

TNSP Live Stream Q&A #4 (September 30, 2020)

00:20:25 Katherine Mossop: Get your Vitamin D results in by Monday!

00:21:44 Katherine Mossop: Tayler asks: How is Fe used to treat restless leg syndrome? Can any other vitamin or mineral deficiencies lead to restless leg syndrome?

00:22:51 Natalie Stuart: magnesium

00:22:53 Jenny B: magnesium

00:22:55 Hana: `cal

00:22:56 Barbara Bovell: Magnesium

00:22:58 Reema: potassium

00:23:46 Hana: yes

00:24:32 Katherine Mossop: Sinthuja asks: Can you talk about liquid vitamins / Multivitamins. Is it a better choice than capsules? Are they in a more absorbable form? Do you recommend Genestra brand?

00:26:47 Katherine Mossop: Sinthuja asks: Your thoughts on Sucralose in some vitamins. Any concerns taking them?

00:27:16 Katherine Mossop: Sinthuja asks: Which Fillers in tablets to absolutely avoid and why?

00:29:20 Katherine Mossop: Sharif asks: Why is MCHC more absorbable if it is not a chelate form?

00:30:15 Katherine Mossop: Sharif asks: What zinc dosages should be taken if someone is on hormonal contraceptives?

00:32:03 Katherine Mossop: Sharif asks: Should most people supplement iodine since it is difficult to get?

Sharif asks: How would you prescribe a maintenance or therapeutic dose of ALA for a vegetarian/vegan due to the slow conversion rate to EPA/DHA? Does this become a problem during pregnancy?

00:32:40 Hana: kelp

00:32:42 Sharif Long: kelp

00:32:43 Sinthuja Shankar: seaweed

00:32:59 Barbara Bovell: seaweed

00:39:22 Katherine Mossop: Sharif asks: With the ocean being so depleted and polluted to what extent does this affect the fish oils?

00:40:55 Katherine Mossop: Ann asks: What about omega 9's? Is there a reason to take an omega 9 supplement or is it pro-inflammatory? Curious as they are available in supplement.

00:41:45 Katherine Mossop: Ann asks: Do you recommend an omega 6: Omega 3 supplement for maintenance? Would this come in one supplement and would the ratio be 3:1?

00:46:16 Reema: Omg yes I did

00:47:52 Katherine Mossop: Jonna asks: Regarding fat soluble vitamins, they of course need to be taken with a source of fat to be absorbed. Do we need to eat fat and take the vitamins immediately or can there be some lag time in between and if so, how long could we wait and still have the vitamin be absorbed well?

00:49:33 Katherine Mossop: Jonna asks: During your talk about calcium you mention that people with reflux have too much stomach acid. You mention that their problem is that they don't have enough stomach acid. You piqued my interest in saying that Tums doesn't work well in this case but I felt like I was left hanging and wanted to know what you would do for someone with low stomach acid and heartburn?

00:50:51 Natalie Stuart: parasympathetic

00:50:53 Sandy: parasympathetic

00:51:54 Katherine Mossop: <https://www.joshgitalis.com/the-most-important-phase-in-digestion-and-the-least-discussed/>

00:53:46 Katherine Mossop: Sandra asks: Eating Nuts for good health have been mentioned several times during the classes as they are high in nutrients. For those that are concerned about the health risks of mold (particularly harmful mycotoxins) found in nuts and grains.

Do you recommend soaking them in 3% food grade hydrogen peroxide? What is your approach?

00:56:30 Katherine Mossop: Jodi asks: You mentioned that there needs to be a balance in Omega 3 to Omega 6 consumption and that we are consuming too many Omega 6's. He said that if we are supplementing a high dose Omega 3 fish oil, then it is needed to also do some Omega 6. My question is: do we need to supplement the 6? Is it not already in excess in our body? Does this make sense?

00:56:52 Jodi: Covered...all good

00:56:54 Katherine Mossop: Jen asks: Is the more potent form of vitamin D available in supplement form? You had mentioned that women with osteoporosis may not be converting in the liver....just wondering how a regular vitamin D3 would solve this type of deficiency

00:58:35 Katherine Mossop: Coral asks: Can you use lemon food grade essential oil when you feel a cold/flu coming on?

01:00:24 Nancy Kam: What's your own supplement protocol for the onset of a cold/flu?

01:03:31 Katherine Mossop: Terri asks: Can you speak to Vit D3 with K2 and why we need the K2 in the formula?

01:04:37 Barbara Bovell: Yes

01:05:01 Reema: Yess I read that in the Deep Nutrition book

01:05:21 Katherine Mossop: Coral asks: When eating pumpkin seeds for zinc supplementation, is it just as nutritious if you dry roast it?

01:07:03 Reema: Yes

01:07:03 Hana: yes

01:07:35 Katherine Mossop: Sandra asks: If someone with IBD has been on Remicade for many years and is under remission and afraid to stop therapy, could they still benefit from taking probiotics and turmeric to decrease the inflammation? If so, what dosage do you recommend for each?

01:12:34 Katherine Mossop: Sandra asks: Patients with autoimmune conditions such as IBD, psoriasis, RA etc... and are on any biologics which suppress their immune systems ... can they still take natural remedies to boost their immunity? Or will this interfere with their biologics? What do you suggest would be a safer immune booster alternative?

01:14:35 Katherine Mossop: Coral asks: If the liver is a detoxifying organ would not a liver supplement/food have levels of toxicity?

01:15:52 Katherine Mossop: Coral asks: Would you use cortex form of a glandular to support pain with PMS/menses?

01:16:46 Katherine Mossop: Coral asks: For cold sore you talked about the use of lysine. Topically, certain essential oils also work long term. Would this be considered a temporary fix?

01:17:37 Zophie: herpes

01:17:43 Zophie: zona

01:18:55 Katherine Mossop: Coral asks: When there are several effective treatments for the same illness, how do you decide which ones to use? Aside from a multi vitamin.

01:21:56 Katherine Mossop: Sharif asks: What is the best probiotic form for general health (no specific condition)?

01:22:50 Katherine Mossop: Sharif asks: Are oral probiotics good for gum disease and if so, what would be the best form? Would OralBiotic lozenges from NOW FOODS be suitable?

01:27:30 Jodi: Ew

01:27:42 Inder Ghariel: I remember that from the digestion class!

01:28:05 Katherine Mossop: Sharif asks: In a study 'Post-Antibiotic Gut Mucosal Microbiome Reconstitution is Impaired by Probiotics and Improved by Autologous FMT' They found post antibiotic probiotics delayed gut microbiome healing, why do you think this would have happened?

01:34:59 Katherine Mossop: Sharif asks: What is the difference between animal and marine collagens and is there a vegan form? Which is the best form for anti-aging and what would be a good maintenance dose for different age groups e.g +25 or +60 year old?

01:36:11 Katherine Mossop: Sharif asks: Normally you would avoid caffeine prior to bed but due to green tea having low caffeine and the benefits of increased beta waves would it be an exception?

01:37:33 Hana: what

01:37:49 Katherine Mossop: Natalie asks: Shoot...I meant to ask him about Ionic Magnesium and his thoughts on effectiveness.

01:38:50 Katherine Mossop: Jordan asks: Is there any potential harm in a client consuming diindolylmethane (DIM) if she doesn't have estrogen dominance or a Phase 2 liver SNP that impedes estrogen metabolism? She does not have hormone blood test results or DUTCH test results.

01:40:23 Katherine Mossop: Nancy asks: What's your own supplement protocol for the onset of a cold/flu?

01:42:39 Katherine Mossop: Jonna asks: Probiotics are important to take if you are on antibiotics. *Saccharomyces Boulardii* is the best to take while you are taking antibiotics. If you have a client who has finished their round of antibiotics and are looking to take probiotics, does it matter which genus they take? Would you follow the dosage on the package and how long would you recommend taking the probiotic for?

01:43:56 Jonna: Thank you!

01:44:01 Zophie: thank-you

01:44:03 Katherine Mossop: Thanks everyone for joining us!

01:44:04 Sinthuja Shankar: Thank you so much...

01:44:06 Jenny B: Thanks!

01:44:09 Sharif Long: Thanks Josh!

01:44:10 Barbara Bovell: Thank you Josh and Katherine!

01:44:11 Jenny Huynh: Thank you!

01:44:19 sarah: thank u!!