

## INE Office Hours Chat Log – 03-03-2016

Laura@All: Hey Lynn. Do you know what DGL lozenges she recommends?

You@All: <https://www.youtube.com/watch?v=qu2MQqS2ucY>

You@All: QuinTron - <http://www.breathtests.com/what-is>

You@All: I haven't found a DGL without stearic acid or magnesium stearate, Laura.

Mary@All: Breathing will totally make difference--lots of research show this

Jamie@All: not sure what is going on with my microphone

You@All: Can you try Skype?

Viewer 22@All: I have another question if there is time.

Jamie@All: ok i'll try Skype now, tks Lynn, I've never been able to get sound working on web

You@All: I don't do well with the webcast, either.

You@All: Who is Viewer 22?

Viewer 22@All: I use this formula of chewable DGL

Viewer 22@All: <https://emersonecologics.com/Products/EmersonMain/PID-GAS11.aspx>

Viewer 22@All: But sometimes it gives me heartburn.

Jamie@All: the pin isn't working :(

You@All: Did you use 798752#?

You@All: And we're on join.conference.

Jamie@All: ok I'll try that now, tks

You@All: That's a good lozenge, although it's more than just DGL. It does have vegetable stearate.

You@All: <https://www.emersonecologics.com/Products/EmersonMain/PID-DGL7.aspx>

You@All: That's a decent DGL powder.

You@All: <http://www.perque.com/lifestyle/self-tests/ascorbate-cleanse/>

Jamie@All: Lynn, that pin doesn't work for me

You@All: <http://www.vitalnutrients.net/Products/ALLER-C>

You@All: Are you using join.conference, Jamie? This isn't Maestro.

Jamie@All: yes, I think I should have sound now

You@All: OK. So you got in?

Jamie@All: I came across this brand today having been recommended it by a practitioner in the UK and actually looks pretty good - are any of you familiar with it: <http://www.physicaenergetics.ca/>

Jamie@All: yes, tks Lynn

Jamie@All: I'm here

Jamie@All: on Join Me conference

Jamie@All: I am listening there

Sequoia@All: his voice is faing

Sequoia@All: faint

You@All: not really.

Laura@All: no

Sequoia@All: I'm not listening on join.me

Sequoia@All: still faint

Sequoia@All: better but needs to be louder

Laura@All: What was his question?

You@All: Iron can interfere with zinc.

You@All: High levels of calcium can interfere with zinc absorption.

Maria@All: i think phytates in legumes, nuts, whole grains interfere with zinc as well

Ritamarie@All: [http://link.springer.com/chapter/10.1007/978-1-4471-3879-2\\_4](http://link.springer.com/chapter/10.1007/978-1-4471-3879-2_4)

Ritamarie@All: <http://www.return2health.net/articles/vitamin-mineral-antagonists/>

You@All: We're having that talk next with Dr. Lynch on high estrogen and methylation.

Jamie@All: look forward to that talk Lynn

You@All: Me, too!