

**NEPT Coaching Call – Chat Log – 01/14/2016**

Beverly@All: I just accidentally punched in the back up oops!

You@All: No worries!

You@All: Hi, Beverly!

Beverly@All: I hung up and called back in on regular PIN :-)

You@All: Great, Beverly!

Violaine@All: hello, will the video open by itself?

Eleanore@All: there is not video

Eleanore@All: no

You@All: What video? There is no video, but we will do screen share.

Violaine@All: ok

You@All: :-)

You@All: Violaine, there was one that was a partial upload that I couldn't upload.

Violaine@All: ok will check it out, where how do I send back through new submit form?

You@All: Do you have a complete form to upload?

Violaine@All: is it a 23 and me or adrenal saliva?

You@All: It's the Sep 2015 BioHealth.

Violaine@All: ok that's my last saliva

You@All: Right.

Violaine@All: are you missing the form too?

You@All: Just the report.

Violaine@All: should I email it to coach Lynn?

You@All: Sure!

Violaine@All: ok lmk if you don't get it.thanks

You@All: OK. Thanks!

You@All: Did you send it, Violaine? coachlynn@drritamarie.com

You@All: January 25.

You@All: It's a Monday.

Violaine@All: yes

You@All: I'm still not seeing it.

Violaine@All: I sent sept 9, I think that's the one nothing else to share here

You@All: Did you email it to me? I'll look again.

Violaine@All: yes, will check too

You@All: OK. I'm still not seeing.

You@All: Yes. I see it.

Beverly@All: see it

Violaine@All: it show in my sent box...

You@All: Hmmm... And it's to coachlynn@drritamarie.com?

Violaine@All: just forwarded again.

You@All: OK. Got it!

Violaine@All: :)

Sequoia@All: is this for case studies that we are presenting as part of the NEPT qualification

You@All: This is for any time you want to talk about a case in depth.

You@All: There is a link in the Certification area.

Sequoia@All: yes, but is it also for presentation?

Viewer 13@All: yes, I see it

Beverly@All: yes

You@All: There are instructions in the certification area that goes through the steps for the case presentations.

Beverly@All: yes we see you

You@All: Yes, I see you.

Beverly@All: Hearing you on the phone too

Sequoia@All: lost sound still

Michele@All: I see the screen

Michele@All: I have a question. I submitted my own case study form and new adrenal tests and asked about it on coach last month. Ritamarie, you, suggested that it would be more appropriate to go over it on the next NEPT call. Would that be tonight's call? And do I have to resubmit it all?

You@All: I saw that, Michele, but you had PAFT in it, so I didn't know if you wanted to do that tonight.

You@All: OK.

Michele@All: I would love to do it tonight. Is that possible?

You@All: I'm not sure. I know there are two other people in line after Janet.

You@All: Yes.

Beverly@All: Lynn, I wonder if you got my Meridian Valley lab results that I uploaded some time ago?

You@All: When did you upload them, Beverly?

Beverly@All: I'll go check. It was a few months ago.

You@All: OK. Was it in the File Uploader or Case Submissions?

You@All: I looked back through June and didn't find anything, Beverly.

Michele@All: So how to I know if my case is on the list? I thought it was on there from December. Do I need to resubmit it if Ritamarie doesn't get to it tonight?

You@All: It was there, but I didn't realize when it said PAFT. I had just looked at those that said NEPT. I'll make sure it's uploaded for the next call. My apologies.

You@All: Kidneys are also the seat of anxiety.

Sequoia@All: still no sound, what method for sound is working?

You@All: I'm on Skype, Sequoia.

Sequoia@All: how do you mute Skype?

You@All: You'll be muted on this end.

You@All: Peony can be good, too.

You@All: I've sent the names in.

Sequoia@All: Hey I got in and I can hear- yipee!

You@All: Yay, Sequoia!

Sequoia@All: on Skype

You@All: You should receive a Welcome from Blood Chemistry Software.

Toni@All: It's a great program!

You@All: It is! I'm so glad to have it!

Toni@All: Yes!!

You@All: The ACR with Dicken Wetherby is also good to watch.

Michele@All: Yeah, I wasn't sure where to upload it. So I uploaded to PAFT because it was adrenal related.

You@All: No worries. I don't think we're going to get to all the cases today anyway.

Michele@All: I'm still trying to figure out where to do everything and what call covers what.

Mia@All: this is Mia. I had to use the back up number on the phone

You@All: Actually, so am I, Michele. :-) Thanks for telling me. I'll make sure to get them up for next time.

Michele@All: I would love to know what other tests Dr. Ritamarie would recommend that I get done and submitted before the next NEPT call. She talked about the BioHealth Thyroid with Vit D. Should I get a CBC? WOuld she be able to talk a little bit about that? Or will I need to wait until Feb NEPT call and then submit those and go over them in March?

You@All: There's another NEPT Open Coaching call on January 26, 1:00 PM CST.

Michele@All: I am also curious as to when we should start working with others and submitting their cases for feedback? Where can I find requirements for that? I've received emails on what's been opened for Modules, but I'm a little confused as to how this progresses and I don't want to put my cart before my horse.

You@All: Direct Labs does the Thyroid with Vitamin D. I would do Dr. Ritamarie's Basic Plus Thyroid. It includes the Vitamin D.

You@All: You do have CMDS open to you, as well as at least the first two Modules.

Michele@All: Okay. Will my case paperwork be lined up for that Jan 26th call?

You@All: The case you've submitted so far will be ready to go over. If you want the others, it's possible, depending upon when you do it.

You@All: <http://www.kite-hill.com/>

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

Michele@All: Right now I don't have anything else to submit. I thought I'd start with my own case first. I will get the Thyroid w/Vit D test ordered. I looked at it but it says something on the site about going to their lab to get blood drawn. Closest one is in Colorado. I need to check to see if my doctor's office would draw the blood. Do I need to contact Direct Labs to see what they'll accept?

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

You@All: You don't necessarily need to do it through Direct Labs. If you can bring your doctor the list of labs you want blood drawn for, they can do it.

You@All: And I understand - I have to drive up to the Twin Cities to get my blood work done.

Michele@All: Okay. The doctor I've been working with more locally has moved to AZ, so I haven't figured out who to go to now.

You@All: Bummer! I know you said he was really good for you.

Beverly@All: I don't remember. If you don't have it maybe we should wait till I to do my stool study labs which i'm trying to get covered by insurance first?

Michele@All: I'll check into it and see what I can find out. Maybe the clinic I've been going to would be able to draw the blood.

You@All: <http://www.pureencapsulations.com/motil-pro.html>

You@All: Many people go to there clinic with the list of labs to be drawn and have them do it.

You@All: Beverly, maybe Dr. Ritamarie can at least go over what you've submitted thus far.

Michele@All: WHere is the link for the lab tests?

Beverly@All: OK. I can tell her that my hormone labs were dismally low.. I think that when the doctor copied my lab copies perhaps didn't return my copy.

You@All: <https://www.directlabs.com/drritamarie/OrderTests/tabid/15632/language/en-US/Default.aspx>

Michele@All: Ritamarie is asking case study on now if she is taking any other adaptogenic herbs. When would a person be doing that? At the same time she's doing the drops?

Michele@All: Just curious because my adrenal labs are even lower than hers.

You@All: Yes.

You@All: You still have access to your CAFE program, so you can review the adaptogenic herbs as well as the bioidenticals there.

Michele@All: Like would I do them in elixirs?

You@All: Yes. You should still have the elixir recipes, right?

You@All: Also, you have access to the SHINE information which also goes over this.

Michele@All: Yes, I have them but hadn't really did them until I tried them at SHINE. I need to order the herbs so that I can do the elixirs.

You@All: That would be a good idea.

You@All: Rhodiola optimizes adrenal function.

You@All: <http://www.amazon.com/Medical-Medium-Secrets-Chronic-Mystery/dp/1401948294>

You@All: This is a great book.

Michele@All: When is next case study call? I thought Ritamarie said Feb 2nd?

You@All: That's the Case Study Call. This is an Open Coaching Call. The next Open Coaching Call is January 26.

Michele@All: So if I want her to go over my labs, do I do it on the case study call? What can I go over in an open coaching call? I'm really confused because she keeps saying what I'm asking about is not appropriate for the call.

You@All: I'll ask her after and let you know.

Michele@All: Okay. I'm sure she's clear about all this and I just don't understand it all yet since I'm new to NEPT. I would love the clarification so that I come to each call with right expectation.

You@All: I'm not sure about it all myself.

Michele@All: Could you please just shoot me an email or have her answer it at end of this call, cuz I need to leave the call now. I will be sure to listen to this call again because there was a lot I think I need to hear again. Thanks for everything, Lynn and Dr. Ritamarie!

You@All: Sure, Michele! You're welcome.