

INE Open Office Hours Chat Log – 02-04-2016

Vanessa@All: lol, perfect example

You@All: Tart cherries.

Vanessa@All: tarte

You@All: Too much nucleic acid can raise the uric acid level in the body, causing calcium depeltion, kidney stones, and gout. Micro-algae is good for that.

You@All: <https://www.caltonnutrition.com/nutreince/>

You@All: I've read that Vitamin C improves oral absorption of the thyroid hormone replacement drug levothyroxine, according to a study.

Vanessa@All: What would you recommend for increasing focus & clarity for college student other than Bvits, leafy greens, essential fatty acids, magnesium and essential oils? What are your thoughts on natural nootropics?

You@All: <https://www.endocrine.org/news-room/press-release-archives/2008/absorptionofthyroiddrug>

You@All: Drink more water, Vanessa! Studies have shown that even being slightly dehydrated can have a significant impact on attention and focus.

Vanessa@All: Yes, I've mentioned that & importance of sleep to her. Thank you Lynn. I'll stress the water intake.

You@All: Good idea, Vanessa.

Jamie@All: <https://beta.gdx.net/clinicians/medical-education/previous-webinars/nutritional-status-and-hormone-balance> good webinar about nutritional status & hormone balance including estrogen metabolism (comparing 2-Methoxy-E1 and 4-Methoxy-E1)

You@All: I love it when you share things like this, Jamie. Thanks!

Jamie@All: I just bought Alan Gaby's Nutritional Medicine book - it is truly a bible!

Jamie@All: thanks Lynn, you're welcome

Jamie@All: Jeffrey Bland is amazing!

You@All: This looks amazing, Jamie! <http://www.doctorgaby.com/>

Jamie@All: it is a great resource, Lynn

You@All: It looks like it, Jamie. Definitely something I need to save up for.

Jamie@All: if you join the IFM Academy for \$49, you get \$100 off the book, that's what I did :)

You@All: Great idea!

Jamie@All: IFN Academy

Ritamarie@All: <https://beta.gdx.net/clinicians/medical-education/previous-webinars/nutritional-status-and-hormone-balance>

You@All: <https://www.mysunflowerlecithin.com/>

Vanessa@All: Exactly the problem. Thank you!

Jamie@All: thanks everyone

You@All: Thanks for everything, Jamie!

Sequoia@All: thank you, hear you later!

You@All: Bye, all!

Vanessa@All: Bye

Sequoia@All: by everyone