



## Hormones Live Stream Chat and Questions #2 (December 4, 2019)

**00:17:48 Team Josh: Katherine:** Welcome everyone to our second Hormones Live Stream! Please take a moment to switch your chat mode to All Panelists and Attendees so we can capture all of your comments and questions for the recording.

**00:21:09 janadeluca:** A no sugar challenge is easier than you think!

**00:23:11 Team Josh: Katherine:** Easy peasy!

**00:23:18 Marilyn:** I'm in starting Monday!

**00:23:26 Jessica Phelt:** I'm in!

**00:23:42 nadjapernitsch:** me too

**00:23:50 Suzanne:** I'm in!

**00:23:58 Kelly Johnson:** im totally in does it mean no fruit as well?

**00:24:48 janadeluca:** Yes, Meesh, you can do it!

**00:25:15 mariafrei:** Let's do it!

**00:28:10 Team Josh: Katherine:** Marilyn asks: You had said that fasting blood glucose was not as good a test because it was impacted by so many non-food things. Isn't it still valuable to do? It may not give the full picture but does at least let you see trends and it's something that you can easily do yourself.

**00:31:49 Marilyn:** I check my blood glucose daily when I wake up,

**00:32:26 Team Josh: Katherine:** Kelly asks: Are hemp seeds an effective way to regulate blood sugar (like flax)?

**00:34:34 Team Josh: Katherine:** Kelly asks: Do you ever use Berberine for Blood Sugar Control?

**00:35:27 Team Josh: Katherine:** Kelly asks: Is a Ketogenic diet good for blood sugar control?

**00:36:46 janadeluca:** I have a client with PCOS, am considering recommending Lipoic Acid for blood sugar regulation. Does this act similarly to berberine?

**00:40:25 Team Josh: Katherine:** Kelly asks: Could Insulin Resistance increase a person's need for Magnesium to higher than normal amounts (like 2000mg/day)? (I believe the answer is yes, because stress causes the body to use up magnesium, and with Insulin Resistance = Poor Thyroid Function = Adrenals



called to release cortisol because cells not getting enough glucose = chronic Stress).

**00:43:22 Team Josh: Katherine:** Kelly asks: Does a person with Insulin resistance symptoms also have normal Blood sugar in blood work (or does that just apply to Hypoglycemia)?

**00:44:28 Team Josh: Katherine:** Jennifer asks: You mentioned in the blood Glucose image slide that if the adrenals could fail to raise blood sugar a condition could develop called Hypoglycemia! Why might the adrenals fail to raise blood sugar?

**00:47:24 Team Josh: Katherine:** Jennifer asks: Just a curious question.... You mentioned as a point for Insulin Resistance Symptoms that for frequent urination the body tried to dilute some of the sugars in your bloodstream and that many years ago they tasted diabetics urine to see if it had a sweet taste.... who agreed to be the taste tasters?? (eye-brows raised J)

**00:48:55 Team Josh: Katherine:** Jennifer asks: When you talked about stabilizing Blood sugar, you mentioned that when people wake in the morning they should feel hungry and to eat in order to get blood sugar (energy) back up.... but why might someone (clearly with Blood sugar issues) not feel hungry upon waking?

**00:52:19 Team Josh: Katherine:** Jennifer asks: When talking about soluble and insoluble fibres you talked about ways of consuming the fibre....and you mentioned that there are other ways (aside from plant heavy diet, whole foods) to consume more fibre for stabilizing blood sugar effects. What are these other ways?

**00:55:01 Team Josh: Katherine:** Jennifer asks: When talking about nutrients to consume for blood Sugar, why is biotin important? Is it because your body needs biotin to help convert certain nutrients into energy?

**00:56:38 Team Josh: Katherine:** Jennifer asks: When talking about basic Nutrient Support for mitochondrial health, you mentioned B vitamins being important for the Krebs cycle...What is the Krebs cycle?? And why is it important??

**01:00:22 Team Josh: Katherine:** Jennifer asks: When talking about Various Factors that affect Enzyme activity you mentioned eating a small piece of chicken as an example of a small substrate but that you wouldn't have enough enzymes to break down a whole chicken...what happens to the food in your body that doesn't get broken down?? Does it just keep moving through and get flushed out?

**01:02:12 Team Josh: Katherine:** Kelly asks: Regarding Aromatization and menopausal women, would Zinc supplementation inhibit estrogen production? Should they stay away from Green Tea, Flax and Vit C in order to promote estrogen production?



**01:02:21 Team Josh: Katherine:** Jennifer asks: When talking about a lack of Progesterone you mentioned different things that can occur such as spotting, anxiety, infrequent ovulation, Perimenopause, and hormone replacement.... what does it mean if someone has had no period at all for as long as up to a year? What's going on here?

**01:04:49 Team Josh: Katherine:** Kelly asks: Regarding Aromatization and menopausal women, would Zinc supplementation inhibit estrogen production? Should they stay away from Green Tea, Flax and Vit C in order to promote estrogen production?

**01:05:51 janadeluca:**Sorry, could you please remind me where the steroidogenic pathway is? Looked through slides and cannot find it?

**01:06:35 Team Josh: Katherine:** Jana, you'll find it in the Tool Kit link in your Student Portal

**01:06:56 janadeluca:**Thank you!

**01:09:27 Team Josh: Katherine:** Nadja asks: Looking at the pictures with the high amounts of sugar in drinks and sodas: are diet drinks/diet cokes a better option? Or do they also elevate blood sugar levels? Are there any artificial sweeteners that you can recommend?

**01:11:11 Team Josh: Katherine:** Kristen asks: I have a client who was being treated with hydrocortisone for low cortisol for a few months. Her current symptoms seem to match up with low aldosterone, however. If this turns out to be the case, are there non-pharmaceutical treatment options?

**01:13:49 Team Josh: Katherine:** Silu asks: For balancing blood sugar you mention eating 30g protein within 30 minutes of waking. What are your thoughts on using Intermittent Fasting to help with someone who is insulin resistant and how would that work with your recommendation? Or is Intermittent Fasting not recommended in this case?

**01:23:05 Team Josh: Katherine:** Thanks everyone!

**01:23:32 Lynn Burck:** Thanks Josh

## Q&A Box

**Barb asks:** How do I RESEARCH THE BS Supplements and Drugs interactions?

**Sonali asks:** My friend has Reactive hypoglycaemia she eats clean food, but after meal her blood sugar drops and she gets headaches, dizziness. She has adrenal fatigue too. She has been eating every 2-3 hrs due to hunger and her condition and therefore has put on weight. She is in this constant vicious circle. What are



the supplements can we recommend to control her blood sugar. Can she add flax seeds on her food everyday?

**Jana asks:** I have a client with PCOS, am considering recommending Lipoic Acid for blood sugar regulation. Does this work similarly to Berberine? Also, Keto may not be great for clients with non-alcoholic fatty liver, correct?