

Clinical Mastery of the Digestive System Bonus Call Chat Log – 01-27-2016

You@All: I just started using PuraDyme.

You@All: <http://puradyme.com/shop/liyfbiotic-multi-strain-probiotics>

Viewer 5@All: Has the meeting started? I am still seeing the hang tight message

You@All: Yes, but you'll see the presentation on the Instant Teleseminar link.

You@All: <http://events.instantteleseminar.com/?eventid=79955913>

Viewer 5@All: Thanks Lynn

You@All: You're welcome! Who is this?

You@All: 6-7.4

Eleanore@All: no sound on the web

You@All: Are you listening on the phone or via webcast?

Michele@All: I have sound on web

Toni@All: I'm on the phone. I can hear.

You@All: I'm on Skype and can hear.

Kate@All: webcast is working for me

Eleanore@All: I restarted and now I have sound

Michele@All: So E Coli lives in everyone's Lg Intestines and okay when in balance? And it's just a problem when it's in the Sm Intestines?

Michele@All: Just trying to clarify.

Laura@All: Interesting. I had a stool test done years ago that came back positive for enterobacter and was recently diagnosed with SIBO.

Michele@All: The labeling or diagnosing causes the person to sometimes own that disease or diagnosis which makes it hard for them to overcome because then they are also fighting their head about it.

Laura@All: Dr. Kharrazian mentioned in his SIBO talk that antibiotics have almost a 100% recurrence rate.

You@All: So true, Michele!

You@All: They are pretty much antibiotic-resistant.

Michele@All: Wow, Laura, that's a lot!

Michele@All: Yes, I agree, Steph. The bacteria are neither good nor bad. They are just trying to live!

Viewer 5@All: Sorry Lynn I jsut saw this. It's Tiffany

Michele@All: And they adapt to their environment.

You@All: That's true, Michele.

You@All: Do you know how to change it to your name, Tiffany?

Viewer 19@All: I cannot see the screen

Viewer 5@All: Nope. Sorry Lynn

You@All: <http://events.instantteleseminar.com/?eventid=79955913>

Eleanore@All: What about all the H readings?

Michele@All: How would you build the E. Halli without taking a probiotic? Could you do that through probiotic foods?

Laura@All: How much is the Bio-Health 401 test?

Viewer 17@All: I missed what Dr Ritamarie said. How are we supposed to see all the screens at the same time. The join me chat and what page to see the sides coinciding with what Steph is talking about. I'm getting lost

You@All: Click your cursor on the silhouette, which is the participant list. It should say Me on top. Hover your cursor over that, and a sidebar should come out that says Change Name.

You@All: I just have the join.me up if I need to ask something. Otherwise I'm watching the slides.

Michele@All: You would address it because the "4" makes it out of balance?

Viewer 17@All: I'm confused Lynn. I don't have that. Mine says Dr Ritamarie

Michele@All: Nevermind, I get it now.

You@All: Does it say Me somewhere?

Viewer 22@All: I just o

Viewer 22@All: lost all conversation . I logged out by mistake. I'm just lost

Laura@All: But you would have to address the SIBO before adding cultured foods back in, correct?

Michele@All: And "cultured" foods being ones you ferment yourself. Do you add a starter to them?

You@All: I would think you would want to be careful with the wild fermentation.

Laura@All: How do you find out what bacteria are involved in SIBO? Doesn't the stool test just show the bacteria in the large intestine and not the small intestine?

Michele@All: So would we really want to know what our strains are before we start making cultured foods?

You@All: I would think so.

You@All: You can culture with that bacteria.

Viewer 22@All: ok. Thanks Dr Ritamarie

Viewer 5@All: I've lost audio

You@All: You might need to refresh, Viewer 5.

Michele@All: Isn't Butyrate in butter and ghee?

You@All: I believe it is.

Michele@All: Which test is it that you are showing on the screen now that is showing which herbs and antibiotics work well or don't work well

You@All: Doctor's Data.

Michele@All: Thanks

Laura@All: How much is a Doctor's Data test?

Laura@All: Could you use essential oils of those herbs as well? If so, how would you recommend? Internally? Topically?

You@All: You can get it through Dr. Ritamarie for \$260.

You@All: <https://doctorritamarie.infusionsoft.com/app/orderForms/Lab-Testing-Comprehensive-Stool-Analysis---Doctors-Data>

Laura@All: Thanks Lynn

You@All: Is smilax good against E. coli?

You@All: <http://www.arthurandrew.com/products/floraphage>

Laura@All: What were the two bacterias with ulcerative colitis? enterobacter and what?

Laura@All: Thanks!

Laura@All: I am not loving the SIBO diet so far. :(Day #6

Michele@All: What were the other trace mineral deficiencies? could she repeat those?

Michele@All: Will this webinar be recorded and available for a re-listen?

You@All: It is being recorded.

Laura@All: Is nutritional yeast okay for SIBO?

You@All: Nutritional yeast is *Saccharomyces cerevisiae* that is grown feeding on molasses and then killed with heat and dried. I think it falls under the harmless category for most people.

Viewer 22@All: What is Mega food vitamins grown on?

Viewer 22@All: I think it was a type of yeast?

You@All: MegaFood uses *Saccharomyces cerevisiae* to deliver a variety of their nutrients.

You@All: My second had it. It was all over her stomach.

You@All: She was this tiny baby with this horrible rash everywhere.

Michele@All: If we can't stay for the whole call, will we be able to listen to a replay

You@All: Yes.

Ritamarie@All: *Saccharomyces cerevisiae*: Antibodies against *S. cerevisiae* are found in 60–70% of patients with Crohn's disease and 10–15% of patients with ulcerative colitis (and 8% of healthy controls).

Laura@All: Any brands of trace minerals you recommend?

Michele@All: This info is so awesome! My brother died of colon cancer which started as Ulcerative Colitis. This could so have possibly saved his life and helped him regain his health.

Laura@All: Wow. My stool test showed *blastocystis hominis* and an infectious disease doctor told me that doesn't cause any issues and is normal to have it. Also had my gallbladder removed years ago. Wish I would have known about this sooner. Great stuff!

Viewer 22@All: Very helpful but gonna have to go over this again :)

Viewer 23@All: Awesome!

Sequoia@All: Helpful ++++++++!!

Michele@All: Very helpful. I have a client that so needs all of this!

Ritamarie@All: histame

Viewer 22@All: Is Histamine a pill? powder?

Ritamarie@All: marilyn pharmaceuticals

Ritamarie@All: pill

Ritamarie@All: histame is the product

Viewer 22@All: Oops Histame. Spell check changed it

Ritamarie@All: soda machine for ozonate

You@All: <http://histame.com/home>

Viewer 22@All: 401H and what test?

You@All: Doctor's Data.

Ritamarie@All: doctor's data

Viewer 22@All: Thanks

Laura@All: Thanks Steph! Will do. After the SIBO diet I am getting another stool test done to check.

Michele@All: so low stom acid and H pylori show up together so they think it's good for acid reflux?
that's crazy

Laura@All: Wow, similar to Lyme bacteria.

Sequoia@All: Viewer 22

Oops Histame. Spell check changed it

Ritamarie

soda machine for ozonate

Lynn

<http://histame.com/home>

Viewer 22

401H and what test?

Lynn

Doctor's Data.

Ritamarie

doctor's data

Viewer 22

Thanks

Laura

Do you have any suggestions for Dientamoeba Fragilis Trophozoites?

Sequoia@All: Do you have any suggestions for Dientamoeba Fragilis Trophozoites?

Laura@All: Gosh, sounds so much like Lyme. Smart critters.

Michele@All: I have a client who has been on so many antibiotics from pneumonia as a baby, to antibiotics for a burn at 7 years old, to staph infection in her 30s. She has a ton of issues. What would you suggest first? Testing? She eats very clean and more recently has determined she has a histamine issue. I plan to submit her case for the CMDS Virtual Case Study day.

Eleanore@All: LOL

Laura@All: Thanks Steph! This was AWESOME!!!! :)

Viewer 22@All: On Steph's slides it said Facto paracasei was an improvement in sinus infections but her bacteria slides she says its facto gaseri? which is it or is it both?

Viewer 23@All: Thank you so much! Great! I am so happy!

Michele@All: This was soooooo awesome!! Thank you, Steph and Dr. Ritamarie.

Toni@All: Fascinating! I'm interested in the advanced training.

You@All: I'm interested in it, too!

Vanessa@All: Thank you Steph!

Viewer 22@All: How do we print the Digital bacteria poster that comes with being on this call?

You@All: You can download it.

Eleanore@All: Great job Steph

Viewer 22@All: Lynn, from where?

You@All: When you click on the poster, you should see the download button on the top.

Michele@All: She already eats very clean

Viewer 5@All: I have a fiend who said that she eats a lot veggies and really healthy, but burps a lot afterwards. What could this be?

Viewer 22@All: I couldn't find the download it. I could open it to view only

You@All: What's your browser?

You@All: <http://www.amazon.com/Designs-Health-GastroMend-vegetarian-Beauty/dp/B00290CG56>

Alyson@All: Lynn, can you send me the link since I can't get a download drop down to happen in any capacity?

You@All: Do you want me to email it to you?

Alyson@All: yes please

Alyson@All: you need my email?

Michele@All: Will Steph's practioner's program be available to people outside NEPT?

You@All: I do need your email.

You@All: I think so, Michele.

Michele@All: I mean, will any layperson be able to take it?

You@All: I'm not sure who Steph is inviting. This is Steph's course.

Alyson@All: alyson1201@gmail.com

Laura@All: Great information. Thanks so much. I need to head off to bed. Goodnight!

Toni@All: Off to bed too. It's late here on the east coast. Bye

Toni@All: Bye

You@All: Bye!

Viewer 5@All: Thanks!

Steph@All: night!!