



## Institute of Nutritional Endocrinology Office Hours

**Chat Log: December 1<sup>st</sup>, 2016**

- chet: i can hear you
- chet: HI
- hi chet: hi
- Dr Allie: Hi chet!
- chet: Hi Allie! Missed you at SHINE
- Laura Hunter: I can hear you now!
- Susan: Hi Susan here
- Susan: Can i get Zoom link
- Dr Allie: I'm looking too, Susan
- Susan: We need Lynne : )
- Dr Allie: <https://zoom.us/j/955110649?pwd=&status=success>
- Dr Allie: But I now have echo as both are talking, dobule Ritamarie
- Dr Allie: Great I've turned the sound down on the web version
- Dr Allie: The zoom link is by clicking on the email where it says screen share
- Dr Allie: I really appreciate you directing us as to which call is for what each time, Dr Ritamarie
- Dr Allie: Can hear you either way, thank you Dr Ritamarie
- Dr Allie: Lynn suggested that to make things easier for you we put info on a master healthtracker...
- Favor: I have raise my hand its Favor , I can hear you Dr Ritamarie
- Dr Allie: Hi Favor!
- Favor: Hi Dr Allie , is good to see you here. not sure just now it was you
- daniela: Would you recommend a B12 shot when someone is depleted in B12?(beside checking why etc)
- daniela: My excrutiating period pains vanished once I started using detoxified iodine.
- Yessa: Hi everybody. No sound here.
- hi chet: yessa 0=- try the zoom link - everyone else is hearing
- Dr Allie: Yessa - the zoom link is above, I pasted it in
- Dr Allie: <https://zoom.us/j/955110649?pwd=&status=success>



- daniela: Detoxified iodine from iodine source is atomized according to Cayce's protocol
- Dr Allie: Intersting Daniela
- Favor: can hear you
- hi chet: favor - please lket me know what nubmer youa re calling form
- Dr Allie: In the NHS we give B12 as im injections all the time...
- hi chet: i can open your line - no hands raised
- Yessa: Yes, can hear you
- Dr Allie: we guessed Ritamarie!
- Favor: am calling from my phone.
- Dr Allie: ok I've turned up the sound on web & am looking to turn it down on Zoom
- Yessa: on my I Pad very difficult to hear what lady says... summary?
- Yessa: RitaMarie is loud and clear
- Dr Allie: I have someone in London who is a pelvic floor specialist. Havent contacted her for a cojple of years, met her networking
- Dr Allie: Laura probably worth posting the links in the FB INE group
- Favor: Dr Allie would you please to give me her contacts when you have it thanks very much.
- Favor: Laura thank you for your suggestion, much appreciated.
- Dr Allie: Favor I have posted on the INE group but couldnt find your id
- Dr Allie: Like Zoom
- Yessa: Thanks!
- Yessa: Just one comment, the lady on the phone from Engeland was very difficult to hear. The rest was loud and clear.
- Favor: Bye every body.
- Dr Allie: Favor would have been fine from Zoom - its the problem with having 2 platforms