

## CMDS Virtual Retreat Chat Log – 02-06-2016

Michele Anderson@All: I'm here!

You@All: Hi, Michele!

Michele Anderson@All: Where are those documents you're referring to?

Michele Anderson@All: The ones Ritamarie said to print out and refer to?

Laura@All: LOVE my yoga pants! :)

You@All: You'll see them on the left hand side of the Instant Teleseminar page.

You@All: <http://events.instantteleseminar.com/?eventid=77568528>

You@All: I'm in my fuzzy warm sweat pants. High today of 26!

Michele Anderson@All: I found them. Thanks!!

Violaine@All: just got out of the shower, glad to be here ;)

You@All: Glad to have you here, Violaine! :-)

You@All: Certified Digestive Mastery Coach.

Michele Anderson@All: Some of slides are blank for the printer-friendly slides. Is that right?

Laura@All: Some of my slides printed blank pages as well.

You@All: I haven't printed mine, but as I scroll through them, I'm seeing them all.

Laura@All: It's very odd. It is a blank page and says slides 58 RL 1

You@All: Where does it say that?

You@All: There are 31 pages.

Laura@All: You can see it on page 16

You@All: Ah! I do see on page 16 it says Slide 44 RL1.

Laura@All: Page 18

Laura@All: Page 20

Laura@All: There are several

You@All: Yep. I see it now.

Michele Anderson@All: That's what I was referring to also, Lynn.

You@All: OK. I had to go further in before I saw it.

Violaine@All: actually just press the slides button and it says the file you requested doesn't exist but its ok, will print later.

Laura@All: I had the same issue as well Violaine. The printer friendly slides work though.

Michele Anderson@All: Hi Maria!

Michele Anderson@All: Yes, we actually filled the form out together - to make it as detailed as possible.

You@All: Good job, Michele!

Michele Anderson@All: Thanks, Lynn. I'm hoping I can glean info today to really help her.

Laura@All: I have a client now that is not ready and had to have that talk with her.

You@All: I think you'll be pleased.

You@All: Good for you, Laura.

Violaine@All: this is AWESOME!

You@All: I agree, Violaine.

Michele Anderson@All: I know I will be. I'm always blown away with the content I learn.

Michele Anderson@All: What is the name of this chart? I need to find that in the CMDS program.

You@All: Which chart, Michele?

Michele Anderson@All: The one that was an excel spreadsheet she just talked about.

You@All: The Health Tracker?

Michele Anderson@All: No, the one where she talked about finding a starting place. She talked about the pre-meal ritual

Laura@All: I was wondering that as well Michele.

Michele Anderson@All: It was the last slide she just covered

Michele Anderson@All: I think she talked about the health tracker and how to track assessment scores. Then the next slide going into where to start for a particular symptoms.

Michele Anderson@All: What is it called?

Michele Anderson@All: Yes, the one on the screen.

Michele Anderson@All: Okay, thanks!

Michele Anderson@All: For the slides, look at page 16

Michele Anderson@All: No, it's page 15

Michele Anderson@All: It just says slides but you can't see what they are

You@All: Right.

Maria@All: i have not been able to follow the slides at all...just looking at the friendly printout version

You@All: There are several slide pages like that.

Michele Anderson@All: Right, Lynn. That was what I was asking about at the very beginning.

You@All: Right.

Michele Anderson@All: Sorry, it's page 16

Michele Anderson@All: IT's actually what printed between page 15 and page 16.

Michele Anderson@All: It says Slide 44 RL1 and Slide 25 RL1. There are no visuals.

Michele Anderson@All: There are other slides too

Michele Anderson@All: Just wanted to let you know.

Laura@All: Yay, I can now download the slides fro the main page link. Thanks!

Michele Anderson@All: On the PF version, issues are with Slides 44, 45, 46, 48, 49, 52, 53, 54 55, 56, 5758, 59, 6064, 65, 66

Michele Anderson@All: It actually wasn't page 15 but the page between page 15 and page 16.

Michele Anderson@All: Just letting you know what I found.

mary@All: check further down

mary@All: 52,53,54,55,56,57,58,59,60,64,65,66,

You@All: On another note, Michele, that chart is on page 11 in the GRAND Program Action Guide - <http://s3.amazonaws.com/drritamarie/materials/GRAND/GRAND-ProgramActionGuide.pdf>

Michele Anderson@All: Don't forget to resume recording!

Laura@All: Thanks Lynn!

You@All: You're welcome, Laura!

Michele Anderson@All: Thank you so much for the Presentation in a Box! This will be fabulous!!

You@All: I agree!

Michele Anderson@All: This is genius!

You@All: That's because she is a genius. :-)

Toni@All: It is great!

Michele Anderson@All: Yes, she is!

Toni@All: Yes she is brilliant.

Toni@All: ...and generous with sharing her knowledge!

You@All: That is what I love about her.

Toni@All: :-)

Maria@All: is the presentation she is talking about available already?

You@All: I don't think so.

Laura@All: That's what I do. I teach from my living room and charge \$10 to come through Eventbrite.

Michele Anderson@All: Awesome, Laura!

Toni@All: That's a great idea Laura

Laura@All: Thanks Dr. Ritamarie and Michele.

You@All: I go to people's homes and have a food prep class.

Laura@All: It works great. They value what they pay for and it will RSVP a seat.

Laura@All: Yes, cooking classes work well too.

You@All: I'm teaching a fermentation demo at our local sustainable farming group on Monday.

Michele Anderson@All: Awesome, Lynn!

Toni@All: That's great Lynn! Wish I could be there!

Laura@All: Awesome Lynn.

You@All: The last time I did a presentation with them on local wild edibles. I didn't realize there was a local journalist there. Someone told me about his article he wrote.

Laura@All: Totally agree, Dr. Ritamaire. I will do free talks for the local hospital or other groups.

You@All: I love how you're getting out there, Laura. Keep it up! And you're on the local news, too. You're a star!

Toni@All: I was approached by an organizer for an MS support group to talk to them. The organizer attended a workshop I did yesterday.

You@All: Cool! You guys rock!

Jamie@All: We're doing a series of 5 talks over 5 months at the largest private members' club in London on our 5 pillars of health, they have 18k members and are doing all the mailing and invites for us - took us a year to get in there though. Last month we had all the personal trainers, chiropractors, massage therapists etc in the room talking to them for 3 hours about integrated wellness.

You@All: Wow, Jamie! Great job!

Toni@All: Wow Jamie! That's amazing.

Michele Anderson@All: Awesome, Jamie!

Jamie@All: We're hoping it will enable us to get into other private member's clubs also.

You@All: I love hearing how you guys are getting out there.

Jamie@All: thanks Lynn, Toni, Michele :)

Jamie@All: free strategy sessions work so well

Toni@All: Yes.

You@All: Absolutely. Although I'm beginning to think that charging even \$10 might be wise after a while.

Laura@All: I love that Dr. Ritamarie! Could you take us through a mock call that you would do with a potential client sometime?

Toni@All: Yes Lynn. Some people don't value "free" information.

Jamie@All: I find getting them to fill out a strategy intake form is already a reasonable screening tool

You@All: Maybe we should have some of us get together and practice strategy sessions on each other.

Laura@All: Great idea Lynn

You@All: True, Jamie.

Toni@All: Laura I use Bill Baren's "Fill the Gap" discussion

You@All: Nice, Laura!

Laura@All: I will have to check that out Toni. Is that a book?

You@All: I've gone in to our local fitness clubs and set up a smoothie table for demos.

Laura@All: Great idea, Lynn!

Toni@All: It was part of his Master of Enrollment program Laura

Michele Anderson@All: So you would have them fill out the strategy session form before doing a free discovery session with them?

Jamie@All: absolutely Michele

You@All: Yes.

Michele Anderson@All: Wow, I never thought to do that.

You@All: Exactly!

Michele Anderson@All: So do you email them the strategy session form when you schedule the free strategy session?

Jamie@All: yes

Toni@All: Yes

You@All: Yes.

Jamie@All: I don't even book the session time until they have emailed it back to me

Michele Anderson@All: I thought they weren't paying for it?

You@All: Right, Jamie.

You@All: I like that idea. Jamie, you up for it? :-)

Jamie@All: sure

You@All: Let's talk.

Toni@All: Yay! Thanks Jamie

Toni@All: I call mine: "Is Your Health in Balance?" or "Get Your Health in Balance?"

Toni@All: Get Your Health in Balance!

Jamie@All: I call it "strategy session to learn how to breakthrough your limitations to unlock the potential of your mind, body & spirit"

You@All: Mine is a Feeding Your Health Lifestyle Session.

You@All: Nice, Jamie!

You@All: This is what mine says - "During this session, we will discuss your health and lifestyle to determine how I can best support you in achieving your goals."

Jamie@All: tks Lynn

Laura@All: Love that Lynn

You@All: Thanks, Laura!

Toni@All: I like that Lynn

You@All: This is actually what I'm working on. How do you say, help your liver to be healthy so the rest of your body is healthy.

You@All: These are my programs - <http://feedingyourhealth.com/work-with-me/>

You@All: One of them I call the Ultimate Health & Vitality Private Coaching Program (Fast Track).

Toni@All: Thanks for sharing Lynn!

You@All: You're welcome, Toni.

Jamie@All: tks Lynn

You@All: You're welcome, Jamie!

Toni@All: This has been awesome!

You@All: I agree, Toni!

Laura@All: Is there a good program that you recommend for automatic billing?

You@All: <https://www.paypal.com/pdn-recurring>

You@All: <http://grasshopper.com/resources/tools/online-payment-options-google-paypal-amazon/>

mary@All: yes business version of paypal

Jamie@All: for my in person Body Transformation Coaching I do 3 month packages, paid upfront and find that works really well - because I travel for around 10 days per month, I agree to add on any days I'm away, so normally spread over 4 months, then also makes it much easier to be results focused. Still experimenting with different packages for my nutrition business - have tried a few different ways including webinars, initial & follow up testing etc

You@All: Nice!

Jamie@All: the biggest thing I learnt through the process is that people will pay you whatever you believe you are worth - I heard this at Tony Robbins' Business Mastery event, but only really appreciated it experiencing it myself. If you are used to charging \$100 per session, asking someone to commit to \$3k upfront can be intimidating and if you aren't confident it will show, so I just built it up and started with charging \$500 per month, then moved to charging \$1500 for 3 months, then gradually just increased as I got more demand and referrals. If you don't charge enough you will attract people with no money who take up all your time and want everything for nothing - that is my experience.

You@All: This is so true, Jamie. This is a major issue I'm working on.

Jamie@All: this is one of my newest recruits, he is just about to go onto a reality TV show in Panama for 2 week survival challenge:

[https://www.google.pt/search?q=thom+evans&espv=2&biw=1920&bih=924&source=lnms&tbn=isch&a=X&ved=0ahUKewiCk5nC5uPKAhVD0h4KHYeeDBkQ\\_AUIBigB](https://www.google.pt/search?q=thom+evans&espv=2&biw=1920&bih=924&source=lnms&tbn=isch&a=X&ved=0ahUKewiCk5nC5uPKAhVD0h4KHYeeDBkQ_AUIBigB)

Jamie@All: I decided just to focus on professional or ex-professional athletes for my Body Transformation Coaching - so I train him and his brother (both rugby players) and a couple of professional golfers - so much more fun training people that are already motivated and striving to be the best at what they do

You@All: I agree.

Viewer 20@You: gotta it~ Tiffany

Toni@All: Thanks for sharing Jamie

You@All: Tiffany, so we can see it's you and not Viewer 20, hover your cursor over the word Me, and then a sidebar should come out for you to change it to your name.

Jamie@All: yw Toni

Maria@All: Thanks for sharing, Jamie.

Tiffany@You: Gotta it Lynn. Thanks!

Maria@All: for your high performance customers, are you focusing on nutrition to complement their fitness and lifestyle?

You@All: Yes! Thanks!

Laura@All: Great advice, Jamie!

Laura@All: Cost and pricing is one of the most challenging things for me.

Toni@All: Me too Laura

You@All: Me, too, Laura. Working with Dr. Ritamarie is helping my confidence in myself.

Toni@All: Me too Lynn.

Michele Anderson@All: What if you don't really know what you're results are because you're new to this

Jamie@All: yes, Maria, I only have 4 clients that I work with in-person (the professional athletes I mentioned) and I also train them, as I used to be a professional athlete, so easy for me to resonate and work with them, but most of my clients I work with remotely and more focused on nutrition

Michele Anderson@All: When will your book be available?

Maria@All: cool. Jamie. thanks

You@All: I think she said in May, but I could be wrong.

Michele Anderson@All: Cool

Jamie@All: I normally do 6 training sessions per week (3 weights, 3 HIIT), in the gym I train 2 at a time and on the beach I do HIIT all together, 20-40 min sessions, but depending on their goals I will incorporate whatever nutrition or diagnostic testing they require

You@All: Michele, the publication date is March 9th. <http://www.amazon.com/dp/B0195YZ8HG>

Laura@All: Any reasonably priced webinar or teleseminar programs for people just starting out in this?

mary@All: yes and thank you helps to take in completely when using all the modalities

You@All: <https://www.anymeeting.com/adw/Free-Webinar-Service.aspx>

You@All: <http://www.amazon.com/Your-Bodys-Many-Cries-Water/dp/0970245882>

Maria@All: God...i have so much work to do! i guess, so much to grow. where are the hours in a day?

You@All: It will happen, step by step.

Maria@All: hear all these great stuff and to-do's...trying not to get more overwhelmed :-)

You@All: No, just do a couple things here and there.

Toni@All: Baby steps Maria

You@All: Yep, small and simple leads the way.

Maria@All: yay...gotta remember to focus on stuff i can do today

You@All: Exactly! But always remember your mission statement and goals. The steps lead you there.

Sequoia@All: unwind and un-whine!

You@All: I love that, Toni!

Toni@All: I like that Sequoia!

Laura@All: Yes, I find oftentimes it does not have to do with the food, there is an underlying emotional issue that is coming up and that is where coaching can really come in handy to dig down deep and see what is limiting them.

You@All: I meant, Sequoia.

You@All: I agree, Laura.

Toni@All: Absolutely Laura.

Michele Anderson@All: yes, Laura!

Michele Anderson@All: I really feel like the mental/emotional work has to go hand-in-hand with the physical things we give them to do. Often where they get sidetracked or sabotage themselves has to do with underlying thoughts/emotions that are running in the background.

Laura@All: Exactly Michele!

Michele Anderson@All: I also believe that if there is an issue of chronicity - this is a huge piece.

You@All: Completely agree, Michele.

Toni@All: Yep

Jamie@All: wanted to share, I came across this after listening to a summit with James Lavalle the other day: <http://metaboliccode.com/capabilities/#science> here is a demo of the software:  
<http://metaboliccode.com/capabilities/#science> I would love to create something like this one day!

Michele Anderson@All: The person I submitted for my case study today - I truly believe that her stress is undermining all the good things that she does. She's just not ready to address/look at that yet. Not sure how to go about softly guiding her into that.

Jamie@All: also came across this steroid pathway planner recently that some of you may find helpful:  
<http://dutchtest.com/?q=content/pathways-diagram>

You@All: I have that, too, Jamie. It's great!

You@All: Softness can have strength in it, Michele. I know you will know what to do.

Laura@All: I've found taking my clients through a guided imagery visualization really helps them connect with their inner wisdom and where they need to start.

You@All: Nice, Laura!

Laura@All: I've had good success with it so far and the messages they get are really beautiful.

Michele Anderson@All: Yes, I do that too. She seems to be so blocked even for that.

Maria@All: i like the suggestion of VIP for executives. maybe i can reach out to my network and find out what they would be most interested in learning, from fitness, nutrition, etc. thanks for the suggestion :-)

You@All: Great idea, Maria.

Laura@All: I've found muscle testing to be helpful in finding blocks. Asking if it is physical, mental, emotional, or spiritual and testing....if your client is open to that.

Jamie@All: the series of talks we are doing at the private members club, we called: 1) PREPARE TO SUCCEED 2) NUTRITION IS NOT A ONE-SIZE-FITS-ALL APPROACH 3) DESIGNING THE BEST EXERCISE & RECOVERY PROGRAMME FOR YOU 4) STRESS IS THE NUMBER 1 KILLER 5) WHY WE MUST DETOXYFY FOR OPTIMAL HEALTH

Michele Anderson@All: Great topics, Jamie!

Jamie@All: tks Michele

Laura@All: Yes, don't let perfection keep you from starting.

Michele Anderson@All: Yes, I agree, with you. She's so focused on doing stuff in the physical and she's not addressing the stress component.

Alma@All: Where are all these comments and links that Dr. Ritamarie is mentioning? Is there supposed to be another screen we should open?

Jamie@All: Alma, Ritamarie is just going back over previous chat comments

Michele Anderson@All: Could you talk about how to address this in a VIP day with her. I think I'd like to do that and spend time doing tapping and stress-release techniques, pre-meal ritual, etc.

Alma@All: Jamie, where do I see those chat comments? Are they here on joinme?

Michele Anderson@All: I mean, when you go over my case study.

Laura@All: Alma, if you just joined you might not be able to see them, but I think Lynn saves them.

Alma@All: oh ok. Thanks Laura

You@All: Yes, I do save the chat log. You'll see the earlier comments there.

Jamie@All: just did 5 minutes for rebounding - find it so energising!

Michele Anderson@All: This is just so amazing, Ritamarie and Lynn! Thank you for all of this

Toni@All: So grateful for this!

You@All: <https://www.paypal.com/pdn-recurring>

Toni@All: Rebounding sounds good. Will do that next break.

Viewer 22@You: Thank you!

Jamie@All: I would highly recommend Bellicon rebounders - they are amazing and well worth the money if you use it regularly: <https://www.bellicon-usa.com/>

Michele Anderson@All: Case study Intake Sheets

Toni@All: I have one one Jamie! Best investment

Jamie@All: :)

You@All: Viewer 22, so we can see who you are, could you click on the silhouette with the participants names. The top should say Me. If you put your cursor over that, a sidebar should come out where you can change your name.

Alma@All: Thank you Jamie, I will look into this!

You@All: I have a Bellicon, too, Jamie. I agree - I think it's the best.

Michele Anderson@All: I can text and ask her about the mytelaticn issue. I know she has the MTHFR but I don't know what exactly.

Jamie@All: great case study Michele

Michele Anderson@All: I think I have the answers to most of these questions.

Jamie@All: and deplete electrolytes with saunas & enemas - especially magnesium & potassium

Michele Anderson@All: I have info on MTHFR on her.

Steph@All: has she had a really good H Pylori and Blasto test?

Jamie@All: I would run an OAT if she was open to it to find out if there is any intestinal microbial overgrowth, ketone & fatty acid oxidation

Michele Anderson@All: no, steph. She's a little resistant to getting more tests done. I told her I'd find out what specific tests would be good for her to get.

Michele Anderson@All: Looking for that info today.

Steph@All: fat malabsorption is class b hominis

Steph@All: classic

Jamie@All: great points - gives them significance - which is a need that many people in a suffering state fulfil

Michele Anderson@All: What would be the tests she needs to do right now?

Steph@All: testing for the ramifications rather than the roots

Michele Anderson@All: Only resistant because she doesn't know which tests to get

Michele Anderson@All: She has same symptoms with olive oil but not so much with coconut oil

Steph@All: sometimes people resist the most simple tests that could actually help them I don't think it's a coincidence

Steph@All: I would do OAT and Biohealth too

Jamie@All: agree

You@All: Oleic acid.

Jamie@All: MCTs

Steph@All: MCT

Vanessa@All: coconut is not processed by the liver

You@All: Right.

Michele Anderson@All: She has done GL cleanse. Drinking apple juice for several days then doing the flush. She has gotten out small gall stones.

You@All: Does she take NAC?

Alma@All: Wow, I didn't know that coconut oil isn't processed by the liver. Interesting

Jamie@All: has she tried bile salts or carnitine? also which fatty acids is she deficient in?

You@All: Right. Maybe a blood spot fatty acid test?

Michele Anderson@All: She tested no to C677T Mutation but Homozygous to A1298C Mutation.

Michele Anderson@All: yes, she has her gallbladder

Michele Anderson@All: Im not sure about the MTHFR. I uploaded the results to you under SpectraCell Lab results

Michele Anderson@All: I uploaded it the other day. Maybe I didn't upload all pages

Michele Anderson@All: Crap, I didn't upload that.

You@All: OK. I was wondering where I was missing it.

Michele Anderson@All: I thought I uploaded it but It's not showing that I did on my computer. I can read you what it says, if you'd lik.

You@All: Can you upload it now?

You@All: So many invasive things. No boundaries.

Steph@All: those lung bacteria can migrate to the gut when it is weakened

Steph@All: I actually might do doctors' data and OAT although slightly less accurate for the B Hominis

Steph@All: better for the staph/strep/pneumonia bacteria

Jamie@All: likely something underlying going on - infection, virus, parasites, clostridia etc

Jamie@All: due to suppressed immunity

Steph@All: and broader spectrum of bac

You@All: How about digestive enzymes?

Vanessa@All: FYI, YL Supper B has FOLIC ACID!

Vanessa@All: Super B

Steph@All: thank you Vanessa :)

Vanessa@All: Welcome, I used to use until I saw that

You@All: At least their B12 is methylcobalamin. I guess I never considered their vitamins, as I know of so many other good sources.

You@All: I use their oils, though. :-)

Jamie@All: I'm always cautious about giving any form of folate when someone has anxiety before addressing foundational issues - in her case, GI inflammation

Steph@All: it's a FODMAP yup

Michele Anderson@All: There will be a recording of this also, right?

Toni@All: Yes

You@All: Yes. did you upload the test?

Valerie@All: Isn't bone broth a high histamine food?

Michele Anderson@All: I wasn't writing some of last things down because you wanted me to scan and upload MTHFR test

Michele Anderson@All: I just uploaded this test result

You@All: OK. I'll go look.

Jamie@All: oh I haven't seen that yet, look forward to it

Michele Anderson@All: She has cut way back on doing bone broth

Michele Anderson@All: She uses Summer Bock's Bitters spray but that seems to bother her too.

You@All: Folks who respond to bone broth or meat stock with a histamine response are hurt bad enough to do something about it.

Jamie@All: would consider MMC also

Laura@All: I have a question about gas and bloating with SIBO. I am on day 16 of a SIBO diet and still having a lot of abdominal pain, gas, and bloating on the diet and continue to lose weight (something I am not trying to do).

Jamie@All: migrating motor complex

Laura@All: Migrating Motor Complex.

Michele Anderson@All: She did do Bile Salts Chologog product by Standard Process. I'm asking her now why she stopped that.

Michele Anderson@All: She said she stopped the bile salts because her symptoms stopped.

Michele Anderson@All: I'm clarify that with her now.

Jamie@All: this just popped up on my timeline, related to topic of digestion, new book by Aristo Vojdani. "Neuroimmunity and the Brain-Gut Connection" - [https://www.novapublishers.com/catalog/product\\_info.php?products\\_id=56306&osCsid=42666102c643021c47b41e653e7fb66f](https://www.novapublishers.com/catalog/product_info.php?products_id=56306&osCsid=42666102c643021c47b41e653e7fb66f) I need more time :)

You@All: I hear you there. :-)

Michele Anderson@All: Jamie, what is MMC?

You@All: Migrating Motor Complex.

Jamie@All: Lynn is too fast for me :)

Toni@All: Taking a walk

You@All: Not going outside here, but am looking out at the sun which just popped out.

Jamie@All: 8:40pm here in Portugal

Michele Anderson@All: So Ritamarie, she is saying that she just started getting the bloating and indigestion again about a month ago. I think when she was doing Summer Bock's program, her diet was really clean.

Jamie@All: that makes no sense to me

Sequoia@All: are you going to share the labs on join.me after the break?

Michele Anderson@All: So a month ago, she started eating more bone broth (after doing Summer's program) and now feels she's not digesting well again. Personally,

Steph@All: LOL so funny "I felt better so I stopped taking it and now I'm sick again and I don't know why"

Michele Anderson@All: It makes sense if she has FODMAPS that she improved with Summer's program because she was off the bone broth.

You@All: The labs are on the Instant Teleseminar link, Sequoia.

You@All: <http://events.instantteleseminar.com/?eventid=77568528>

Toni@All: That is funny Steph..lol

You@All: But that inconsistency speaks to her mindset.

Toni@All: True

Vanessa@All: LOL

Michele Anderson@All: Yes, you are right. She jumps around a lot trying different things because she feels nothing is helping her feel better. I think when she feels better, she goes back to her old diet (even though it may be cleaner, it's got foods that she can't tolerate).

Jamie@All: there is definitely some self-sabotage going on here

Michele Anderson@All: Yes, she has a lot of brain fog.

You@All: But why doesn't she want to stay with something.

Alma@All: Which part in bone broth is FODMAP?

Sequoia@All: lots of emotional things that need to be addressed

You@All: I think with all that happened to her in her young life, nothing was consistent.

Steph@All: there are carbohydrates in the cartilage

Michele Anderson@All: I know. I agree what you're say. She said she feels like doing Summer's program allowed her to determine she definitely has histamine issue.

Michele Anderson@All: She did that and then tried to re-introduce things and now is suffering again.

Steph@All: she was doing great because she was avoiding the histamines

Michele Anderson@All: How would you determine if the Liver/GB is emotional? Muscle testing?

Steph@All: deal with gut bugs and the liver, see where she is at and then look at the immune system to look deeper into the histamines

Steph@All: yes and plantarum

Jamie@All: one of the biggest mistakes I see with clients when they have HPA-dysregulation and low energy, they don't allow their reserves to build back up again and use up the extra energy straight away

Steph@All: yes

Sequoia@All: muscle testing is effective IF you prioritize and ask the right questions

Michele Anderson@All: Jamie - I can sure attest to that.

Michele Anderson@All: She just got a HeartMath machine but I don't know that she's started it consistently.

Jamie@All: 9:15pm

Jamie@All: tks Michele for sharing

You@All: I'm here!

Sequoia@All: here

Pam@All: here

Alma@All: here

Michele Anderson@All: I do not believe this client is consistent in her stress reduction and management. She is so busy that she doesn't take time.

You@All: Busyness is a distraction method.

Sequoia@All: yup

Michele Anderson@All: yes, for sure.

Sequoia@All: so need to get to the root of the problem - definately emotional

Jamie@All: the more complex the case, the simpler the recommendations need to be!

Sequoia@All: yes agree Jamie

You@All: Right, Jamie!

Jamie@All: what are your thoughts on PCR stool testing?

Steph@All: I like the doctors data and the OAT for this. I would highly suspect a bacteria plus the yeast because of the histamine

Jamie@All: ok tks

Steph@All: I don't like the genetic stool tests because they only look for that but the others look for the byproducts of the bacteria so even if they don't directly find it they will find something

Jamie@All: tks Steph

Michele Anderson@All: she is not cycling anymore

You@All: I'm glad you mentioned that during the class, Steph. That's helped me.

Michele Anderson@All: She does not take any melatonin.

Michele Anderson@All: With adrenal numbers she has, she should be taking Pregnenolone and DHEA together. Licorice would be good for her too because she has low blood pressure.

Michele Anderson@All: She has good nights and not good nights for sleep.

Michele Anderson@All: What would she do if almost all supplements of any kind bother her. She is very sensitive to everything.

Michele Anderson@All: Yes, she is hypervigilant!

Michele Anderson@All: She talks a lot about what's not working and focuses on that instead of where she wants to be.

Michele Anderson@All: She was doing a lot of enemas because she feels better when she does them.

You@All: Moderately foods, spices, and herbs can stimulate the liver out of stagnancy -watercress, all the members of the onion family, mustard greens, turmeric, basil, bay leaf, cardamom, marjoram, cumin, fennel, dill ginger, black pepper, horseradish, rosemary, various mints, lemon balm, angelica root, and prickly ash bark.

Michele Anderson@All: Does the bile salts and bitters do the same thing or could she do these together.

Jamie@All: with all her emotional issues and wanting to constantly cleanse, she is likely in a constant catabolic state which will hinder detox pathways, often people make the mistake of thinking detox is about removing things rather than remineralising the body and giving it the nutrients it needs to get the pathways working effectively

Michele Anderson@All: She has taken DHEA spray from Young Living but she is not on that now. That was my question - to do the DHEA by itself? If that was a good thing or not?

Laura@All: Dr. Kharrazian mentioned in his SIBO interview gargling with large amounts of water to the point of tears by doing 3 large glasses/day throughout the day. I thought this was interesting. I was gargling in the morning and evening, but not that much, and have increased since hearing this.

Jamie@All: remember to sing as well Laura :)

You@All: Humming is what I do. I know we spoke about this at SHINE.

You@All: I think Steph spoke about this, too.

Michele Anderson@All: She does not do well on protein powders at all.

Laura@All: Not to worry, I sing in the shower every morning...and in my car. :)

You@All: Good!

Michele Anderson@All: She did well on Summer's protein powder. She said it was first one she's ever been able to do.

Michele Anderson@All: Thank you so much. You've given me a lot of ideas.

Sequoia@All: what about donna Gates new fermented protein powder?

Michele Anderson@All: She doesn't seem to do well on lots of things combined. Like the Might Maca she couldn't tolerate.

Toni@All: Yoga helps too

Sequoia@All: yes, but it is fermented which changes the chemistry

Michele Anderson@All: I will definitely replay a few times to get all this info down on paper. Then I think I meet with her and talk to her about it. I have to figure out what to share with her before barfing it all on her so she's not overwhelmed.

Tiffany@You: I called in in case you have questions

Tiffany@You: yes to daughter

Sequoia@All: it would be good if every company did single serve size protein powder so people can check it out for any reactions and taste before investing

Steph@All: I agree Sequoia

You@All: I know Sunwarrior has samples. In fact, I've called most of them and gotten sample packets to try them out.

Jamie@All: If she was my client I would run an HTMA to check for copper dysregulation & heavy metals

Tiffany@You: both shoulder blades and just at the ottom

Tiffany@You: bottom

Tiffany@You: but the spots are not equal to each other, just a little off

Tiffany@You: yes to med side effect

Jamie@All: Possibly kryptopyrroles

You@All: Definitely look at EBV.

Laura@All: This Lyme test did not go into the specific bands. Has she had a Western Blot or IGeneX test?

Tiffany@You: totlly brutal

Steph@All: can heavy metals displace iron or can they just move in when iron is low? I thought it was the latter can you clarify Jamie?

Laura@All: She could have an underlying MARCoNS infection. This could be contributing to headaches.

Jamie@All: HTMA to see mercury, aluminium, copper - neurological metals

Jamie@All: copper can antagonise iron

Steph@All: thank you Jamie

Laura@All: MARCoNS (Multiple Antibiotic Resistant Coagulase Negative Staphylococci) is an antibiotic resistant staph infection that resides deep in the nose.

Tiffany@You: my tought was viral too

mary@All: is that the same as mersa

You@All: Tiffany, are you on the phone?

Tiffany@You: very healthy as a baby

Laura@All: MARCoNS is often associated with mold issues and chronic EBV.

You@All: Lemon balm kills viruses that may be inflaming the nerves.

Michele Anderson@All: Interesting!

Steph@All: lemon balm and ginseng could both help to prevent yeast/viral infections from latching on to the gut lining, build up mucosa and a little antiviral

You@All: Yep.

Steph@All: exposure???

mary@All: which one is she one now

Michele Anderson@All: It seems like most medication side effects are similar to the symptoms experienced.

Steph@All: great plains chemical test??

Michele Anderson@All: Where is the pain at from the headaches? any particular part of the head?

Steph@All: oxalates??

Jamie@All: reason for suspecting pyroluria was seizures, headaches, chemical sensitivity etc can be related to B6 deficiency - do we know her ALT, AST or GGT?

mary@All: What med is she on

Michele Anderson@All: My husband had a head MRI and it came up with chronic sinus inflammation but he had no symptoms.

You@All: Mary, she's on anti-seizure med - Lamotrigine-the very lowest dosage of 25mg as of this past June.

Michele Anderson@All: Clarify - no sinus symptoms.

Jamie@All: zinc/copper is important for brain chemistry balance and I see so many young women with copper dysregulation as it is highly correlated with estrogen

mary@All: where does she live

Jamie@All: heavy metals & chemicals can be passed down 2 generations

You@All: Definitely look at the environmental triggers.

Jamie@All: I often work with multiple generations in families and see this quite frequently, especially with copper as it accumulates trans-generationally

mary@All: Fracting around mansfield and has had some issues

You@All: You can use this link to see what the environmental exposures are in your area - <http://scorecard.goodguide.com/>

You@All: What county is she in?

You@All: Dallas, Johnson, Tarrant.

mary@All: they also have had many illegal dumping issues in North

mary@All: yes lot of fracking in the area

Jamie@All: the reason I often run HTMA is the price, costs £36 here in UK, probably around \$50 in US and can give a huge amount of info

You@All: Tarrant County is known for high lead.

You@All: In 2002, this county ranked among the dirtiest/worst 10% of all counties in the U.S. in terms of air releases of recognized carcinogens.

mary@All: not sure about the validity of this but lots similar --  
<http://www.texassharon.com/2015/02/12/hold-breath-mansfield-texas/>

You@All: Superfund sites in TARRANT County caused contamination of drinking water sources

Jamie@All: use Trace Elements if you can

Jamie@All: as they don't wash the hair sample

Michele Anderson@All: Jamie, what test would indicate it's transgenerational?

Jamie@All: Michele, when I test 2 or 3 generations and see the metals being passed down on an HTMA

Michele Anderson@All: Okay. Thanks for clarifying that for me.

You@All: <http://www.traceelements.com/>

mary@All: problem with hair in areas with with air quality issues

Steph@All: can I say something on the phone?

Jamie@All: lol

Steph@All: wish we could get an account with trace elements

You@All: I'll look at getting that, Steph.

You@All: I did that once when I had trigeminal neuralgia.

Jamie@All: Mary, that's why important to follow the sampling instructions carefully, if there is a big anomaly then can always double check that sample hasn't been externally contaminated using pubic hair

mary@All: yes it would be best if you could get the MRI pics they show alot of stuff that Dr who read dont consider and issue

Michele Anderson@All: WOuldn't any dentist or oral surgeon be able to do this kind of X-ray. My kids had to have them done when they got their wisdom teeth out. Would it be same kind of X-ray?

You@All: I had to go to a specialist.

Michele Anderson@All: Most dentist offices don't have them because they are expensive. This was at a oral surgery center.

mary@All: i read brain mri's

mary@All: sure

Tiffany@You: mary-my info stop4support@gmail.com to chat

Sequoia@All: you can also get thermography - the type that does "slices". I had a friend who had this and found the same jaw bone infection as Steph mentioned, \$260 CDN in Kelowna, BC

You@All: I use Neti Wash from Himalayan Institute.

Sequoia@All: not sure where else does this specialized thermography

Toni@All: yikes!!

Steph@All: wow it's so cheap in kelowna

Steph@All: anyway we have a space here if anyone needs....

You@All: This is what is in the Neti Wash - Chinese phellodendron bark, goldenseal root, barberry root bark, chinese coptis root, peppermint oil, eucalyptus oil, menthol, grapefruit seed extract, vegetable glycerin, polysorbate 20 (derived from coconut oil), in a base of distilled water.

Michele Anderson@All: Steph, is the kelowna the netti syringe you were talking about?

Steph@All: it is called the Nasalene <https://www.youtube.com/watch?v=88RUnc8AQFc>

You@All: Is this what you're talking about, Sequoia?

<http://www.positivehealth.com/article/dentistry/thermography-in-dental-practice>

Sequoia@All: Kelowna is a place in Canda

Steph@All: the Dr. I saw was Dr. Emaljjan rude guy but spot on

Michele Anderson@All: Thanks for info.

You@All: Ah! He's Armenian. So am I. :-)

mary@All: In that general area is near one of the springs that Ozark bottles from

Sequoia@All: the thermography in Kelowna does the entire body

Laura@All: inflammation

You@All: Itis - inflammation.

Laura@All: leaky gut

Michele Anderson@All: the immune system?

Steph@All: citrobacter???

You@All: EBV?

You@All: Stage four EBV?

You@All: She should use this as her Case Study Presentation.

You@All: Caffeine could be chocolate.

Michele Anderson@All: Ritamarie, can you speak as to how/when to do case study presentation vs. getting help with a case. I'm curious if I work with my client over time, if I'll be able to use it as a case study presentation eventually? Or does have you do a presentation disqualify this case as a case study presentation later on?

Laura@All: Many types of synthroid have gluten in them. Lannet and Mova brands are the only brands that I am aware of that do not contain gluten in them. Might be something for her to look into.

You@All: Michele, the template for the Case Study Presentation is under NEPT Resources - Certifications.

Laura@All: EBV is common with hashimoto's

You@All: Definitely, especially stage 4.

Michele Anderson@All: thanks, Lynn

Jamie@All: speaking of infections, do you have any experience using lauricidin, ionic silver or lysine (to counter balance high arginine foods)?

Laura@All: Yes, I am reading medical medium book as well. Very interesting.

You@All: It is, Laura.

Michele Anderson@All: Is ionic silver in liquid form?

Steph@All: I love red seaweeds for the lysine and also gut healing and also antiviral properties (Nori, dulse and others)

Laura@All: I really miss my seaweed on the SIBO diet.

Michele Anderson@All: Could the previous case study person use the liquid ionic silver in with netti pot to address sinus infection?

Laura@All: 14 more days :)

Steph@All: yum!

Laura@All: There is a silver nasal spray you could use.

Steph@All: I have

Steph@All: I used it in the neti pot and feel like it's ok if I use it right away after mixing it with the water/salt.

Sequoia@All: you need to use good quality silver, lots of crap out there

Laura@All: A little better, but still present. Yeah, it is a really restrictive diet.

Jamie@All: this is a newer liquid silver: <http://www.resultsrna.com/advanced-cellular-silver-200-extra-strength/#toggle-id-2> I've used their nano zeolite to help with detoxing metals

Michele Anderson@All: Just curious because the new nurse practitioner I'm working with suggested it.

Laura@All: We are planning to do another stool test if I do not improve after 30 days on the SIBO diet.

You@All: I like the liquid zeolite.

Laura@All: LDN for MMC.

You@All: That should say Certified Digestive System Mastery Coach.

You@All: There are templates in the Certification section.

Michele Anderson@All: awesome. thank you

Jamie@All: have you ever used a matrix like IFM or Andrea Nakayama uses at Holistic Nutrition Lab (I know you used to work with her): <http://holisticnutritionlab.com/pdf/matrix.pdf>

Tiffany@You: Lynn, Jamie, Steph, Mary thank you for all the great info for my daughter! Jamie, Steph, and Mary if you think of anything else, I can be reached at [stop4support@gmail.com](mailto:stop4support@gmail.com) ~ Tiffany

You@All: We're looking at having a graduation ceremony at the next SHINE Conference.

You@All: Actually, Andrea was Dr. Ritamarie's student.

Tiffany@You: Lynn good info about Tarrant County! Wow! Need to move now!!!!

You@All: I agree, Tiffany.

Maria@All: I am seeing a new client with chronic digestion issues on monday. she's nurse.

Steph@All: I like Andrea's matrix :)

Michele Anderson@All: This has been an amazing day. My brain is full! I will go over it again.

Toni@All: Geeking out big time! Thank you

Michele Anderson@All: Thank you!! Thank you!!

You@All: Great, Maria!

Maria@All: i am going to give her strategy session questionnarie. how else would you proceed?

Steph@All: wonderful day

Tiffany@You: Such great info everyone! Thanks again

You@All: Go back and read the first part of this presentation.

Alma@All: yes, lots of great info today!

Sequoia@All: thanks for submitting case studies

Maria@All: put her into a program?

Michele Anderson@All: Thank you for choosing my case study to review!

Maria@All: will do. thank you. great day.

You@All: Thank you for your case, Michele. Tell Terri we're here for her.

Toni@All: It was a great case Michele. She's lucky to have you.

Michele Anderson@All: Thanks, Toni!

Michele Anderson@All: I will, Lynn.

Toni@All: BYe

You@All: Bye!

Tiffany@You: Lynn you rock as usual

You@All: Is David Weinthal coming up there, Michele?

Jamie@All: thanks everyone

Laura@All: Thanks so much!

Steph@All: thank you :)

Alma@All: Thank you!!!

You@All: Thanks, Tiffany. I appreciate your confidence in us.

You@All: Who's talking about auyurveda?

Tiffany@You: lynn you're so quick to find info that is pertinent to what we are talking about. It's great!

You@All: Thanks, Tiffany. Just going with where I'm led. Much as Steph felt compelled to share with you.

Tiffany@You: I appreciate that so much!

You@All: <3

Tiffany@You: I appreciated Steph for stepping in to talk too

Tiffany@You: It's great to have a great bunch of men and women who looove to share

You@All: I totally agree!

You@All: I hope you all get to come to the practitioner retreat.

Tiffany@You: remind us again of the date if you can

You@All: I believe it's May 24-26.

Tiffany@You: thanks

You@All: You're welcome.

Tiffany@You: take care

You@All: You, too.