

Detox Live Stream Chat and Questions #4 (January 29, 2020)

00:21:30 Team Josh: Katherine: Welcome to our third live stream for the Detox course! 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.

00:18:07 Team Josh: Katherine: Welcome everyone to our final live stream for the Detox course. Please take a moment to switch your chat mode below to All Panelists and Attendees so we can capture all of your comments and questions for the recording.

00:18:08 Lynn Burck: Good morning from Silverton, Oregon!

00:23:24 Team Josh: Katherine: Marilyn asks: If you use green tea to make kombucha are you going to lose the catechins in the fermentation process (like you do when it is turned into black tea) or is it a different fermentation mechanism?

00:24:16 Team Josh: Katherine:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6356548/>

00:26:49 Team Josh: Katherine: Inder asks: Can any toxin that enters the body be exited through any of the channels or are certain toxins only eliminated via the bowels or urine or sweat. Or it doesn't matter - basically once the toxin is neutralized it is free to exit through whichever channel is open?

00:33:14 Team Josh: Katherine: Louise asks: There is still controversy around soy consumption of fermented vs non-fermented. Asian cultures don't typically eat non-fermented soy (except edamame) and some believe this makes a big difference to the efficacy of soy. Should it only be consumed if fermented. Do you have any studies that compare the two?

00:37:44 Team Josh: Katherine:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6408586/>

00:37:45 Team Josh: Katherine: Louise asks: If organic fresh herbs are not available should we recommend supplements or is fresh still better even though adding to toxic load?

00:39:02 Team Josh: Katherine: I thought it was partially related to Louise's question

00:43:18 Team Josh: Katherine: Louise asks: What is the difference between Mg glycinate and Mg citrate? Is one preferred over the other and if so, why?

00:44:20 Louise Siberry: I am signed up for the certified course but this is the first course I have taken. Just started in Jan

00:44:39 Team Josh: Katherine: Louise asks: Is there a "medical food" base brand you recommend? Are there ingredients we should be avoiding when looking at labels?

00:45:27 Team Josh: Katherine: MediClear Plus by Thorne

00:48:24 Team Josh: Katherine: lol so gross

00:48:42 Team Josh: Katherine: Louise asks: Cu is easily acquired through food if it is present in the food. How can we be sure it is present in the food? Or do we recommend a supplement that has a 15:1, Zn:Cu anyway and not worry about “too much” Cu?

00:49:14 Louise Siberry: Both

00:50:55 Team Josh: Katherine: Louise asks: If someone is having amalgams removed should they increase Selenium (even if it is just eating a few more Brazil nuts) and if so, what would the duration be? Before and after procedure or just after procedure or not at all?

00:52:02 Louise Siberry: How did I miss that? Clearly, I was not paying attention like I should have. I'll look again thanks

00:52:25 Team Josh: Katherine: Louise asks:
<https://academic.oup.com/jn/article/131/9/2248/4687692> Article discussing the free radical scavenging ability of green and black tea. While this is only in vitro and in vivo still interesting as it shows the black tea is good not just green tea. What are your thoughts?

00:53:22 Louise Siberry: Because I can't get green tea past my nose and it gives me heart burn

00:55:11 Team Josh: Katherine: Louise asks: Where would you recommend having the genetic testing done for the various mutations you mentioned?

00:55:20 Team Josh: Katherine: 23 and Me

00:56:08 Team Josh: Katherine: Louise asks: What if the client cannot afford any testing not covered by government plans eg OHIP? How compliant have you found the doctors to be with regard to the client requesting certain testing/bloodwork from them?

00:57:18 Team Josh: Katherine: Jonna asks: You mention that a few servings of soy per week is an advisable amount. Does your advice change at all if it's organic soy milk or is that still the same? I'm trying to find a non-dairy alternative for my daughter to drink more than a few times a week. Is there one non-dairy alternative to milk that you would recommend more like coconut milk or almond milk?

00:59:24 Team Josh: Katherine: Jonna asks: I feel like it's very trendy for people to drink seltzers in cans to as a replacement for soda. Do you have any thoughts on the long-term effects of seltzer and do you know if the cans are non-toxic?

01:00:33 Team Josh: Katherine: Jonna asks: You mention that people shouldn't be taking curcumin with some medications. Do you have a second-best alternative to help fight inflammation that would be recommended for someone to take who can't take curcumin?

01:02:05 Team Josh: Katherine: Jonna asks: Many people struggle with seasonal allergies and go to the drugstore for medications. Are there alternatives supplements that you would recommend for seasonal allergies or a certain diet that you would recommend?

01:03:51 Team Josh: Katherine: Lynn asks: In Detoxification course, class 4 video 1, Josh refers to a Food Mood Sleep Activity Journal. I checked in the tool kit for the course and could not find this form. Do you have a link to this journal?

01:04:03 Team Josh: Katherine: Lynn asks: Do you have any information regarding about the toxicity of methyl-methacrylate, that's commonly used in mouth guards.

01:05:57 Team Josh: Katherine: Lindsay asks: I am wondering how oxalates fit into detoxification, I have read that they are not detoxified just eliminated, is this correct? Can you comment on this and how we can best support the body to eliminate oxalates or if avoiding all kinds of otherwise "super foods" like spinach, cacao, nuts, sweet potatoes, beets etc. is really the only option?

01:11:14 Suzanne: I have an autoimmune disease and have found no issues with vitamin C and all B vitamins...I actually think they've helped me.

01:16:58 Lynn Burck: Thanks Josh and Katherine! Have a great day!

01:17:00 Team Josh: Katherine: Thanks everyone! We hope you enjoyed the course

Q&A Box

Billie-Jo asks: How would you modify these recos when dealing with Autoimmune "diseases" ... I am aware that certain vitamins and minerals can "overstimulate" the system... wondering what your thoughts are.

Inder asks: I've seen people who smoke, drink alcohol and who knows what else :(I notice that they have this greyish, sallow pigment to their skin - do you know what that is?

Sonali asks: What is best way to clean nonorganic foods?

Sonali asks: In one of your slides you had mentioned Rye and Spelt to be avoided. What are your thoughts on sprouted flour?