



## Detox Live Stream Chat and Questions #2 (January 15, 2020)

**00:24:36 Team Josh: Katherine:** Welcome everyone to our second live stream for the Detox course!

**00:25:09 Team Josh: Katherine:** 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.

**00:26:23 Lynn Burck:** Yes! Good morning from Oregon!

**00:26:47 Marilyn:** My sprouts always get moldy by day 2 or 3. I think my house is too warm.

**00:26:49 Team Josh: Katherine:** Hi Billie-Jo, your questions in the Q&A are fine

**00:27:27 Lindsay:** oops... was away visiting in-laws and forgot to sprout! Nothing looks choppy to me...

**00:28:00 Marilyn:** Twice a day. I tried 3 and there wasn't any difference.

**00:28:13 Marilyn:** Mung bean sprouts work better for me.

**00:28:41 Lynn Burck:** Radish sprouts are delicious!

**00:29:10 Suzanne:** How long will they last in the fridge?

**00:31:43 Team Josh: Katherine:** Can everyone hear okay? Is it clear or choppy?

**00:31:58 Lindsay:** All clear and good to me

**00:32:44 Suzanne:** choppy for me

**00:32:58 Lynn Burck:** Great Information!

**00:33:08 Lynn Burck:** Good here

**00:33:30 Suzanne:** seems better now

**00:33:31 Galaxy S6:** Good here

**00:36:39 Team Josh: Katherine:** Philantha asks: What are your thoughts on Kangen or "reduced" water?

**00:38:35 Lindsay:** Is there a home test for spring water or do you have to send a sample to a lab?



**00:39:22 Team Josh: Katherine:** Marilyn asks: Does any form of sweating work to detox? What about hot yoga or just exercising outside in a hot climate?

**00:39:26 Alexa Ress:** How safe is to detox the body with histamine intolerance? Will the process release extra amount of histamine?

**00:39:54 Team Josh: Katherine:** Hi Lindsay and Alexa - can you please add your questions to the Q&A?

**00:40:28 Team Josh: Katherine:** Thank you!

**00:42:08 Team Josh: Katherine:** Jade asks: Regarding the 5th mode of elimination, the mind, is it possible to track HrV and its correlation to emotions on a daily basis? Or would other factors—like exercise—muddle the results?

**00:45:12 Team Josh: Katherine:** Jade asks: What effect do incoherent emotions have in the role of overtraining as an adrenal issue (given that over exercising may also play a part)?

**00:48:03 Team Josh: Katherine:** Romy asks: Is cookware that has two layers of stainless steel, coating a core layer of aluminum, safe to cook with? All-Clad D3 cookware is an example. My concern is with having any aluminum in a pot at all, even if it is coated with stainless steel.

**00:51:02 Team Josh: Katherine:** Romy asks: I would like to couple an epsom salt bath with a sauna back-to-back. Please let me know your thoughts on this idea and what order would be best?

**00:51:36 Lindsay:** Josh you can turn the listening function of Siri or whatever off lol!

**00:52:32 Lindsay:** WHAT?! Nooooo.... I don't want it listening to me!

**00:52:54 Team Josh: Katherine:** Louise asks: You mention that cell membranes (cm) can become so damaged that they are unable to shift toxins out and nutrients in. What would be the first steps in to take in this case because if a person cannot detoxify then there must be a first step before this to help begin the healing.

**00:56:09 Louise Siberry:** Awesome thank you

**00:56:10 Team Josh: Katherine:** Louise asks: At risk clients for saunas, are they only the specific cardio issues you mentioned? Are all cardio-vascular compromised clients a risk and therefore should avoid or use with doctor's approval?

**00:59:21 Team Josh: Katherine:** Louise asks: Clients with IBS-c should not detoxify until the constipation is remedied. Is this also true for IBS-d or because they are over-eliminating (for lack of a better description) they would be flushing



out toxins via the bowels in a timely manner? Is there a concern of aggravating the IBS-d due to detoxing?

**01:01:38 Team Josh: Katherine:** Jonna asks: I am a personal trainer and some of my clients sweat a ton. How does sweat via exercise compare to the other options you mentioned? Also, I have others clients who get really hot but can't sweat, would that mean that they hold onto toxins more than people who sweat a lot?

**01:03:12 Team Josh: Katherine:** Kristen asks: You recommended 2-3 liters of water per day. Does it all have to be plain water or can herbal tea count towards our intake?

**01:03:54 Team Josh: Katherine:** Judy asks: What is the remineralizing liquid that you mentioned?

**01:04:22 Team Josh: Katherine:** Lindsay asks: I'm a bit confused about recommendations on the length of time to spend in a sauna. When 30-40 or 60 minutes is cited as the recommended time to spend in a sauna is it that length of time at a specific temperature or if someone is less comfortable in the heat is it okay to get in the sauna earlier and still count that?

**01:08:58 Lindsay:** Thanks :)

**01:09:00 Team Josh: Katherine:** Lindsay asks: You provided a number of ways to increase electrolytes (vegetable juice, tea, sea salt in water) but I know there are a lot of mineral replacement and other electrolyte powders out there - would there be a time when these would be indicated instead or are they just a waste of money?

**01:16:47 Alexa Ress:** Thank you

**01:17:26 Lindsay:** I was hoping there might be a simple point of use test.

**01:22:48 Marilyn:** Thank you!

**01:22:53 Team Josh: Katherine:** Thanks everyone.

**01:23:03 Lynn Burck:** Thanks a bunch!

**01:23:14 Galaxy S6:** Thank you



## Q&A Box

**Billie-Jo asks:** Saunas - you mentioned for weight loss... you said make sure client can detox first before lose weight/ fat so not to absorb toxins. 1. Are you just talking about making sure their elimination organs are open ex bowels or were you referring to something else on top of that? 2. If fat and toxins being released... wouldn't it be CI for pregnancy and breastfeeding, as to not pass toxins to fetus/baby?

**Billie-Jo asks:** Detox binders: thoughts on zeolites and Diatomaceous Earth (DE)? I know many will use bentonite clay and activated charcoal... but seems zeolites and DE are the "new" thing?

**Billie-Jo asks:** You mentioned water: if someone drinks 8L, what could be reasons for someone not absorbing the water?

**Alexa asks:** How safe is to detox the body with histamine intolerance? Will the process release extra amount of histamine?

**Lindsay asks:** Is there a home test for spring water or do you have to send a sample to a lab?

**Nadja asks:** Is Infrared Sauna for someone with eczema a good way to detoxify? Or will the sauna make the symptoms worse?

**Sonali asks:** What are your thoughts on different detox supplements such as Detoxpro from Canprev?

**Maria asks:** In your practice, what are the most determined factors, to start an obese person on a detox, before addressing weight loss? I do realize they go eventually hand in hand, but often, the client is eager to work on weight loss right away.

**Silu asks:** I take a lot of my herbs in capsules. Do you know if capsules are made of plastic (or perhaps its some other material) and should I look to take caplets or tinctures instead?