

## NEPT Case Study Call Chat Log – 02-02-2016

Sequoia@All: im here

Mary@All: yep

Sequoia@All: wont let me unmute

You@All: Yes, I see your screen.

Vanessa@All: yes

Ritamarie@All: sequoia are you on teh web phone? is your line unmuted

Mary@All: I can barely hear

Jamie@All: is there a screenshare?

Mary@All: yes

You@All: Yes, Jamie.

Jamie@All: how we access it?

You@All: You should be seeing it here, Jamie.

Jamie@All: ok i'll logout and back in, just showing black screen

You@All: OK.

You@All: We can barely hear you.

You@All: And we can't hear Sequoia.

Michele@All: Can't hear Sequoia at all and Dr. Ritamarie is breaking up.

Michele@All: Can Ritamarie sort of paraphrase what she's finding out since we can't hear the actual conversation?

Viewer 11@All: can see screen now - wasn't working on Chrome, had to use Internet Explorer, strange

You@All: That IS strange! Can you change your name so it's not saying Viewer 11?

Jamie@All: better?

You@All: There you are!

Valerie@All: I can't hear enough to follow what is going on

You@All: I'm having a hard time, too.

Jamie@All: yes, can only hear Ritamarie

You@All: And can barely hear that!

Valerie@All: yes, I can barely hear Ritamarie

Vanessa@All: I hear you fine

You@All: Better. But can't hear Sequoia. I'm on Skype.

Mary@All: When I was on the phone i could barely hear

You@All: Yay!

Jamie@All: that's better!

Valerie@All: better

Michele@All: Its better now but before when you were talking to Sequoia I couldn't hear her at all and you were breaking up a lot.

Michele@All: You summarized it but you were breaking up so I didn't hear any of that.

Jamie@All: pituitary issue

Sequoia@All: is this

Jamie@All: low vit D, low ferritin, high monocytes & elevated hs-CRP - all potential inflammatory markers to me

You@All: Yep.

You@All: Does she have any liver issues? I would also agree with the systemic illness.

Jamie@All: could also run OAT to check for intestinal microbial overgrowth

You@All: What are her liver panels? Is she breaking down her minerals, which would show on the OAT test, too. What do her stools look like?

Jamie@All: zinc

Jamie@All: hypochlorhydria possibly with low minerals

Jamie@All: what do you think it is in the celery - naturally high sodium content?

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

Jamie@All: thanks Lynn

You@All: This works because celery contains unique sodium compositions, and these mineral salts are bonded with many bioactive trace minerals and nutrients.

Jamie@All: great, as we have lots growing in the garden :)

You@All: I'm putting some in my garden this year, too. I've done some in the past, but I'm doing more this year.

Jamie@All: Metabolic Healing

Jamie@All: exactly

Jamie@All: \$37 I think

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

Jamie@All: been hearing some interesting clinical findings regarding 25-OH and 1-25 dihydroxy conversion related to inflammatory conditions suppressing the storage form temporarily (similar to serum iron & ferritin) just FYI

You@All: Good to know!

Jamie@All: no don't think so!

Jamie@All: CYP1B1 - metabolism of 4 hydroxy-estrone

Jamie@All: upregulation of 4-OH-E1

Jamie@All: however Genetic Genie is different to MTHFR Support & Metabolic Healing in how they report the alleles - I was -/- on GG and +/- on both MTHFR Support & Metabolic Healing

You@All: This report talks about the Vitamin D, inflammation, and they thyroid - <http://allianceintegrative.com/ENDO/thyroid.htm>

You@All: Really?! They can be different?

Jamie@All: that's one that I remember

Jamie@All: CYP1B1

Jamie@All: I have CC alleles

Jamie@All: my MTHFR Support: <http://screencast.com/t/4FfZSvloWW0B>

Jamie@All: my Genetic Genie: <http://screencast.com/t/Qm1pwXX5r4>

Jamie@All: exactly

Jamie@All: L432V

Jamie@All: have posted screenshots above

Jamie@All: yes

Jamie@All: you're welcome :)

Jamie@All: I am homozygous for this SNP

Jamie@All: it was expressing when I tested on DUTCH also

Vanessa@All: Helpful

Mary@All: very helpful

You@All: I really enjoy this process.

Jamie@All: great to have multiple labs to cross-reference

Jamie@All: I have a quick question regarding testing amino acids - do you prefer urine or plasma? I haven't run either of them but have heard mixed opinions partly due to instability in plasma?

Jamie@All: who do you normally use for plasma - Genova or DD?

You@All: <http://www.greatplainslaboratory.com/amino-acids-plasma-1/>

Jamie@All: agree 100%

Jamie@All: I'm running more and more OAT as well as DUTCH

Jamie@All: Great Plains

Jamie@All: I've run my first Cycle Mapping DUTCH test as well so will have results back soon

Mary@All: Throughout often on

Mary@All: for me

Jamie@All: sound was good on Maestro for me when you plugged in the headset

You@All: Same for me. Once the headset was on it was good.

Mary@All: if on a mac can't use safari on join me and use phone need the app

You@All: How was Sequoia talking to us?

Mary@All: if she is on a Mac she needs to use chrome or the App

Mary@All: That is what I am using

Mary@All: App

Mary@All: on a Mac-safari the phone doesn't work not supported

Viewer 16@All: The phone was "wonky" earlier for me too.

Sequoia@All: i'm on mac

Sequoia@All: firefox

Mary@All: yes it is just safari that isn't supported

You@All: I was on Skype.

Vanessa@All: Thank you!

Jamie@All: thank you much appreciated

Toni@All: No question for me! It was a great session as always. Learned so much!

Mary@All: bye

You@All: Bye, all!