



Digestion Live Stream Chat and Questions #1 (October 23, 2019)

00:08:46 **Lynn:** Good Morning everyone, Lynn from Silverton, Oregon!

00:09:30 **Karolina Fernley:** Hello! Karolina, Brantford Ontario

00:10:54 **Team Josh:** Katherine: Hello!

00:15:33 **marilyn parker:** In

00:15:35 **Lynn:** Sure!

00:15:51 **Karolina Fernley:** Why not!

00:16:10 **Team Josh:** Katherine: Karolina asks: I wonder about the beet vs corn transit time test. Beets can be 12 hrs while corn in the same person is 60 hrs. Seems beet test is ok but not really a true test. Corn would paint a truer picture would it not?

00:17:00 **inder:** so is it the insoluble fiber that bulks up the stool? the 10%

00:18:00 **inder:** awesome! Thanks

00:17:21 **Karolina Fernley:** Just feedback

00:17:56 **Team Josh:** Katherine: Susan asks: What are your thoughts on the use of daily Metamucil with the intention to be used as daily fibre intake/bowel absorption of waste products?

00:21:00 **sophiebarkan:** is there an optimal time of day to take fiber? I take a bunch of both and take them at night and wonder if that effects intermittent fasting hours..... ?

00:23:38 **Karolina Fernley:** yes

00:23:42 **Lynn:** yes

00:24:00 **sophiebarkan:** ok :) thanks // potato starch and acacia fiber.. there are calories in potato starch

00:25:00 **mariafrei:** Just a comment on learning about the wonderful world of Anatomy: I really like The Human Body Book from DK. The illustrations are helpful to explain to a patient on how things work.

00:26:13 **Team Josh:** Katherine: Nida asks: What is your opinion regarding colon hydrotherapy?

00:31:11 **Lynn:** LOL~!



00:31:14 Team Josh: Katherine: Carol asks: How effective is lemon and/or apple cider vinegar to stimulate HCL production? When is it enough and when (or how) do we know when we need to use an HCl supplement instead?

00:35:11 Team Josh: Katherine: Ami asks: Often I see HCl supplements that say “with pepsin”. Is this because those who have insufficient HCl can’t convert pepsinogen to pepsin and therefore, this supplement has done that for you by providing the converted form? I’m assuming then that you’d always want to purchase an HCl supplement that includes pepsin.

00:37:13 Team Josh: Katherine: Stella asks: I’m confused about bile salts for those who don’t have a gallbladder and why these people would need them. If the liver makes bile and then it gets stored in the gallbladder, wouldn’t they have the bile salts that they need?

00:41:13 Team Josh: Katherine: Judy asks: You mention that lots of mucus or pooping only mucus is a red flag – when you see this with clients, does this typically only present in those with IBD?

00:44:01 Team Josh: Katherine: Emily asks: When people have a history of quick evacuation, and we supplement with a high potency multi vitamin to give them the nutrients they are not likely absorbing because of it, will the vitamins even be absorbed or will they flush out of the body quickly too? (say they were taken with lunch and then someone has diarrhea).

00:47:35 Team Josh: Katherine: Ines asks: Speaking of pancreatic enzymes, when there is an insufficiency for any reason (for example, in cystic fibrosis), what can we do other than just taking enzymes to correct that default?

00:48:00 inder: what are some symptoms that show the pancreas is insufficiently working?

00:54:58 Team Josh: Katherine: Josh asks: Can you explain the difference between peristalsis and segmentation. They both seem very similar.

01:02:31 Team Josh: Katherine: Susan asks: Does vertigo stem from gut issues?

01:08:20 Team Josh: Katherine: Thanks everyone! We’ll see you next week at the same time.

01:08:41 Lynn: Thank you, Josh and Katherine! Have a wonderful afternoon.

01:08:49 Karolina Fernley: Thank you :-)



Q&A Box

Anonymous asks: My client reports pain in what I now see is the "descending" colon. Does that specific area indicate anything in particular in terms of what may not be working?

Anonymous asks: You said we are what we eat eat, would it be a problem for someone with gluten intolerance to eat chicken who have eaten wheat for example?