapini. You can definitely use broccoli, no problem. And then you can swap, I think Kat, you had put that you asked the farmer's market and they said, turnip rabe is good, sprouted purple broccoli, that's good.

Like how fun, a great chance to eat a lot more veggies. And truly most veggies are in the clear. The only ones that we have to be mindful of are those higher histamine ones like eggplant and spinach and tomatoes.

So pretty much anything else, feel free to have. I think Rhonda, you also put, I don't think Ronda's here actually, but Rhondda put that asparagus, she did asparagus.

That's also a great option. And then peaches. So yeah, peachers aren't really out yet. I wish they were, because I love peache so much. A lot of you used frozen peches, perfectly fine.

Frozen versus canned would be good, Because the canned adds a slight layer of histamine. But frozen Peaches are excellent. And you can also swap for most any other fruit.

Some mangoes are really good. Apples, Pears, you could swap those for the peatches. melon or kiwi were just about out of kiwis season, but you can still find some kiws.

Those could be good as well. I hope this has been helpful. I'm seeing a couple other comments and questions in the chat. The second menu, okay, great.

Great question about the second venue. So Friday and Saturday shopping is quite annoying. Thanks for that, Deb. It's actually going to open up earlier than that.

But I can also, if you're like, I wanna make sure, If you want it now, we can download it for you now. but it will be talked about a little bit earlier or a bit later this week and then you can download and go when you're ready.

So I'm glad that you are already excited for the second week menu. And then no questions too specific. This is great. Yeah, the high oxalates. We want to be mindful of oxaloids.

So definitely spinach and chocolate, big oxalet ones that we're already removing. And if you're going to have high-oxalate eating dairy. With the high oxalate foods, if you are going to have a high excellent food, cow's milk, excuse me, cows milk is out as in terms of a dairy, but goat's Milk is totally fine.

It's a low histamine and it could be a good, good option. Thanks, Michelle. Great question. All right, we did it. We got, We go through all of them. April, any other questions that I missed?

Yeah, we did have a question from Talia. She's still here. Uh, she had said, do we need coconut whipped cream and seed butter with the snacks? Is that meant to be healthy fat?

Great question, Talia. And thank you for keeping your eagle eye on that. I'm glad that no questions are getting missed. So the coconut whipped cream and the seed butter are meant to add some delight into your week.

They are healthy fats, but if you wanted to omit them, that's fine. There are, especially with the coconut whipped cream, the fat in that content will help to absorb some of the fast soluble nutrients that you're having with it.

Especially vitamin A, vitamin K. But if you don't want it, that's okay too. Great question. And then I think that the seed butter, The alternative would just be eating celery by itself, which is also fine, but just to get some extra protein and extra fat.

Excellent questions. Oh, I love it. Okay. People are like, wait, no. I want to ask this one too. So how about sweeteners like maple syrup and honey? Really great question.

For the purposes of being as sustainable as possible, say any non-sugar sweetener is just fine. Maple syrup, because of its processing, and it's kind of a fermented piece, has a little bit of histamine.

But adding a bit maple syrup or honey would be just fine. If you want to stay very, very low histamines, coconut sugar or stevia would also be a good option.

Then, no eggs. Bridget, I love this comment question. Eggs are actually, we didn't put them in the plan, but egg yolks are a low histamine food. So it's okay.

Yeah, especially for the sustainability aspect of it. Coconut milk was more like a chunky cottage cheese than a whipped cream. Yes, I've experienced that too.

I have a story about my dad when he came to visit me once. And I knew that whenever somebody comes to me, I like to have their favorite snacks in the house or like favorite drinks or something.

So I had a bag of granola for him. But just by like, I don't know the circumstances, the milk was gone. Like, it ran out or I forgot and didn't buy it.

We didn' have any milk, but we had can of coconut milk. I was like this is fine. This is coconut mil. And so he opened it and like I remember this is his exact words.

And for those of you that know my dad, he's so loving and so jovial. I'm gifted with just the most wonderful parents. He opened the can of coconut milk and he goes, this cannot be what you meant.

You can't be serious. Oh, sorry. So it was chunky. The texture wasn't great. So I hear you. For the ninja trick for coconut cream is to put the can in the fridge overnight.

And then once you get it out, shake it and the texture is really nice and creamy. Great question. Your great comment. I have an additional coconut, cream tip where the, um, Pampered Chef has a whipped cream maker.

It's like a nice teal color and you pump the top. You just put your heavy whipping cream in and it'll make whipped for you. And if you put you coconut milk in there, then you can keep the lid on but store it in the fridge.

So then, you like refresh it by whipping it a little bit and then it gets it like extra aerated and fluffy, more like whipped creme. But it would be another dish compared to just shaking it.

When it's cold, I didn't know the cold part. It's good too. Oh yeah. The cold fire, always. That's a great tip though. You said pampered chef. Yeah. Hand pump for whipped cream.

Great. Okay. I love it. Love it, thank you. And then another question came in. Cat, you see yours. Um, could I find a sunflower butter that's organic without added sugar?

Yeah, for whatever reason that is. There's a gap in the market. So if any of you are looking for a side gig, having your entrepreneurial spirit, that's what we need.

There are brands that are natural. that aren't organic, but they're labeled as natural that don't have sugar. And then there is one brand, I have found one band in all of my search that is organic with non-sweetened.

But let me see if I can find it in here. I'll put it the chat. Yes, so I completely agree with you. If you can put in the chart what you ended up buying, if you're waiting to find one.

Okay, yes, it's the… So once again, that's, the brand. So, once they have a non-organic option too, but once, organic unsweetened sunflower butter, I'll put it here.

Final Q&A and closing tips

This link is long, my apologies. I think I clicked on an ad or something. Oh, okay. So Kat, you said you got there like a house brand with little sugar.

That yeah, it's good. It's a good, uh, yeah. If you can, I would say because, because that is tricky. Uh, if you find unsweetened, then I've prioritized that.

This is one of the only times I'd say this, but prioritize that versus, um, organic. Thank you. Sun butter brand is not organic, but it was really inexpensive and does not have sugar.

I'm loving these comments. The brand that local co-ops sell, I know, even some local cops even had sugar in it. Oh, Michelle, you said sun butter, brand, is now organic.

But yes, that's the one that I've seen more stuffed in. And you have to be careful with that brand specifically because they do have an organic option that has sugar on it, And oh, it's a bummer, but they have a natural option, a naturally unsweetened option that doesn't have sugar.

And it is very affordable. I would say that that's good one. Great. And then Michelle, you had said, like a few suggestions for herbs and spices. Yeah, generally put pepper, chili powder, etc.

on everything. So for Herbs and Spices, I'd say for the purposes of sustainability, bring them all in, enjoy your herbs, and the spices, the only things that were Encouraging to decrease is anything that would be fermented, like I think soy sauce has like a fermented flavoring.

Kombucha, or excuse me, not kombucha. Like sauerkraut and kimchi, I'd think of those as like flavor agents that we'd want to increase. But most urban spices, feel free to go all out.

Cinnamon is a higher histamine spice, but a little bit is okay. And usually when, especially with most herbs and spices, the quantity that people are using is so small that it's not going to trigger too much.

Thank you. But that's a really, really good segue into this beautiful chart that April made for all of you that are here. April, made a histamine cheat sheet for you, that has the high histamines foods, the histamin liberators, and then low histimine foods.

So please feel free to download that, share it with your your loved ones, put it on your refrigerator. You won't need it for this cleanse unless you're rearing off of our menu, but afterwards it could be really helpful.

Thank you, April, for making that. I love seeing your genius come into PDF form. Okay, I want to make sure I'm just looking through. I didn't miss anything.

More comments about the sun butter. Oh, yeah, of course, a great call that you can make your own making sunflower butter, roast it, blend it. Yeah, and add a little coconut oil.

That's great. Love it And okay, you can find once again at Fresh Time Natural Grocers, love to hear it. Okay, yes, and then Emily, your question about cooking oils.

Olive oil is perfect. Ironically, so olive oil and coconut oil are gonna be your best options. And you're absolutely right that avocado being such a high histamine food, avocado oil does tend to have more histamines than olive and oil coconut.

However, olive oil, since it doesn't have the proteins, it's not as high of a histamine. So I would say prioritize olive and coconut oil. But then having some avocado oil is okay.

Great question. Okay. Yes, thank you, April. And then Deb, I have a 3% cinnamon. Is that even more histamines? I'm not sure what 3% cinnamon is. Is that a, I am reading your mind.

You don't want to. Oh, yeah. Okay. Cool. I'll try to read your. At the Amanda colonies, they have cinnamon that's rated like 3%, and like, even a 4 and a half percent or something, which I think it's just a.

Um, it's one that, you know, if you're going to add cinnamon, and you don't want to like get carried away with it and stuff, because isn't the grocery store less than that?

So I'm just thinking that if it is stronger somehow, unless They're labeling it that way for some reason and charging accordingly. So I'm assuming there's variety, you know, some something there.

That's a great question. And I will tell you, I am going to do a little research on that tonight and then I'll drop it in the spring cleaning group chat.

Okay, thanks. Yeah, thank you. Great question! Did I miss any others, April? Any other questions in chat? Richard just popped on. How about fresh herbs?

Fresh herbs. Full gamut. Enjoy them all. Excellent. Well, I am so excited for all of you. I cannot wait to hear how you feel. during the cleanse and and then after.

We've got another live session next week on Friday. It's not in the evening, it's on the lunch hour. So hopefully for some that couldn't make the Evening Time the Lunch Hour will work well.

Um it will also be recorded but we'll also give you a bonus if you come in person or come live. Take good care of you. Enjoy the cleanse. Be sweet with yourself to give yourself the 80-20 rule.

And if you have any other aha moments, big wins, things that you're like, oh, day one through four, nothing. Then day five, I felt amazing. We want to hear about it.

So feel free to share any of your progress along the way. Just we're so thrilled for you, thanks for being here. Thanks.