

WEBVTT

1

00:14:32.910 --> 00:14:34.130

Annette Falconett: Hi! Ginger!

2

00:14:36.090 --> 00:14:38.040

Ginger: Hi, Annette, how are you?

3

00:14:38.040 --> 00:14:39.270

Annette Falconett: Good! How are you?

4

00:14:40.080 --> 00:14:43.870

Ginger: I am. I'm good. I'm in the cool.

5

00:14:44.180 --> 00:14:47.940

Annette Falconett: Oh, that's good, that's good.

6

00:14:50.450 --> 00:14:55.950

Annette Falconett: I assume other people are going to show up. But in the meantime there's Catherine.

7

00:14:57.007 --> 00:15:00.279

Annette Falconett: Anything I can help you with ginger.

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00:15:01.010 --> 00:15:02.300

Annette Falconett: Hey, Catherine.

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00:15:03.370 --> 00:15:08.309

Ginger: No, I'm just kind of going on the advice I already have.

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00:15:09.520 --> 00:15:10.900

Annette Falconett: That you gave me.

11

00:15:11.230 --> 00:15:13.779

Annette Falconett: Oh, okay, I'm sorry.

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00:15:14.230 --> 00:15:15.119

Ginger: You will.

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00:15:15.842 --> 00:15:34.790

Annette Falconett: Because this is, you know, you can ask questions about. You know general questions about the program. Obviously, if you want to know any. If you've come up with a question about certification since we've spoken, I should be able to feel that as well. And it looks like I'll be certifying 2 people next month.

14

00:15:34.920 --> 00:15:37.400

Annette Falconett: So, okay, yeah, okay.

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00:15:37.680 --> 00:15:38.610

Ginger: Oh, no!

16

00:15:39.030 --> 00:15:46.310

Ginger: And when is Lisa doing her case? Study.

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00:15:47.480 --> 00:15:51.340

Annette Falconett: The call. I think it's next week. It's this month, so I think it's next week.

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00:15:51.640 --> 00:15:55.869

Ginger: I was looking. I was trying to find something on it so I could make sure.

19

00:15:56.420 --> 00:15:57.969

Ginger: I'll put it on my calendar.

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00:15:57.970 --> 00:16:06.300

Annette Falconett: No other than just like a Hey, we're gonna do this. I don't remember really seeing a legit email.

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00:16:11.030 --> 00:16:15.879

Ginger: Would be put on the on the site like these calls are, you know.

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00:16:15.880 --> 00:16:17.099

Annette Falconett: It should be.

23

00:16:19.020 --> 00:16:20.240

Ginger: Hi, Catherine.

24

00:16:21.800 --> 00:16:23.499

Kathryn Schultz: Hey, Ginger, hanging it.

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00:16:23.780 --> 00:16:24.690

Annette Falconett: Hey, Catherine.

26

00:16:26.770 --> 00:16:32.490

Ginger: I love that picture, Catherine beautiful. I didn't a needle in a haystack.

27

00:16:34.700 --> 00:16:36.980

Annette Falconett: Well, it's got to be next week, because the month's over

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00:16:37.150 --> 00:16:46.630

Annette Falconett: I have is Wednesday, and I've hand I filled this. I put this on my calendar myself. I have it as Wednesday, the 25, th at one central.

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00:16:47.750 --> 00:16:51.300

Ginger: On central time. Okay, so.

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00:16:51.530 --> 00:16:54.319

Annette Falconett: It's not an official thing with a link.

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00:16:55.400 --> 00:16:57.870

Annette Falconett: It's just something I put on my calendar.

32

00:16:58.340 --> 00:17:01.499

Annette Falconett: I think it was in a newsletter that we got the date and time.

33

00:17:04.041 --> 00:17:09.680

Ginger: I usually read all the newsletters, and I don't, because I was specifically looking for it. So.

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00:17:09.680 --> 00:17:13.180

Kathryn Schultz: I found it on the website under calls.

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00:17:13.540 --> 00:17:14.410

Annette Falconett: Okay.

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00:17:15.560 --> 00:17:16.950

Ginger: You saw it, Catherine?

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00:17:17.150 --> 00:17:19.679

Kathryn Schultz: Yeah, on the website under calls.

38

00:17:20.180 --> 00:17:20.829

Ginger: Okay. I'll.

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00:17:20.839 --> 00:17:24.069

Kathryn Schultz: Lab analysis. I'm like, Oh, that sounds interesting.

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00:17:24.869 --> 00:17:26.429

Ginger: Okay. Thank you.

41

00:17:27.140 --> 00:17:33.460

Kathryn Schultz: Sure, but it was the same time. Annette just said nothing different.

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00:17:34.400 --> 00:17:36.280

Kathryn Schultz: So no, Rita Marie today.

43

00:17:36.780 --> 00:17:39.180

Annette Falconett: She is preparing for this weekend.

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00:17:39.740 --> 00:17:40.930

Kathryn Schultz: Oh.

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00:17:44.530 --> 00:17:46.763

Kathryn Schultz: well, I have questions, but

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00:17:47.340 --> 00:17:49.490

Kathryn Schultz: If there are questions that are.

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00:17:50.480 --> 00:17:51.020

Annette Falconett: Try

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00:17:51.460 --> 00:17:57.060

Annette Falconett: me, but you know I'll be honest. If I can answer them. I will, and if not, I will tell you so.

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00:17:57.060 --> 00:17:59.660

Kathryn Schultz: Sounds cool. So

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00:18:00.237 --> 00:18:09.840

Kathryn Schultz: I have a friend who doesn't have medical insurance at this time, so I'm trying to guide her and or reassure

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00:18:10.471 --> 00:18:13.139

Kathryn Schultz: and or help her figure things out.

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00:18:13.690 --> 00:18:19.100

Kathryn Schultz: She's having pain when she tightens the anal sphincter.

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00:18:19.510 --> 00:18:26.099

Kathryn Schultz: No other pain, only other symptom is some bloating in the lower abdomen.

54

00:18:27.563 --> 00:18:33.719

Kathryn Schultz: No change in bowel movements, no other pain, no discharge or bleeding.

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00:18:33.850 --> 00:18:37.750

Kathryn Schultz: The only dietary change of late is more apples.

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00:18:38.852 --> 00:18:43.320

Kathryn Schultz: She also has chapped lips, which I think are from the apples.

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00:18:45.560 --> 00:18:49.220

Kathryn Schultz: So I'm trying to figure out what could be going on here.

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00:18:49.220 --> 00:18:52.629

Annette Falconett: Why do you think the apples caused the chap lips.

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00:18:52.800 --> 00:19:09.859

Kathryn Schultz: Because I Googled and apples can have a common reaction with. If you're allergic to tree pollen that apples can give you things, including chapped lips. So that's why the power of Google.

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00:19:10.060 --> 00:19:11.769

Annette Falconett: Weird, never heard.

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00:19:11.770 --> 00:19:18.789

Kathryn Schultz: I know. Isn't that wild? And then I thought, Gee! Every time I eat applesauce my lips tingle. I wonder if that's it?

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00:19:20.800 --> 00:19:26.219

Annette Falconett: I don't eat that much, because when I'm having applesauce I ate a lot of it

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00:19:26.410 --> 00:19:29.449

Annette Falconett: right after my fall, because it hurt to eat hard things.

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00:19:32.220 --> 00:19:36.499

Annette Falconett: And I would have blown off any weird feeling to. I fell on my face.

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00:19:36.670 --> 00:19:37.530

Kathryn Schultz: Yeah.

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00:19:40.610 --> 00:19:44.690

Annette Falconett: I did not know that. So why, all of a sudden, is she eating more apples.

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00:19:45.623 --> 00:19:47.339

Kathryn Schultz: Just cause we had them.

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00:19:47.630 --> 00:19:54.070

Kathryn Schultz: And you know we didn't have a lot of other stuff at this time.

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00:19:54.940 --> 00:20:00.329

Kathryn Schultz: so just she just ate like a full apple or an apple and a half a day.

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00:20:01.111 --> 00:20:05.200

Kathryn Schultz: And maybe some applesauce, too. But so it's not like tons.

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00:20:05.200 --> 00:20:07.190

Annette Falconett: Yeah, that doesn't sound like a lot to me.

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00:20:07.280 --> 00:20:13.710

Kathryn Schultz: But it's she. Her normal thing is maybe a half an apple every other day.

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00:20:13.850 --> 00:20:18.210

Kathryn Schultz: But now she ate like a full apple or an apple and a half a day.

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00:20:18.210 --> 00:20:21.000

Annette Falconett: I might look at what's on the apple

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00:20:21.530 --> 00:20:27.459

Annette Falconett: like what it came with pesticides. Drift from other orchards.

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00:20:27.460 --> 00:20:29.170

Kathryn Schultz: We only buy organic.

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00:20:29.170 --> 00:20:31.539

Annette Falconett: Oh, yeah, we all. But that doesn't mean.

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00:20:31.540 --> 00:20:34.689

Kathryn Schultz: Same time right? And we wash it carefully.

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00:20:36.110 --> 00:20:38.360

Kathryn Schultz: But still I know I yeah, I get ya.

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00:20:41.050 --> 00:20:47.229

Annette Falconett: you know, is she, you know, because, like an apple apple and a half just doesn't seem to me like a lot of apple.

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00:20:47.410 --> 00:20:48.270

Annette Falconett: Oh.

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00:20:50.510 --> 00:21:02.669

Annette Falconett: there's there's no like clinics. There's not a health clinic somewhere near her that she could go, and for a nominal fee get checked out because I think I might want to have that checked out.

83

00:21:02.870 --> 00:21:08.120

Kathryn Schultz: I think so, too. And we're trying to figure out. Is there anything we can

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00:21:08.360 --> 00:21:13.360

Kathryn Schultz: figure out, or even to guide her like? What kind of a place to go, because

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00:21:13.740 --> 00:21:17.759

Kathryn Schultz: 1st reaction is, you know, a gastroenterologist.

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00:21:17.870 --> 00:21:20.279

Kathryn Schultz: But you can't just walk in the door for them.

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00:21:21.030 --> 00:21:24.969

Annette Falconett: Yeah, you might have to start with more of a Gp type thing person.

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00:21:25.330 --> 00:21:26.110

Kathryn Schultz: Yeah.

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00:21:27.060 --> 00:21:32.239

Annette Falconett: Because then it would seem to me a good Gp.

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00:21:33.370 --> 00:21:39.599

Annette Falconett: Or we used to have a really good family doctor. Excuse me on Wisconsin Avenue

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00:21:40.637 --> 00:21:51.010

Annette Falconett: there in Bethesda, and he would just show up, and he'd be like he was an old guy. I'm sure he's passed, and there's no longer, Dr. Gustafson.

92

00:21:52.510 --> 00:22:02.660

Annette Falconett: and like you could just call them and be like this is what's going on all right. There's a prescription. Wait for you at the drugstore. She kind of needs somebody like that who's an all around.

93

00:22:03.140 --> 00:22:06.219

Annette Falconett: but I think there are fewer and fewer these days. Sadly.

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00:22:06.660 --> 00:22:09.300

Kathryn Schultz: Fewer and fewer. She doesn't have

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00:22:09.530 --> 00:22:12.820

Kathryn Schultz: health insurance. She doesn't have a medical doctor.

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00:22:12.820 --> 00:22:17.409

Annette Falconett: Right. So I would start with. I think she needs some attention.

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00:22:18.760 --> 00:22:19.390

Kathryn Schultz: Yeah.

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00:22:19.390 --> 00:22:21.160

Annette Falconett: And obviously you do, too.

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00:22:23.800 --> 00:22:26.420

Annette Falconett: So I would look around at the clinics.

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00:22:27.480 --> 00:22:30.430

Annette Falconett: the low cost clinics, and see

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00:22:32.820 --> 00:22:43.890

Annette Falconett: what's near that she can go to and even look. And I would even spend some time just looking for family doctors that are not in

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00:22:44.360 --> 00:22:49.940

Annette Falconett: a practice, you know, that are just solo practitioners, because you might find

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00:22:51.690 --> 00:22:54.200

Annette Falconett: a doc like the one I was describing.

104

00:22:56.850 --> 00:23:02.136

Annette Falconett: I mean granted. And he was, you know, 30 years ago, like I said, I'm sure he's gone

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00:23:03.970 --> 00:23:10.227

Annette Falconett: but he was dirt cheap, too. But that was before all this crazy insurance nonsense got out of hand. So

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00:23:10.540 --> 00:23:12.230

Kathryn Schultz: Nothing is cheap anymore.

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00:23:12.780 --> 00:23:14.280

Annette Falconett: I know he was.

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00:23:17.730 --> 00:23:22.779

Annette Falconett: That that's really all. I really think she needs to be looked at by a doctor. Really.

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00:23:23.050 --> 00:23:23.670

Kathryn Schultz: Yeah.

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00:23:24.100 --> 00:23:29.079

Annette Falconett: Take the apples out for a few days. See if that I mean, that's that's gonna be

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00:23:29.450 --> 00:23:33.180

Annette Falconett: the cheapest thing is don't eat apples for a few days. See what happens.

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00:23:35.380 --> 00:23:39.400

Annette Falconett: And I would flush with water, drinking it.

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00:23:42.430 --> 00:23:44.339

Kathryn Schultz: We just drink a lot of water right now.

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00:23:44.340 --> 00:23:49.750

Annette Falconett: Flush out whatever residual. If it is the apple, if it's something on that apple

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00:23:50.170 --> 00:24:03.460

Annette Falconett: that's causing this flushing water drinking, it might help move that out faster, dilute it, and move it out, not to the point that she's throwing off electrolytes, but make sure she's drinking

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00:24:03.970 --> 00:24:05.969

Annette Falconett: at least what she should be drinking.

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00:24:06.220 --> 00:24:07.090

Kathryn Schultz: Gotcha.

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00:24:08.500 --> 00:24:12.520

Annette Falconett: Beyond that. That's bizarre, and I don't know, and you'll have to let me know what happens.

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00:24:12.976 --> 00:24:14.799

Kathryn Schultz: Okay. We'll do. Thanks.

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00:24:16.470 --> 00:24:19.089

Annette Falconett: Catherine. Okay, there's a note from Ginger.

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00:24:22.320 --> 00:24:25.569

Kathryn Schultz: I do not know, Ginger, I will ask thanks.

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00:24:31.900 --> 00:24:35.300

Annette Falconett: So next one, Catherine, because no one else has a hand up.

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00:24:35.840 --> 00:24:37.510

Kathryn Schultz: Oh, yeah, I got more.

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00:24:37.680 --> 00:24:38.209

Annette Falconett: No, you do not.

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00:24:38.210 --> 00:24:38.910

Kathryn Schultz: No.

126

00:24:39.230 --> 00:24:44.410

Annette Falconett: Because I know you call or 2 with you, Catherine.

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00:24:44.580 --> 00:24:46.890

Kathryn Schultz: Oh, yeah, you have.

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00:24:47.627 --> 00:24:51.390

Annette Falconett: So in going through module, one.

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00:24:51.760 --> 00:25:08.499

Kathryn Schultz: There's a chart where it indicates that Acth enhances the release of cortisol. Got that? I don't have much acth, but it also enhances the release of fatty acids from adipose tissue.

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00:25:09.660 --> 00:25:19.660

Kathryn Schultz: Could could you try to explain more on that? That confuses me? And then does that mean it's more difficult to lose weight if you're low on acth.

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00:25:19.660 --> 00:25:21.599

Annette Falconett: Save that one for Dr. Reed Murray.

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00:25:21.600 --> 00:25:22.589

Kathryn Schultz: Okay, I will.

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00:25:23.517 --> 00:25:24.740

Kathryn Schultz: Want another one.

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00:25:25.360 --> 00:25:26.470

Annette Falconett: No one else.

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00:25:26.950 --> 00:25:35.240

Annette Falconett: If anyone else has a question or a comment, please feel free to raise your hand. I was wondering about car credit. It's care, credit.

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00:25:35.900 --> 00:25:39.870

Kathryn Schultz: Care, credit cool.

137

00:25:40.660 --> 00:25:44.565

Kathryn Schultz: I will look into that. Thanks, Ginger, for that.

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00:25:45.240 --> 00:25:47.510

Kathryn Schultz: So question on Aldosterone.

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00:25:48.893 --> 00:25:55.380

Kathryn Schultz: I understand Aldosterone is stimulated to keep more fluids and electrolytes in the system.

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00:25:56.970 --> 00:26:02.900

Kathryn Schultz: If a person has a low blood pressure and is believed to have low blood volume

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00:26:03.190 --> 00:26:07.940

Kathryn Schultz: is low. Aldosterone, a sign of adrenal burnout.

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00:26:09.390 --> 00:26:18.349

Annette Falconett: Okay, just so. You all know Catherine knows her questions are over my head, but I told her we tried them so this is another one. Put it on your list.

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00:26:18.400 --> 00:26:23.990

Kathryn Schultz: Okay, maybe you know this part of it.

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00:26:23.990 --> 00:26:25.420

Annette Falconett: I don't know. Go ahead!

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00:26:25.420 --> 00:26:32.050

Kathryn Schultz: Adrenals burn out. Electrolytes are apparently lost to urine any idea why.

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00:26:34.180 --> 00:26:48.779

Annette Falconett: I would imagine and like, I said, this is just imagining with the adrenals need the electrolytes, as do other organs, and if they're burnt out and not absorbing anything. It would seem to me your body is just moving them along.

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00:26:48.780 --> 00:26:49.450

Kathryn Schultz: Okay?

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00:26:49.880 --> 00:27:04.579

Kathryn Schultz: Because for the reason I ask about all the Aldosterone stuff, not only is it in the module, and I'm trying to understand. It's also that I have low aldosterone. I have no cortisol. I have very little to no acth.

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00:27:04.900 --> 00:27:14.979

Kathryn Schultz: I have low blood pressure now, at least, compared to what I used to be. I dropped 20 points all around, and sometimes I've dropped 40 points on occasion.

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00:27:15.857 --> 00:27:23.070

Kathryn Schultz: They think I have low blood volume, and I've been told to drink electrolytes with every piece glass of water I drink.

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00:27:23.670 --> 00:27:24.370

Annette Falconett: Wow!

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00:27:24.710 --> 00:27:45.040

Kathryn Schultz: Yeah. So that's why I'm like, huh! What is going on. And I also have had salt waste sodium wasting in urine where I was releasing where I wasn't reabsorbing things in the kidneys. I was releasing them, and that's they got concerned about that, too. But that apparently is correcting. So.

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00:27:46.230 --> 00:27:47.549

Annette Falconett: How are you feeling.

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00:27:47.720 --> 00:27:51.079

Kathryn Schultz: I feel like crap quite frankly.

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00:27:52.219 --> 00:27:56.210

Kathryn Schultz: Right now. I'm also dealing with an upper respiratory issue.

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00:27:56.960 --> 00:28:01.360

Kathryn Schultz: Because my body just can't figure out what stable means.

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00:28:02.430 --> 00:28:14.649

Kathryn Schultz: And so one thing tries to stabilize. Another thing goes crazy, and the mast cells are apparently going nuts right now, and they think that's why my lungs are irritated.

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00:28:14.980 --> 00:28:17.550

Kathryn Schultz: It's the mast cells within the lungs.

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00:28:18.775 --> 00:28:23.540

Kathryn Schultz: So I'm taking a regular inhaler. That's the

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00:28:24.228 --> 00:28:29.790

Kathryn Schultz: you know, kind of used for asthma, and then I'm also taking a steroid inhaler, and that's helping.

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00:28:31.600 --> 00:28:32.810

Kathryn Schultz: But I'm a mess.

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00:28:33.720 --> 00:28:43.020

Annette Falconett: I had asthma, and was so bad at using the inhaler. They had to give me the kids tube, and I have to put my inhaler on the end, and then inhale it through the tube.

163

00:28:43.340 --> 00:28:49.417

Annette Falconett: Fail. I failed inhalers but needed them, but failed them.

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00:28:51.650 --> 00:29:01.749

Annette Falconett: You might want to look up. Chapman, CHAP. MAN. Chapman reflex points.

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00:29:02.790 --> 00:29:03.660

Annette Falconett: Okay.

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00:29:04.420 --> 00:29:05.529

Kathryn Schultz: Clicks, points.

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00:29:05.530 --> 00:29:13.689

Annette Falconett: Reflex points. And you're you're gonna get, you know, anatomical man, and just all these little dots all over him.

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00:29:14.330 --> 00:29:29.659

Annette Falconett: If you palpate those spots they can help release things and open up like. What I'm not remembering is like if you start your 1st intercostal intercostal spaces, I believe that's heart, and I think 2 and 3

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00:29:29.820 --> 00:29:40.299

Annette Falconett: on both sides of the sternum are long, and if it's not 2 and 3, it's 3 and 4 and if you touch them, and they're sore.

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00:29:40.400 --> 00:29:55.749

Annette Falconett: Yeah, it's a good sign that there's congestion in that spot, and you can just poke on it. I have drained my head congestion from allergies just by poking like one of my points right now is sore.

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00:29:58.330 --> 00:30:02.586

Annette Falconett: So I'm doing a little drainage, but that might help you with some of the

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00:30:03.200 --> 00:30:10.329

Annette Falconett: upper respiratory stuff you're having, and there are hundreds, hundreds of Chapman reflex points.

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00:30:10.909 --> 00:30:11.350

Annette Falconett: It's.

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00:30:11.350 --> 00:30:11.670

Kathryn Schultz: No.

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00:30:11.670 --> 00:30:19.633

Annette Falconett: Interesting. If you want to go down that rabbit hole. I had to learn it for one of the programs. Well, we did limited points.

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00:30:20.340 --> 00:30:25.680

Annette Falconett: but there, you can do a lot just by palpating the sore spots.

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00:30:26.130 --> 00:30:30.569

Kathryn Schultz: Is that this is that akin to lymphatic drainage? Or is that.

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00:30:31.230 --> 00:30:37.680

Annette Falconett: Yeah, cause he's all over the whole body. It's not. It's more like acupressure points. Probably

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00:30:38.760 --> 00:30:50.400

Annette Falconett: not just for lymphatics. Like, there's there's Chapman reflex points for all the organs and different body.

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00:30:52.170 --> 00:30:54.239

Kathryn Schultz: I will check that out. Thank you.

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00:30:54.240 --> 00:31:08.990

Annette Falconett: There's 1 on the arch of a woman's foot like if you ever bend her foot and you go up in there, and I used to do this to my kid because it was sport for me, because it was always sore on her. But if you do that

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00:31:09.160 --> 00:31:13.219

Annette Falconett: on a pregnant woman. You can cause a miscarriage.

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00:31:14.090 --> 00:31:26.189

Annette Falconett: so I can remember getting massages, and they would be like working on my feet. And I would go. You're skipping that point, aren't you? And they're like, Yeah, yeah, yeah, so you can do a lot

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00:31:26.470 --> 00:31:31.390

Annette Falconett: with Chapman's. Just be careful. But they can be really helpful.

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00:31:32.060 --> 00:31:34.340

Kathryn Schultz: Wow! I will try that. Thanks.

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00:31:34.740 --> 00:31:35.940

Annette Falconett: And it's free.

187

00:31:37.330 --> 00:31:38.410

Kathryn Schultz: What a concept.

188

00:31:38.800 --> 00:31:42.619

Annette Falconett: I like free. That's like cocoa pulse testing. Okay.

189

00:31:43.040 --> 00:31:45.400

Annette Falconett: go ahead. I went down my rabbit hole.

190

00:31:46.020 --> 00:31:46.590

Annette Falconett: You're.

191

00:31:46.590 --> 00:31:48.879

Kathryn Schultz: That's all I had right now.

192

00:31:48.880 --> 00:31:50.260

Annette Falconett: Sorry I wasn't more help.

193

00:31:50.600 --> 00:31:54.539

Kathryn Schultz: No, I mean, don't worry. Thank you for this.

194

00:31:54.540 --> 00:31:58.539

Annette Falconett: Like. And when was the last time I did module one

195

00:32:00.210 --> 00:32:04.144

Annette Falconett: and 1720 17, I think.

196

00:32:04.900 --> 00:32:07.760

Annette Falconett: it'd be nice to have the time to go back, but.

197

00:32:08.120 --> 00:32:15.380

Kathryn Schultz: Yeah, well, I'm just starting out. So I'm trying to pay careful attention.

198

00:32:15.380 --> 00:32:15.760

Annette Falconett: Yeah.

199

00:32:16.582 --> 00:32:27.869

Annette Falconett: to the best of my knowledge, Dr. Red will be back on the calls after this weekend, but she tends to take the week before, and at least a couple of days after events off.

200

00:32:29.440 --> 00:32:30.300

Kathryn Schultz: Understandable.

201

00:32:30.300 --> 00:32:32.550

Annette Falconett: Yeah, yeah, she's busy.

202

00:32:33.130 --> 00:32:37.740

Annette Falconett: So anybody else questions, comments.

203

00:32:40.780 --> 00:32:58.310

Annette Falconett: Ginger is asking me if you can use Chapman for blood sugar regulation back when I studied Chapman. That was not even a blip on my radar. I know there are pancreas points, so you might be able, if you're going to do

204

00:32:58.780 --> 00:33:01.539

Annette Falconett: a pancreas point. Be careful.

205

00:33:02.180 --> 00:33:11.925

Annette Falconett: Some of these points are in places where you can cause harm. So just just be aware of where you're touching and how forceful. You're touching like there's some for the

206

00:33:12.670 --> 00:33:17.739

Annette Falconett: intestines, I would say, don't do it because you get too close to the aorta.

207

00:33:18.460 --> 00:33:21.490

Annette Falconett: and you don't want to. Yeah, you don't want to cause problems with the aorta.

208

00:33:22.520 --> 00:33:29.290

Annette Falconett: So just be careful. I. So I really don't know. But I would assume

209

00:33:29.830 --> 00:33:33.973

Annette Falconett: there would be a point that would at least help you.

210

00:33:35.750 --> 00:33:47.640

Annette Falconett: at least stimulate the pancreas some to make the insulin. That's what I think would be more like that. But you do have to be careful around what they call the head of the pancreas when you're doing points

211

00:33:49.010 --> 00:33:49.780

Annette Falconett: so.

212

00:33:51.842 --> 00:33:55.120

Annette Falconett: And I'm still draining, hitting that one spot.

213

00:33:58.630 --> 00:34:04.260

Annette Falconett: Other questions, comments Deborah.

214

00:34:05.685 --> 00:34:06.714

Deborah: Yes, hi

215

00:34:07.230 --> 00:34:09.169

Annette Falconett: Right. Here's Fox Kit.

216

00:34:10.179 --> 00:34:10.879

Deborah: What?

217

00:34:10.880 --> 00:34:12.490

Annette Falconett: You try the detox kit.

218

00:34:12.730 --> 00:34:22.668

Deborah: You know I did start it, but I and I honestly, right now I can't remember why I why I stopped it. I think it's because I had to.

219

00:34:23.389 --> 00:34:31.259

Deborah: I had to do another protocol, so I put it aside. But I did get it. So thanks for the reminder. It's right on my counter.

220

00:34:31.650 --> 00:34:40.049

Deborah: so I'll get back to you on that. I'll start that again. I wanted to ask you about the dexcom 6, 7.

221

00:34:40.600 --> 00:34:41.940

Annette Falconett: Stay on the 6.th

222

00:34:42.440 --> 00:34:43.670

Deborah: You're on the 6 still.

223

00:34:43.670 --> 00:34:45.649

Annette Falconett: No, no! I wish I was.

224

00:34:46.159 --> 00:34:56.129

Deborah: Oh, you know what I just ran out of sensors, and they should have. I should have gotten a pack. But they've let me stay on the 6.

225

00:34:56.500 --> 00:34:59.460

Annette Falconett: Stay. I would stay on the 6 as long as you can.

226

00:35:00.180 --> 00:35:09.529

Deborah: Okay, I noticed that Dr. Rita Maria has is currently testing the 7 from Dex, Tom and the abbott. She's got both of them on now.

227

00:35:09.530 --> 00:35:10.090

Annette Falconett: Okay.

228

00:35:10.393 --> 00:35:14.029

Deborah: But I was just wondering what your experience was. So 6 great.

229

00:35:14.362 --> 00:35:15.357

Annette Falconett: I do not.

230

00:35:16.620 --> 00:35:31.679

Annette Falconett: There are things about the 7 tech wise I like. Like. It's 1 piece that's really nice, you know. I don't have, and the transmitter and the sensor I like the shorter, warmup period I like the 12 bonus hours I get

231

00:35:31.820 --> 00:35:37.460

Annette Falconett: when my time's up. I like those things. Not a real fan of the accuracy.

232

00:35:40.440 --> 00:35:42.020

Annette Falconett: Fortunately.

233

00:35:42.130 --> 00:35:53.770

Annette Falconett: I don't medicate from it, like my daughter type one is staying on the 6 like. Don't even talk to her about a 7 I've got 3, 5 of the sevens left.

234

00:35:54.540 --> 00:35:58.390

Annette Falconett: and when they're done I'll probably try the Stello

235

00:36:00.540 --> 00:36:11.389

Annette Falconett: so you can get that on the Stello is basically the G. 7. And don't take this the wrong way, dumb down for non-diabetics, and you can get it on Amazon.

236

00:36:11.830 --> 00:36:16.650

Annette Falconett: and someone just ordered it, and she said, You get 2 for 90 bucks.

237

00:36:19.140 --> 00:36:19.820

Deborah: Wow!

238

00:36:19.820 --> 00:36:22.260

Annette Falconett: But I would still stay on the 6. If I had it.

239

00:36:22.520 --> 00:36:30.440

Annette Falconett: even with the 2 pieces and all the extra I would. Still I would ride the 6 as long as you can. That's my advice.

240

00:36:31.370 --> 00:36:33.649

Deborah: Okay, thanks a lot. I appreciate it.

241

00:36:33.650 --> 00:36:37.980

Annette Falconett: You're welcome anyone else.

242

00:36:37.980 --> 00:36:40.790

Kathryn Schultz: So, Annette, what do you think of the Stello.

243

00:36:41.150 --> 00:36:46.389

Annette Falconett: I haven't tried it yet. I don't know. Like I said, it is a dex. It is a dexcom. G. 7.

244

00:36:46.760 --> 00:36:49.840

Annette Falconett: They've just taken some of the features off of it.

245

00:36:50.480 --> 00:36:51.280

Kathryn Schultz: Okay.

246

00:36:51.280 --> 00:36:53.829

Annette Falconett: So maybe it works better. I don't know

247

00:36:54.434 --> 00:36:59.099

Annette Falconett: but I'm not gonna buy. I'm not gonna get it until I use up what I have.

248

00:37:00.130 --> 00:37:07.119

Kathryn Schultz: Because my doctor actually put in a an order for me to get a a Cgm.

249

00:37:07.340 --> 00:37:11.960

Kathryn Schultz: And it's stuck with insurance now for like over a month.

250

00:37:12.390 --> 00:37:17.250

Kathryn Schultz: Insurance just doesn't want to cover it, because I don't have diabetes.

251

00:37:18.028 --> 00:37:21.339

Annette Falconett: But you've got like stuff going on, you know.

252

00:37:21.660 --> 00:37:27.770

Kathryn Schultz: Right and they like to monitor those things. And insurance is like Nope.

253

00:37:28.260 --> 00:37:33.300

Kathryn Schultz: So now it's like, Well, what else can we try? And so he is asking if

254

00:37:33.630 --> 00:37:35.679

Kathryn Schultz: maybe I look into Stello.

255

00:37:36.540 --> 00:37:39.051

Annette Falconett: Like, I said. I'm gonna try it.

256

00:37:39.650 --> 00:37:42.939

Annette Falconett: I know when I wear the dexcom, the G. 7 s.

257

00:37:43.708 --> 00:37:58.809

Annette Falconett: It tends to run high for me, and I don't mean like I'm 80, and it's at 1 50, but it'll run. I'm the when I check it a good anywhere from 5 to 15 points high.

258

00:38:00.930 --> 00:38:05.230

Annette Falconett: But that's me, and Libre tends to run low for me.

259

00:38:06.260 --> 00:38:14.360

Annette Falconett: So if I could get that perfect one in the middle that'd be cool. But I just. I haven't expect I keep pointing over there because I've got 3 G. 7 sitting on the shelf.

260

00:38:15.730 --> 00:38:27.719

Annette Falconett: I haven't tried Stella yet I don't know, but, like I said, it might be the fact that they don't have all the alarms on it like do you do for the type one. The Stella was really made for biohackers.

261

00:38:28.230 --> 00:38:36.899

Annette Falconett: Stella, the Stella, was made for people that don't have diabetes don't have to medicate and don't want the alarms is my understanding.

262

00:38:37.590 --> 00:38:45.620

Annette Falconett: But Dexcom could be getting in trouble. Well, they have been cited by the FDA over the G. 7. So

263

00:38:49.970 --> 00:38:51.560

Annette Falconett: so look at the Stella

264

00:38:51.790 --> 00:38:59.359

Annette Falconett: talk to your yeah. I mean, if your doctor suggested it. Yeah, someone just bought it last week and sent me a note. She got 2 for 90 bucks

265

00:39:01.270 --> 00:39:04.560

Annette Falconett: off Amazon, and I'm not a fan of Amazon. You don't know that

266

00:39:06.140 --> 00:39:07.980

Annette Falconett: I hate to say go to Amazon.

267

00:39:08.850 --> 00:39:09.520

Kathryn Schultz: Thanks.

268

00:39:09.520 --> 00:39:10.370

Kathryn Schultz: Yeah.

269

00:39:14.910 --> 00:39:20.390

Annette Falconett: Barbara, do you want to unmute and and tell them about the Stello? Your Stello experience.

270

00:39:21.850 --> 00:39:23.079

Annette Falconett: if you can.

271

00:39:23.270 --> 00:39:25.609

Barbara Bailey: I I can right now, actually.

272

00:39:25.610 --> 00:39:25.940

Annette Falconett: Okay.

273

00:39:26.660 --> 00:39:32.899

Barbara Bailey: I I feel like you're kind of right on. I haven't really had any issues. I started it

274

00:39:34.130 --> 00:39:37.539

Barbara Bailey: over a year ago and had

275

00:39:37.880 --> 00:39:42.660

Barbara Bailey: the 1st 2 sensors fail after you know, the 1st week, and they're

276

00:39:43.570 --> 00:39:50.090

Barbara Bailey: support for it. I don't know if it's gotten any better, but it went through some kind of a bot.

277

00:39:50.600 --> 00:39:56.660

Barbara Bailey: or, you know, to report your problems. And it just was a mess.

278

00:39:56.790 --> 00:40:03.057

Barbara Bailey: So I tried going without and really need the

279

00:40:04.370 --> 00:40:09.270

Barbara Bailey: really need to know what my numbers are in order to maintain my diet better.

280

00:40:09.390 --> 00:40:13.608

Barbara Bailey: But now I I went back on it about 4 months ago.

281

00:40:14.720 --> 00:40:19.499

Barbara Bailey: A few wonky sensors, which I think happens no matter which one you get.

282

00:40:19.700 --> 00:40:21.659

Annette Falconett: Yeah, across the board.

283

00:40:21.890 --> 00:40:25.950

Barbara Bailey: Right right, my my last, the last sensor I had on

284

00:40:27.400 --> 00:40:32.779

Barbara Bailey: my wake up. Numbers were in the low hundreds, and I know that wasn't right.

285

00:40:33.390 --> 00:40:35.719

Barbara Bailey: but it also quit early.

286

00:40:36.220 --> 00:40:43.189

Barbara Bailey: So there was a failure in the sensor. But you can report it, and you can get a replacement.

287

00:40:43.560 --> 00:40:46.280

Annette Falconett: Yeah, cause I was on the dexcom site

288

00:40:46.510 --> 00:40:50.650

Annette Falconett: couple weeks ago. I had one that wouldn't deploy.

289

00:40:50.960 --> 00:41:04.410

Annette Falconett: and I did the form on my own, and it's like, Oh, this is awful! You have to call us, and the number they gave me to call wanted to sell me one of those help. I fall in and can't get up buttons. I'm like, so

290

00:41:04.620 --> 00:41:22.920

Annette Falconett: yeah, I'm like, what's this got to do? So I went to back to the the dexcom site to do the chat, and it was great. I highly recommend the chat on Dexcom, but there was a big red banner, or at least in red letters across the top that said, If this is a stello, issue, contact them directly. So

291

00:41:23.760 --> 00:41:27.620

Annette Falconett: they do. I'll bet it's pretty much the same service, though.

292

00:41:28.160 --> 00:41:32.530

Barbara Bailey: There was no phone numbers. You couldn't talk to anybody because my issues.

293

00:41:32.810 --> 00:41:36.260

Barbara Bailey: the bot couldn't like accept my issues.

294

00:41:36.260 --> 00:41:37.149

Annette Falconett: Oh, Lord!

295

00:41:37.150 --> 00:41:42.870

Barbara Bailey: So I was thrown into like a loop. It was a mess, and I just called it a loss, and

296

00:41:43.030 --> 00:41:47.569

Barbara Bailey: ice gave him a really bad review

297

00:41:48.367 --> 00:41:54.420

Barbara Bailey: because of the bot, and I don't know. I just had to go back on it because I couldn't.

298

00:41:55.330 --> 00:41:57.960

Barbara Bailey: I don't like the libre at all, and.

299

00:41:58.870 --> 00:41:59.410

Annette Falconett: Oh, okay.

300

00:41:59.410 --> 00:42:01.590

Barbara Bailey: Come. Yeah. And I don't need like

301

00:42:01.870 --> 00:42:10.436

Barbara Bailey: all the extra support of paying for to go through like originally, I had gone through.

302

00:42:11.790 --> 00:42:13.598

Barbara Bailey: What's that other one

303

00:42:15.170 --> 00:42:17.219

Annette Falconett: There's Libra, and there's Dexcom.

304

00:42:17.220 --> 00:42:21.709

Barbara Bailey: Well, no, I mean the the website where you can.

305

00:42:24.100 --> 00:42:30.090

Barbara Bailey: I'm not remembering right now, and I'm on the wrong phone to look it up but but anyway, so

306

00:42:30.200 --> 00:42:33.940

Barbara Bailey: so I've not had any problems with it. Really.

307

00:42:33.940 --> 00:42:36.219

Annette Falconett: There's no alarms on it. Right on the cell.

308

00:42:36.220 --> 00:42:38.549

Barbara Bailey: No alarms you.

309

00:42:38.680 --> 00:42:41.290

Barbara Bailey: Yeah. And you can. You can set.

310

00:42:41.870 --> 00:42:45.140

Barbara Bailey: I think, 70 is the lowest.

311

00:42:45.260 --> 00:42:57.350

Barbara Bailey: But then they did change the app, so that cause. It used to be like auto set 70 and like 150 or something, I'm like, Wait, I don't want it at a hundred 50.

312

00:42:57.350 --> 00:42:58.569

Barbara Bailey: Yeah, that's been there.

313

00:42:58.570 --> 00:43:03.220

Annette Falconett: Yeah, the G 7 has it preset, and it's like 70 to 1 80.

314

00:43:03.880 --> 00:43:10.930

Barbara Bailey: Oh, yeah, no. They changed it so you can lower it yourself. Oh, don't lower it that low, but then it's like they let you.

315

00:43:11.140 --> 00:43:16.110

Barbara Bailey: so I have it set lower. I haven't think I said. 1 15 is my upper.

316

00:43:16.410 --> 00:43:20.420

Barbara Bailey: my upper thing, but that's only just for me, anyway.

317

00:43:20.420 --> 00:43:21.120

Annette Falconett: Right.

318

00:43:21.420 --> 00:43:28.880

Barbara Bailey: But I have really had no issues other than you know, the occasional wonky sensor that

319

00:43:29.820 --> 00:43:34.069

Barbara Bailey: when I know it's gonna go bad because it's just not right from the beginning.

320

00:43:35.060 --> 00:43:37.320

Annette Falconett: Yeah, I mean, sometimes, sometimes.

321

00:43:37.320 --> 00:43:39.600

Barbara Bailey: Well, well worth the cost. Actually.

322

00:43:39.600 --> 00:43:41.179

Annette Falconett: Oh, good! Thank you! So.

323

00:43:41.530 --> 00:43:42.110

Barbara Bailey: Yeah.

324

00:43:42.150 --> 00:43:45.470

Annette Falconett: No, I'm glad to hear that. It gives me a little hope

325

00:43:45.710 --> 00:43:49.130

Annette Falconett: that things will get better when I use up my stash.

326

00:43:49.960 --> 00:43:54.980

Annette Falconett: because my kid, G sixes I could give to my kids. She's like, I want those things. I'm like, Okay.

327

00:43:55.901 --> 00:44:00.729

Annette Falconett: it's like, Do you want to wear a 6 and a 7 at the same times. No, I'm like, okay.

328

00:44:01.436 --> 00:44:06.779

Annette Falconett: She's just a big no there, so thank you, Barbara. That was really helpful.

329

00:44:07.040 --> 00:44:08.600

Barbara Bailey: Yup, but I have the time.

330

00:44:09.453 --> 00:44:10.799

Annette Falconett: Okay. Deborah.

331

00:44:11.910 --> 00:44:15.530

Deborah: So I wonder if Barbara was thinking of levels

332

00:44:17.010 --> 00:44:25.180

Deborah: with regard to the like the supplier, because I get my dexcom 6, and they will provide sevens.

333

00:44:25.390 --> 00:44:27.299

Barbara Bailey: The other one. It starts with an S.

334

00:44:28.310 --> 00:44:28.720

Deborah: What?

335

00:44:28.720 --> 00:44:30.212

Barbara Bailey: Or if it.

336

00:44:30.710 --> 00:44:33.230

Annette Falconett: There's sick. Sickness was another one.

337

00:44:33.520 --> 00:44:35.340

Barbara Bailey: Signal signals. That that's it.

338

00:44:35.690 --> 00:44:36.250

Deborah: That's.

339

00:44:36.250 --> 00:44:37.860

Barbara Bailey: Where I started out, yeah.

340

00:44:38.610 --> 00:44:46.469

Deborah: Okay, so thank you, Barbara, for saying that you can. Actually, it sounds like you can calibrate the Stello.

341

00:44:46.630 --> 00:44:49.369

Deborah: Is that what you were saying that it's not preset.

342

00:44:50.490 --> 00:44:53.829

Annette Falconett: No, I think it comes, Preset, but you can change. It is what she was saying.

343

00:44:53.830 --> 00:44:59.819

Deborah: Oh, oh, oh, yeah, as long as you can change it like my dexcom 6 I can.

344

00:44:59.940 --> 00:45:07.159

Deborah: It's 60. I set it at 60 to but at the lowest you can on the high end is 1 20,

345

00:45:07.850 --> 00:45:09.939

Deborah: cause I literally like to put it at 1 10.

346

00:45:09.940 --> 00:45:13.600

Annette Falconett: Remember, these were made for people with type, one diabetes.

347

00:45:13.600 --> 00:45:14.440

Deborah: Yeah, right.

348

00:45:14.760 --> 00:45:16.139

Annette Falconett: They're not made for us.

349

00:45:16.660 --> 00:45:18.250

Deborah: Yeah. So we're in a.

350

00:45:18.560 --> 00:45:23.509

Annette Falconett: The the lower range still have a functioning pancreas. They're not made for us.

351

00:45:23.750 --> 00:45:27.230

Annette Falconett: Yeah. So they're not gonna list. What we want.

352

00:45:27.850 --> 00:45:30.350

Deborah: Got it, got it? Got it? Okay. Thank you.

353

00:45:31.049 --> 00:45:34.459

Annette Falconett: They were made to save lives of type ones.

354

00:45:37.420 --> 00:45:45.719

Annette Falconett: So all right, any, we've got about 30 min left other questions comments.

355

00:45:54.100 --> 00:45:57.320

Annette Falconett: or we'll just hang out and stare at each other for 29 min.

356

00:46:03.860 --> 00:46:04.700

Annette Falconett: Your call.

357

00:46:04.700 --> 00:46:07.080

Kathryn Schultz: Can I flag something for you, Annette?

358

00:46:07.660 --> 00:46:10.500

Annette Falconett: I don't know. I don't know. This scares me, but go ahead.

359

00:46:10.500 --> 00:46:17.680

Kathryn Schultz: So one thing I've noticed is I'm trying to go through the website and go through the modules.

360

00:46:17.850 --> 00:46:19.140

Kathryn Schultz: Is that

361

00:46:19.500 --> 00:46:26.510

Kathryn Schultz: the side portion where it says, you know, module this, that whatever, so you can click on it and get where you're supposed to be.

362

00:46:26.510 --> 00:46:31.669

Annette Falconett: All of a sudden yours opens up to the whole program. Yes, I've sent. I've sent that complaint in.

363

00:46:31.880 --> 00:46:36.799

Kathryn Schultz: Okay, mine, says Page. Not found. You're not. You're not eligible to look at this.

364

00:46:37.330 --> 00:46:40.170

Annette Falconett: That's because you didn't buy the whole program.

365

00:46:40.170 --> 00:46:51.170

Kathryn Schultz: No, but I'm in the module I'm in the section for what I'm supposed to be in. I'm not trying to get into the other thing. So I'm in essentials, whatever.

366

00:46:51.410 --> 00:46:57.909

Kathryn Schultz: And then on the left is the modules. So there's no way for me to jump to where I am in the program

367

00:46:58.160 --> 00:47:01.669

Kathryn Schultz: except by going through absolutely everything I've done already.

368

00:47:02.180 --> 00:47:05.770

Kathryn Schultz: So I have to go through about 7 screens.

369

00:47:05.770 --> 00:47:07.399

Annette Falconett: So what I'm gonna say to you.

370

00:47:07.400 --> 00:47:08.020

Kathryn Schultz: Yeah.

371

00:47:08.020 --> 00:47:14.141

Annette Falconett: Is not really what you want to hear me say, but I must say it anyway, because I want to be honest.

372

00:47:14.420 --> 00:47:14.870

Kathryn Schultz: Yep.

373

00:47:14.870 --> 00:47:18.060

Annette Falconett: Sites, changing, probably.

374

00:47:18.060 --> 00:47:18.380

Kathryn Schultz: Okay.

375

00:47:18.380 --> 00:47:19.080

Annette Falconett: Line.

376

00:47:19.800 --> 00:47:22.449

Kathryn Schultz: Okay, so temporary pain. Okay.

377

00:47:22.450 --> 00:47:24.109

Annette Falconett: Yeah, so.

378

00:47:24.110 --> 00:47:28.850

Kathryn Schultz: Because I'm not gonna tell the help desk because they are the most helpless people I've ever met.

379

00:47:29.030 --> 00:47:37.180

Annette Falconett: Yes, absolutely so I would ask you to tough it out.

380

00:47:37.350 --> 00:47:44.630

Annette Falconett: And and that's not really a good answer. But I know they're not. They're gonna be like Annette. We're not fixing it because we're changing it.

381

00:47:45.826 --> 00:47:48.510

Annette Falconett: So let us switch sites.

382

00:47:48.970 --> 00:47:49.700

Kathryn Schultz: Okay.

383

00:47:49.700 --> 00:47:50.980

Kathryn Schultz: And it's right, is.

384

00:47:51.200 --> 00:47:54.270

Annette Falconett: And if it's still not right, you email me.

385

00:47:55.110 --> 00:47:55.860

Kathryn Schultz: Okay.

386

00:47:58.550 --> 00:48:02.330

Annette Falconett: Email me and I'll do an end. Run around the helpless desk.

387

00:48:04.570 --> 00:48:05.560

Kathryn Schultz: Sounds good.

388

00:48:05.730 --> 00:48:06.560

Annette Falconett: Okay.

389

00:48:06.830 --> 00:48:07.610

Kathryn Schultz: Okay.

390

00:48:07.980 --> 00:48:20.950

Annette Falconett: Because you should be able to access what you purchased without it being a total nightmare. But the last, and I noticed that when we had our 1st call scheduled, and then when we

391

00:48:21.610 --> 00:48:27.639

Annette Falconett: you rescheduled, and then I looked at it on that call again. But there's 1 spot

392

00:48:28.920 --> 00:48:46.750

Annette Falconett: in your program where you go to the next screen, and instead of having the 10 or 12 modules you enrolled in, it gave you all 3 levels, and I wrote to Tasha, I'm like, what is this? Because this isn't what. And Tasha is like, yeah, they can't open them. So we're not worried about it. And I'm like.

393

00:48:47.500 --> 00:48:51.010

Annette Falconett: so email me let me know.

394

00:48:51.960 --> 00:48:53.189

Kathryn Schultz: Cool thanks.

395

00:48:53.190 --> 00:48:57.860

Annette Falconett: You're welcome because you should be able to easily access

396

00:48:58.110 --> 00:49:01.470

Annette Falconett: what you purchased. I do not know.

397

00:49:01.760 --> 00:49:04.100

Annette Falconett: I have not seen the new site.

398

00:49:05.240 --> 00:49:08.069

Annette Falconett: I just know it's been in the works for a while.

399

00:49:08.230 --> 00:49:12.990

Annette Falconett: And it was in one of the recent emails we should be switching sometime in July.

400

00:49:14.170 --> 00:49:17.689

Annette Falconett: So it's not that long. Hold on, hold on.

401

00:49:18.723 --> 00:49:22.969

Annette Falconett: but definitely let me know after the switch, if it's still happening.

402

00:49:23.440 --> 00:49:38.869

Annette Falconett: because that's something that should be addressed. One of the reasons to move to this site. The new one is, it's easier to break the big program up into smaller pieces like what you enrolled in. So it's supposed to make life easier.

403

00:49:39.200 --> 00:49:43.789

Annette Falconett: We'll see fingers crossed so.

404

00:49:43.790 --> 00:49:46.379

Kathryn Schultz: Removing unstoppable health, at the same time.

405

00:49:46.570 --> 00:49:51.660

Annette Falconett: I don't think so. As far as I know. That's not.

406

00:49:52.990 --> 00:49:56.959

Annette Falconett: That's not on the short list of things to do unstoppable.

407

00:49:57.370 --> 00:50:00.219

Annette Falconett: I think it'd be a nightmare to move them both at the same time.

408

00:50:00.895 --> 00:50:01.570

Kathryn Schultz: Yeah.

409

00:50:01.570 --> 00:50:04.259

Annette Falconett: And I don't even do the back end.

410

00:50:05.730 --> 00:50:07.160

Annette Falconett: So Deborah.

411

00:50:09.118 --> 00:50:19.680

Deborah: Annette, I know your background in herbology and homeopathics and things like that. I have a client that has Tinnitus.

412

00:50:20.820 --> 00:50:22.619

Deborah: and I'm wondering if

413

00:50:23.290 --> 00:50:31.539

Deborah: I mean, I know it's a very complex thing, and everything is unique. But I'm just wondering if there might be something that I might

414

00:50:31.670 --> 00:50:34.440

Deborah: an entry point, that I might look at.

415

00:50:36.240 --> 00:50:40.460

Annette Falconett: Every time I've ever heard Tinnitus discussed, talked about.

416

00:50:40.790 --> 00:50:58.229

Annette Falconett: the response is always, it's almost impossible to heal. And why do they have it. If it's they listen to loud music on headphones when they were in high school, or they listen to the car radio so loud they blew out speakers. That's why I have it.

417

00:50:59.140 --> 00:50:59.670

Annette Falconett: Okay.

418

00:50:59.670 --> 00:51:09.349

Deborah: Actually, I can comment on that. They said it started about 9 months ago, and if I pull out my clients

419

00:51:09.900 --> 00:51:14.708

Deborah: summary he said that he's

420

00:51:15.670 --> 00:51:19.790

Deborah: He had anxiety, and so they put him on.

421

00:51:20.322 --> 00:51:22.789

Deborah: Okay, so they put him on Zoloft.

422

00:51:23.010 --> 00:51:25.589

Deborah: All right. So he believes in

423

00:51:26.020 --> 00:51:28.519

Deborah: that. We're working on that, getting them

424

00:51:29.223 --> 00:51:40.419

Deborah: and and educating him. Okay? So anyway, they put him on Zoloft, and he said it helped with the anxiety, but it I think it just dulled him down.

425

00:51:40.600 --> 00:52:09.549

Deborah: and so he goes back to the doctor. I mean this. This is this is my client. Okay, he goes back to the doctor, and he says I'd like, Is there something that I could take that would help with my anxiety, but might, but with a boost, I'm like, okay. So anyway. So here's what they did. They put him on a med called prestique, and I think it's called. It's spelled PRES. TIQI think, anyway, so

426

00:52:09.800 --> 00:52:22.850

Deborah: during the 1st week, 7 days, he told me, he started to get this ringing in his ears. So he stopped. It went back to the doctor. Hasn't been on it since, went back to Zoloft, but since that

427

00:52:23.070 --> 00:52:31.999

Deborah: episode he has not been able. He hasn't recovered from the from the Tinnitus. So that's the event.

428

00:52:34.040 --> 00:52:34.849

Deborah: much as I can tell.

429

00:52:34.850 --> 00:52:40.959

Annette Falconett: Practitioner look up, I would look up the side effects of the medication.

430

00:52:41.190 --> 00:52:58.709

Annette Falconett: Okay, when you know how to spell it, look up the side effects, and look to see if Tinnitus is a side effect of the medication, because sometimes the symptoms that people come to you, if you go back and look at their medical history. You'll be like, oh, look! It's a side effect of that medication.

431

00:53:01.030 --> 00:53:13.699

Annette Falconett: So that would be something to look at for some people. A good B complex will fix it. It's really going to depend again, how how serious was the damage from this medication, because it's sounding like it's the med.

432

00:53:14.300 --> 00:53:17.420

Deborah: It does sound like it, I mean the the at least.

433

00:53:18.460 --> 00:53:22.885

Deborah: it's at least coincidental, if not related.

434

00:53:23.920 --> 00:53:24.620

Annette Falconett: There's also.

435

00:53:24.620 --> 00:53:26.880

Annette Falconett: So go ahead.

436

00:53:27.390 --> 00:53:28.260

Deborah: Oh, okay.

437

00:53:28.690 --> 00:53:30.865

Annette Falconett: No, your question. I'll remember.

438

00:53:31.300 --> 00:53:32.970

Deborah: Oh, no, no! That was it really.

439

00:53:33.880 --> 00:53:36.733

Annette Falconett: You could. I mean he can. You can buy

440

00:53:39.900 --> 00:53:45.529

Annette Falconett: There's a homeopathic blend called Ring. Stop RANG. Ring. Stop

441

00:53:47.390 --> 00:53:50.050

Annette Falconett: some stores have it over the counter.

442

00:53:51.680 --> 00:53:53.650

Annette Falconett: I think it's by Highlands.

443

00:53:54.542 --> 00:53:57.319

Annette Falconett: Not saying it's going to work.

444

00:53:57.730 --> 00:54:01.510

Annette Falconett: but it might, it might lessen it. Who knows.

445

00:54:02.320 --> 00:54:03.889

Annette Falconett: So I might try that

446

00:54:04.440 --> 00:54:20.320

Annette Falconett: I gave up mine doesn't bother me like it used to. It's really kind of more a background thing, or I've adjusted to it. It's not as loud as it once was. So obviously, something that I'm doing is lessening it. But I couldn't tell you what those things are.

447

00:54:21.010 --> 00:54:25.230

Annette Falconett: but it's 1 of those things that are harder to

448

00:54:26.360 --> 00:54:29.280

Annette Falconett: He'll okay.

449

00:54:29.280 --> 00:54:30.310

Deborah: I've heard that.

450

00:54:30.310 --> 00:54:34.659

Annette Falconett: Look at the side effects of the meds in homeopathy.

451

00:54:36.010 --> 00:54:40.330

Annette Falconett: and this is beyond me. But I can tell you the principle.

452

00:54:40.980 --> 00:54:47.669

Annette Falconett: there's a branch of homeopathy, where, if the medication has caused the problem.

453

00:54:48.460 --> 00:54:51.849

Annette Falconett: you're going to potentize that medication and then take it.

454

00:54:52.030 --> 00:54:59.389

Annette Falconett: and it will undo the damage. But like I said beyond me, don't know how to do it, you know. So.

455

00:55:00.600 --> 00:55:04.760

Deborah: Interesting, though. Okay, okay, thank you.

456

00:55:04.760 --> 00:55:10.099

Annette Falconett: There's a lot of meds out there that have been potentized to take for those reasons.

457

00:55:10.710 --> 00:55:11.850

Deborah: Was that right?

458

00:55:12.860 --> 00:55:14.529

Annette Falconett: Yeah, there's a lot of them out there.

459

00:55:15.020 --> 00:55:17.239

Deborah: And so how would I search that.

460

00:55:17.730 --> 00:55:24.540

Annette Falconett: I would do like how many? I think I think

461

00:55:28.517 --> 00:55:35.060

Annette Falconett: but that doesn't mean whatever you're looking for is going to be there, and I'm not giving like I said I just.

462

00:55:35.060 --> 00:55:36.150

Deborah: Medical advice.

463

00:55:36.150 --> 00:55:40.640

Annette Falconett: No medical advice for me. I just know this exists, and I truly have not done it.

464

00:55:41.280 --> 00:55:44.100

Annette Falconett: I think it TAUT.

465

00:55:48.060 --> 00:55:51.140

Annette Falconett: It's a word along the side. It's

466

00:55:52.320 --> 00:56:01.889

Annette Falconett: what that branch of homeopathy is is the word something like taut tautology. TAUT. OLOG, y.

467

00:56:02.860 --> 00:56:06.120

Annette Falconett: And of course I'm not seeing any of my books that would have it in it.

468

00:56:06.817 --> 00:56:10.480

Annette Falconett: But I would look that up. Figure out that

469

00:56:10.780 --> 00:56:15.159

Annette Falconett: I got the spelling right or not. But it's gonna be similar to that.

470

00:56:15.550 --> 00:56:22.590

Annette Falconett: And I would Google, how to find tautology remedies.

471

00:56:23.430 --> 00:56:27.089

Deborah: Okay, super. I'll look into it.

472

00:56:27.090 --> 00:56:31.999

Annette Falconett: Okay, ginger said that one of the side effects of pristige is tinnitus.

473

00:56:34.480 --> 00:56:36.859

Deborah: Oh, should be a tapered withdrawal.

474

00:56:38.600 --> 00:56:41.609

Annette Falconett: Yeah. Sometimes you just can't stop. You have to taper off.

475

00:56:43.350 --> 00:56:47.309

Annette Falconett: and you never should take someone off, you know. That's a doctor thing.

476

00:56:47.890 --> 00:56:55.100

Deborah: Oh, yeah. Oh, I I would never do that. He did this himself 9 months ago. Okay, so interesting.

477

00:56:55.390 --> 00:56:56.599

Deborah: What is S.

478

00:56:56.600 --> 00:56:57.320

Annette Falconett: 5 is back.

479

00:56:57.320 --> 00:57:03.590

Deborah: Outside effect is also is also anxiety. It's supposed to be treating anxiety.

480

00:57:03.590 --> 00:57:05.059

Annette Falconett: But it can also cause it.

481

00:57:05.490 --> 00:57:07.110

Deborah: Is interesting, isn't it?

482

00:57:07.110 --> 00:57:11.720

Annette Falconett: Think, what's that nasty thing they give to kids to when they're constipated?

483

00:57:11.840 --> 00:57:15.710

Annette Falconett: Oh, that has the antifreeze in it.

484

00:57:16.370 --> 00:57:26.030

Annette Falconett: Miralax miralax has antifreeze in it, but it's given to children that are severely constipated, and one of the side effects is constipation.

485

00:57:31.940 --> 00:57:32.630

Deborah: Wow!

486

00:57:32.780 --> 00:57:35.930

Annette Falconett: Yeah, Catherine, you want to.

487

00:57:36.340 --> 00:57:47.269

Kathryn Schultz: I remember learning from Dr. Karazian that Tinnitus is a symptom of inflammation in the temporal lobe or the auditory.

488

00:57:47.570 --> 00:57:49.479

Kathryn Schultz: A part of the brain is

489

00:57:51.590 --> 00:57:55.700

Kathryn Schultz: And so all the things that would reduce neuro inflammation

490

00:57:55.800 --> 00:58:03.400

Kathryn Schultz: are good to treat tinnitus, which is all this stuff that we preach, anyway. And you know this kind of a program?

491

00:58:04.121 --> 00:58:07.450

Kathryn Schultz: But then there are targeted things for

492

00:58:07.830 --> 00:58:10.430

Kathryn Schultz: that. At least he was talking about.

493

00:58:12.280 --> 00:58:15.630

Kathryn Schultz: Increased fatty essential fatty acids.

494

00:58:18.620 --> 00:58:21.730

Kathryn Schultz: So like butyrate he's a fan of

495

00:58:24.380 --> 00:58:34.570

Kathryn Schultz: or for short chain, fatty acids, polyphenols, antioxidants the whole bit for what it's worth.

496

00:58:36.250 --> 00:58:37.336

Annette Falconett: You can.

497

00:58:39.030 --> 00:58:46.180

Annette Falconett: you can also look up. There's different brain exercises for different part of the brains that might help. As well

498

00:58:46.370 --> 00:58:51.639

Annette Falconett: build that back up like I'm gonna I've decided I'm gonna learn to juggle. It's supposed to be here for your brain.

499

00:58:54.000 --> 00:59:08.239

Kathryn Schultz: Because the same part that that can be triggering tinnitus can also trigger where you this is why it stuck in my head to learn it, because I had this issue where I was hearing

500

00:59:08.410 --> 00:59:11.990

Kathryn Schultz: sounds that weren't there, not like from inside my head. But

501

00:59:12.620 --> 00:59:16.830

Kathryn Schultz: I swore I had a football game on in the other room

502

00:59:17.710 --> 00:59:20.019

Kathryn Schultz: and turns out it was brain inflammation.

503

00:59:20.390 --> 00:59:21.060

Annette Falconett: Wow!

504

00:59:21.060 --> 00:59:25.380

Kathryn Schultz: And by doing all the anti-inflammatory stuff. I don't have it anymore.

505

00:59:25.700 --> 00:59:41.790

Kathryn Schultz: But I had it for like a year, and unfortunately it was Troy Aikman. And what's his face that I was hearing in the other room calling a football game which can drive you crazy when you're a packer, Fan, and you're hearing Troy Aikman in your head.

506

00:59:42.530 --> 00:59:44.110

Kathryn Schultz: Oh, and I inflammatory.

507

00:59:45.263 --> 00:59:46.109

Deborah: Thank you.

508

00:59:46.110 --> 00:59:47.000

Deborah: Thank you, Catherine.

509

00:59:47.150 --> 00:59:49.059

Deborah: Thank you. I appreciate that input.

510

00:59:49.060 --> 00:59:51.169

Kathryn Schultz: You're welcome, Deborah, for what it's worth.

511

00:59:51.320 --> 00:59:54.329

Annette Falconett: Curcumin's real good for brain inflammation.

512

00:59:57.340 --> 00:59:58.670

Annette Falconett: Yes, I'm on it.

513

01:00:02.370 --> 01:00:04.889

Annette Falconett: Deborah. Did you have something else? Your hand's still up.

514

01:00:08.510 --> 01:00:10.039

Annette Falconett: That's a no. Okay.

515

01:00:11.990 --> 01:00:19.039

Annette Falconett: Yeah, always look up the side effects of the meds. If someone's complaining of a new symptom, it might be the med.

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01:00:23.380 --> 01:00:26.679

Annette Falconett: It's not always gonna work that way, but

517

01:00:27.030 --> 01:00:29.219

Annette Falconett: you will find it does happen.

518

01:00:31.190 --> 01:00:49.050

Annette Falconett: I just took it back to the used bookstore and traded it in, but I used to always keep a nursing manual around so I could look meds up in it for the people that I was working with. And now you can just Google it. So I don't need to keep the book, but I like books.

519

01:00:49.580 --> 01:00:58.779

Annette Falconett: and I would all because it would give you all the side effects, and it would give you, you know, minerals and stuff that it depletes. So it was. It was a good source.

520

01:01:00.410 --> 01:01:19.269

Annette Falconett: I always bought them used, never bought a new one. They're too expensive. But it's it's interesting. If you look meds up. If you're on a lot of meds, I wouldn't do it. You might get freaked out and weird, because then we get it in our head that all these bad things are happening. But if you're working with someone and looking up

521

01:01:20.192 --> 01:01:22.519

Annette Falconett: like using the insulin.

522

01:01:22.630 --> 01:01:27.910

Annette Falconett: And this is in there in a warning box. It's like insulin can cause low blood sugar.

523

01:01:28.730 --> 01:01:30.930

Annette Falconett: Isn't that why you take the insulin

524

01:01:31.430 --> 01:01:40.309

Annette Falconett: to keep the sugar low. But it's in a big box, I'm like, who doesn't know that? So anyway.

525

01:01:42.120 --> 01:01:49.750

Annette Falconett: questions and Hello, people I don't know yet welcome. I'm Annette.

526

01:01:49.920 --> 01:01:54.570

Annette Falconett: I've been working with Dr. Reid Marie since 2017.

527

01:02:01.680 --> 01:02:03.340

Annette Falconett: Questions, comments.

528

01:02:11.020 --> 01:02:12.689

Annette Falconett: Jill. Want to go early?

529

01:02:16.640 --> 01:02:19.020

Annette Falconett: Oh, yes, Sabrina.

530

01:02:20.540 --> 01:02:39.659

Sabrina Gagné: I took the Vitalist practitioner program with Seja Popham at the evolutionary school of herbalism, and in our in my notes for my studies it was mentioned that the ringing in the ears can often be caused by somebody having taken a lot of aspirin.

531

01:02:41.950 --> 01:02:42.890

Annette Falconett: Okay.

532

01:02:42.890 --> 01:02:44.781

Sabrina Gagné: Just a just a comment.

533

01:02:45.380 --> 01:02:46.310

Annette Falconett: Sharing.

534

01:02:46.981 --> 01:02:49.509

Annette Falconett: So, Deborah, you might want to ask about that.

535

01:02:52.360 --> 01:02:54.209

Annette Falconett: If there was aspirin use.

536

01:02:54.750 --> 01:02:55.810

Deborah: Yeah, thank, you.

537

01:03:00.990 --> 01:03:09.730

Annette Falconett: And is it aspirin just aspirin? Or is it like the Nsaids, too, Sabrina?

538

01:03:10.986 --> 01:03:14.319

Sabrina Gagné: Well, I would imagine it's probably both, but.

539

01:03:14.980 --> 01:03:18.600

Annette Falconett: Cause. They're different, they and they they do different things. That's why I was asking.

540

01:03:18.600 --> 01:03:23.196

Sabrina Gagné: Yeah. Well, in my, in my notes it was I mentioned aspirin, but

541

01:03:24.060 --> 01:03:28.019

Sabrina Gagné: I would imagine, if depending on which one they took. You know.

542

01:03:28.560 --> 01:03:29.280

Annette Falconett: Okay.

543

01:03:29.430 --> 01:03:37.579

Annette Falconett: cool, but still really interesting. Thank you. If you give me my choice of an Nsaid or an aspirin, I'm taking the aspirin, except that for the 1st time in

544

01:03:38.500 --> 01:03:44.639

Annette Falconett: 20 years I have Tylenol in my house because of the fall they sent me home on it.

545

01:03:46.000 --> 01:04:08.640

Annette Falconett: And Samantha one day was like, Oh, my headache! It's pain. I can't sleep. Blah blah! I'm gonna like, go into my bathroom, get one of those awful Tylenol things and take it, and it's going to put you to sleep. So she took it. She was laying in bed like 15 min, going like Mom lies. Mom lies mom lies. And then she was out cold for the rest of the night, so she had to apologize me the next day, anyway. Go ahead, Catherine.

546

01:04:09.440 --> 01:04:12.929

Kathryn Schultz: Oh, if only Tylenol worked like that for all of us!

547

01:04:13.306 --> 01:04:14.059

Annette Falconett: Oh, my!

548

01:04:14.060 --> 01:04:15.149

Kathryn Schultz: Wanted to ask you about.

549

01:04:15.150 --> 01:04:17.330

Annette Falconett: We never have it. I think that's.

550

01:04:17.330 --> 01:04:19.619

Kathryn Schultz: I took a lot of it throughout my life, so.

551

01:04:19.620 --> 01:04:22.759

Annette Falconett: And it's the it's the red label stuff, you know.

552

01:04:23.070 --> 01:04:32.419

Annette Falconett: That's what they told me. Instead of sending me home with an extra pain. Med, they told me. Go buy Tylenol, because that's they'd been giving me Tylenol in the hospital.

553

01:04:32.860 --> 01:04:37.989

Annette Falconett: So I think it's just because it doesn't. We don't take it. So when we do.

554

01:04:37.990 --> 01:04:38.880

Kathryn Schultz: Yeah.

555

01:04:38.880 --> 01:04:39.929

Annette Falconett: Super. Well.

556

01:04:39.930 --> 01:04:48.059

Kathryn Schultz: My body was probably too used to it, because I've been taking pain meds since I was like 5, because I had chronic migraines my entire life.

557

01:04:48.210 --> 01:04:56.629

Kathryn Schultz: So we tried all the over the counter stuff because they didn't have meds. Then we tried the meds and they cause more symptoms and blah blah.

558

01:04:56.760 --> 01:05:01.729

Kathryn Schultz: but finally mostly migraine free. But I want to ask you about zinc.

559

01:05:02.320 --> 01:05:02.860

Annette Falconett: Yes.

560

01:05:02.860 --> 01:05:06.970

Kathryn Schultz: So zinc lozenges is what we're looking at.

561

01:05:07.390 --> 01:05:15.540

Kathryn Schultz: Is there an optimal time to take it like with food or without food? Does it upset the the Gi system at all.

562

01:05:15.820 --> 01:05:20.279

Annette Falconett: I have not heard of it upsetting someone's stomach, but

563

01:05:20.770 --> 01:05:24.180

Annette Falconett: you might be that outlier, and I'm not trying to put that on you.

564

01:05:26.030 --> 01:05:29.649

Annette Falconett: For me. I it's like, Oh, I'm sitting here.

565

01:05:29.800 --> 01:05:35.042

Annette Falconett: Okay. So like the lozenges, the zinc. And I've got a B 12. I really like

566

01:05:36.710 --> 01:05:43.779

Annette Falconett: like in the afternoon. You're like, I just want something sweet. I'll go take a lozenge. I'll go take a zinc or a B 12. Okay.

567

01:05:43.780 --> 01:05:45.030

Kathryn Schultz: Oh, okay.

568

01:05:46.800 --> 01:05:55.080

Annette Falconett: because I just I'm not gonna go eat a candy bar or a chunk of cake. So for me, those things fill

569

01:05:55.500 --> 01:06:17.409

Annette Falconett: that sweet that I'm looking for, and it should have health benefits as well. So I would take when I took the zinc, and I was doing the seeking health lozenges, and I'm going to be honest. I could take them on an empty stomach. That wasn't a problem. I did not take those with food on purpose, because they left

570

01:06:18.030 --> 01:06:20.879

Annette Falconett: a weird coding in my mouth for a little bit.

571

01:06:21.872 --> 01:06:27.489

Annette Falconett: And it wasn't something I didn't want that coating in my mouth.

572

01:06:28.780 --> 01:06:30.190

Annette Falconett: Well, I was eating a meal.

573

01:06:31.060 --> 01:06:46.820

Annette Falconett: Yeah, it was just a strange little aftertaste. I haven't purchased them in a while. I still have my preferred B. 12 S. But that's like my afternoon, instead of going. Oh, I'm gonna have, you know, a piece of candy. I go, and I have

574

01:06:47.290 --> 01:06:49.140

Annette Falconett: a supplemental lozenge.

575

01:06:50.290 --> 01:06:52.112

Kathryn Schultz: Okay, that's cool.

576

01:06:53.026 --> 01:07:20.570

Annette Falconett: So in my head I've changed, and I don't think you should ever say to little Kid. Here, you know the flintstone vitamin things here, take, you know your candy. It's a vitamin. It can hurt you if you do too many. I'm not going to sit and eat a bottle of B 12, but in my head for me a long time ago I turned the switch of this is a sweet little short thing. I you know that I can have, and it doesn't really negatively affect me.

577

01:07:20.680 --> 01:07:27.140

Annette Falconett: So if you're going to do the zinc, I would say, when that's going to depend on you.

578

01:07:27.800 --> 01:07:31.269

Annette Falconett: You have a lot of issues. Food might be better.

579

01:07:32.550 --> 01:07:39.470

Annette Falconett: you know. You don't want to cause an issue. I used to drink liquid zinc on an empty stomach, and I didn't have a problem.

580

01:07:39.990 --> 01:07:41.539

Annette Falconett: Does it mean you won't?

581

01:07:42.196 --> 01:07:56.939

Annette Falconett: Nora wrote in chat. Yes, it could it can cause some nausea upset stomach, so do it with food. I don't remember what the form was on the seeking health zinc.

582

01:07:57.060 --> 01:08:01.709

Annette Falconett: I did like 3 or 4 bottles, and then I stopped. Just because I didn't like that

583

01:08:02.100 --> 01:08:04.209

Annette Falconett: in my mouth, whatever that was.

584

01:08:05.570 --> 01:08:08.965

Annette Falconett: So, Rob. No, I am not speaking

585

01:08:12.840 --> 01:08:14.506

Annette Falconett: thanks, Nora.

586

01:08:16.229 --> 01:08:24.910

Annette Falconett: but I'm sure, if you went to the seeking health site, if you're wanting to know for you, I would imagine if you went to the seeking health site it would be on there.

587

01:08:24.910 --> 01:08:27.119

Kathryn Schultz: Tell you, because I have it in front of me.

588

01:08:27.120 --> 01:08:28.850

Annette Falconett: Oh, wow! They've changed their labels.

589

01:08:28.859 --> 01:08:34.589

Kathryn Schultz: Yeah, zinc as zinc buys.

590

01:08:34.590 --> 01:08:35.560

Annette Falconett: Glycinate.

591

01:08:35.560 --> 01:08:40.669

Kathryn Schultz: By Glycinate, Chelate, Albion, trademark sign.

592

01:08:41.410 --> 01:08:42.200

Annette Falconett: Okay.

593

01:08:46.529 --> 01:08:47.879

Annette Falconett: thank you. Catherine.

594

01:08:47.880 --> 01:08:50.859

Kathryn Schultz: Sure. No, and thank you, and thank you, Nora.

595

01:08:53.135 --> 01:08:55.929

Annette Falconett: We've got about 5 min left

596

01:09:00.399 --> 01:09:02.180

Annette Falconett: questions, comments

597

01:09:07.100 --> 01:09:14.100

Annette Falconett: we hope to see. Sorry, Catherine, not you people in full program. We hope to see you certifying soon.

598

01:09:20.109 --> 01:09:21.090

Annette Falconett: Oh.

599

01:09:21.631 --> 01:09:31.919

Annette Falconett: I had a few minutes to kill earlier, and I made my congratulatory Facebook post for 2 people that haven't finished yet, but they will be. They'll finish in July. So

600

01:09:32.580 --> 01:09:40.279

Annette Falconett: I just sit on their post for a while, and then I'll post them to the Facebook groups. So please. If you have an advisor.

601

01:09:40.460 --> 01:09:51.370

Annette Falconett: converse with them, Lisa or me, whoever you've been assigned to and let's get you guys through the program. It feels really good to get this off your plate

602

01:09:52.170 --> 01:09:56.740

Annette Falconett: like, Wow, it was like, it's finished. I.

603

01:09:56.880 --> 01:10:06.860

Annette Falconett: This was this was taking up a lot of space on the plate, and and now I get to go back and look at it at my leisure when I want to.

604

01:10:08.640 --> 01:10:09.610

Annette Falconett: Deborah.

605

01:10:11.220 --> 01:10:18.131

Deborah: I couldn't agree more that it's taking up a lot of brain space. And there's a lot of a lot of weight.

606

01:10:18.760 --> 01:10:22.129

Annette Falconett: I'm not kidding like I felt. Poosh it! It went.

607

01:10:22.790 --> 01:10:42.290

Deborah: Yeah, I because I'm kind of feeling a bit crushed right now. But I have a question. I Lisa, is my coach or my advisor. But you know I actually didn't get an advisor until it's pretty late. And so when I ask her, there's 1 phone call.

608

01:10:42.440 --> 01:10:48.106

Deborah: this is an I and E, so we can discuss the gaps of it. Right? Okay, so

609

01:10:49.070 --> 01:10:56.390

Deborah: so apparently there's 1 phone call. And so I asked her about that, and she said, Well, you might want to save that, and I'm like.

610

01:10:57.130 --> 01:11:01.130

Deborah: I don't know what I don't know. I feel like I kind of feel like I'm

611

01:11:02.990 --> 01:11:10.760

Deborah: I mean, I'm crushed under the weight of like the whole thing right now. But so I don't really know what I'm waiting, what I'm

612

01:11:11.130 --> 01:11:13.840

Deborah: waiting for the phone call for like.

613

01:11:14.140 --> 01:11:21.139

Deborah: can I get an extra phone call? Do I like pay for it? Extra dialogue? How does this work.

614

01:11:21.600 --> 01:11:26.300

Annette Falconett: Well, see, I always talk to my people. In

615

01:11:26.470 --> 01:11:38.790

Annette Falconett: in the beginning we have a call to go through the process. What's because you have to have your advisor approve your topics right for the different papers and presentations.

616

01:11:38.890 --> 01:11:41.830

Deborah: She did approve those I email through email.

617

01:11:42.140 --> 01:11:51.709

Annette Falconett: Okay. The only other thing I can think she might be saving that call for is to go over

618

01:11:52.140 --> 01:11:56.080

Annette Falconett: your have you done your. You haven't done your health presentation, have you?

619

01:11:56.490 --> 01:11:57.689

Deborah: No, I'm working on it.

620

01:11:57.690 --> 01:12:07.689

Annette Falconett: Okay, she might be saving it for that. If you really want the call, tell her you really want the call I get. I let my people have a second call. 3rd call if they need it.

621

01:12:09.220 --> 01:12:09.990

Deborah: Okay.

622

01:12:11.620 --> 01:12:16.459

Annette Falconett: So if you really want to call, I would email her and say, No, I'd really like to talk to you.

623

01:12:18.060 --> 01:12:18.650

Deborah: Okay.

624

01:12:19.020 --> 01:12:23.529

Annette Falconett: If that's gonna give you clarity on the process, then you need to have the call.

625

01:12:25.740 --> 01:12:28.110

Deborah: Okay, alright, I'll reach out to her.

626

01:12:28.110 --> 01:12:31.689

Annette Falconett: Yeah, I think that's I think that's the best thing. Just let her know.

627

01:12:32.660 --> 01:12:38.920

Deborah: Okay. But I I would really like to feel that weight lifted.

628

01:12:39.090 --> 01:12:41.519

Annette Falconett: Oh, it was huge it was.

629

01:12:42.780 --> 01:12:47.480

Annette Falconett: but then I rushed and filled the plate back up with other stuff, but still.

630

01:12:47.480 --> 01:12:48.080

Deborah: Of course.

631

01:12:48.080 --> 01:12:50.325

Annette Falconett: May you be stronger than me.

632

01:12:51.260 --> 01:12:54.750

Annette Falconett: But I definitely felt it. I definitely felt it.

633

01:12:55.530 --> 01:13:00.260

Deborah: Yeah, okay, yeah, I'm feeling it. Thank you.

634

01:13:00.260 --> 01:13:04.281

Annette Falconett: Yeah. So just reach out to Lisa. Tell you'd really like to have that call.

635

01:13:05.430 --> 01:13:10.199

Annette Falconett: I know right now she's working really hard on her presentation for this weekend

636

01:13:11.160 --> 01:13:19.479

Annette Falconett: just. She's like, I can't talk to you about stuff until after I'm like, okay, so maybe write the email and set it to send next week.

637

01:13:19.830 --> 01:13:22.919

Deborah: Yeah, I I will do that note taken. Okay.

638

01:13:23.620 --> 01:13:29.550

Annette Falconett: I do a lot of those these days, right? And while I'm thinking about it, set it to send later.

639

01:13:29.750 --> 01:13:35.239

Annette Falconett: It's a nice feature. So definitely reach out, and if you still need help, let me know.

640

01:13:35.520 --> 01:13:36.100

Annette Falconett: Okay.

641

01:13:36.100 --> 01:13:37.979

Deborah: Okay, yeah, thank you.

642

01:13:39.100 --> 01:13:40.260

Annette Falconett: Excuse me.

643

01:13:40.883 --> 01:13:45.220

Annette Falconett: So I'm going to go ahead. If there's nothing short

644

01:13:46.380 --> 01:13:53.920

Annette Falconett: question, short, short question or comment, if not at, you know, raise your hand, UN
unmute yourself. Speak now.

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01:13:54.636 --> 01:14:01.620

Annette Falconett: If not, I'm going to wrap this call up so. Thank you all for being here

646

01:14:01.740 --> 01:14:04.498

Annette Falconett: last Chance people last chance.

647

01:14:06.130 --> 01:14:10.910

Annette Falconett: It was nice to see you all again. I'll see you soon on some other call somewhere.

648

01:14:11.509 --> 01:14:17.650

Annette Falconett: Have a great rest of your it's only Tuesday, have a great week.

649

01:14:18.660 --> 01:14:19.580

Annette Falconett: Okay?

650

01:14:20.030 --> 01:14:24.989

Annette Falconett: All right. Take care, Deborah, write me if you need something. And

651

01:14:25.180 --> 01:14:30.320

Annette Falconett: Catherine, you're gonna email me after the switch the website switch.

652

01:14:30.530 --> 01:14:37.390

Annette Falconett: If there's still a problem. Okay, I'll be watching. All right. Take care. Have a good,
have a good week. Bye-bye.