

## Chat Log for INE Open Office Hours – 01-06-2016

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

You@All: <http://www.matula-naturals.com/>

You@All: I've spoken before a Crohn's and Colitis group.

You@All: <http://craftsmanship.net/the-vegetable-detective/>

Viewer 46@All: rotate your greens

Viewer 46@All: Level Ground Trading is a clean source of rice, grown at very high elevations by small farmers

You@All: I've used that for my brown rice, as well as Lundberg. I read that Lundberg's is good, too.

Viewer 46@All: Lundberg is having problems with contamination

You@All: Really? Buggers!

Viewer 46@All: probably because of chemtrails in the US

You@All: We're all doomed then. I don't have many chemtrails here, but one is enough.

You@All: [http://www.huffingtonpost.com/entry/kale-poisoning-heavy-metal-mother-jones\\_55bab86be4b06363d5a19db9](http://www.huffingtonpost.com/entry/kale-poisoning-heavy-metal-mother-jones_55bab86be4b06363d5a19db9)

Viewer 46@All: also arsenic is often related to the water table affected by run off of chemicals

You@All: That is true.

You@All: [http://www.amazon.com/Pure-Encapsulations-MotilPro-180s-FFP/dp/B00TGEPNVM/ref=sr\\_1\\_1?ie=UTF8&qid=1451268943&sr=8-1&keywords=motilpro](http://www.amazon.com/Pure-Encapsulations-MotilPro-180s-FFP/dp/B00TGEPNVM/ref=sr_1_1?ie=UTF8&qid=1451268943&sr=8-1&keywords=motilpro)

You@All: <https://drritamarie.com/blog/radio-show-honest-medicine-a-way-to-integrate-natural-and-clinical-health-care/>

You@All: <http://www.customprobiotics.com/custom-probiotics-d-lactate.htm>

Sequoia@All: one method of closing ileo-cecal valve: rib down outside of thighs from hip to knee, repeat 4 times

Sequoia@All: probiotic implants are best done with small flexible tubing attached to a syringe, use after emptying bowel, just before bed so you can benefit from it overnight

Beverly@All: Could you please send me that too?