

## Detoxification Live Stream Q&A # 2 (January 20, 2021)

00:14:35 Katherine Mossop: Chek out the Vitamin D Hub: <http://vitamindhub.com>

00:15:49 Tracey Folkner: I still have seeds from my ACN classes

00:18:15 Katherine Mossop: Could glutathione depletion be the Trojan horse of COVID-19 mortality? <https://pubmed.ncbi.nlm.nih.gov/33336769/>

00:19:37 Katherine Mossop: Effect of Omega-3 Supplementation in Patients With Smell Dysfunction Following Endoscopic Sellar and Parasellar Tumor Resection: A Multicenter Prospective Randomized Controlled Trial: <https://academic.oup.com/neurosurgery/article-abstract/87/2/E91/5707684?redirectedFrom=PDF>

00:20:18 Katherine Mossop: COVID-19 Anosmia Study <https://clinicaltrials.gov/ct2/show/NCT04495816>

00:21:38 Katherine Mossop: Study Reveals Body's Detox Mechanism to Cleanse Pollution: [https://info.bioticsresearch.com/researchforum/study-reveals-bodys-detox-mechanism-to-cleanse-pollution?utm\\_campaign=Research%20Forum&utm\\_medium=email&hsenc=p2ANqtz--h5liavz1PerJRixLuocRV74fbXfnC8E3-ZjUTnceTj0NbmqdhMD5gJ2sb1JOxK3r18q1LgTlAqAskP2kNkaAY8Ib9qg&hsmi=105304940&utm\\_content=105304940&utm\\_source=hs\\_email&hsCtaTracking=a931e926-11b1-4b01-882f-4d7c3343aa0c%7C568ffb9-3d41-4a66-9408-f02ba75a7280](https://info.bioticsresearch.com/researchforum/study-reveals-bodys-detox-mechanism-to-cleanse-pollution?utm_campaign=Research%20Forum&utm_medium=email&hsenc=p2ANqtz--h5liavz1PerJRixLuocRV74fbXfnC8E3-ZjUTnceTj0NbmqdhMD5gJ2sb1JOxK3r18q1LgTlAqAskP2kNkaAY8Ib9qg&hsmi=105304940&utm_content=105304940&utm_source=hs_email&hsCtaTracking=a931e926-11b1-4b01-882f-4d7c3343aa0c%7C568ffb9-3d41-4a66-9408-f02ba75a7280)

00:22:34 Katherine Mossop: Epigenome-wide association study for glyphosate induced transgenerational sperm DNA methylation and histone retention epigenetic biomarkers for disease: <https://www.tandfonline.com/doi/full/10.1080/15592294.2020.1853319>

00:28:33 Katherine Mossop: Sinthuja asks: What is the ideal transit time for toddlers, 1 year +?

00:29:19 Katherine Mossop: Sinthuja asks: If a person has a tooth implant, does it mean there will always be inflammation around that area as the body treats it as a foreign object?

00:30:44 Katherine Mossop: Sinthuja asks: Do you have any suggestion that we can avoid when buying a new home for ex: not close to a transmission tower or golf clubs (as they are heavily sprayed).

00:32:14 Tracey Folkner: I'm a farm girl I live on 100 acres

00:35:16 Julie Walton: The hidden life of trees - Book!

00:35:20 Katherine Mossop: Sinthuja asks: What is your suggestion for someone living in very old building and the danger of lead exposure.

00:36:12 Katherine Mossop: Sinthuja asks: How do we come to know if the person/body is ready for a detox and all the elimination pathways are open.

00:39:20 Katherine Mossop: Sinthuja asks: What are your thoughts on grounding/earthing mats?

00:41:00 Julie Walton: would it be possible to have the link for this study? Thank you!

00:41:26 Josh Gitalis: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4378297/>

00:43:14 Katherine Mossop: Tayler asks: Is it important to shower after taking a sauna to clean off the toxins excreted by our skin?

00:45:26 Katherine Mossop: Tayler asks: Does dandelion root have the same effect as dandelion leaf?

00:46:48 Katherine Mossop: Tayler asks: How do we know oxidative damage is occurring to our cell's membranes and DNA?

00:51:01 Katherine Mossop: Tayler asks: Can eczema occur when our body is detoxing?

00:52:08 Katherine Mossop: Carmen asks: As a pre-op/pacu rn, I see a lot of cholecystectomys. Wondering your thoughts on issues w/ digestion once we no longer have a gallbladder. We basically just tell people to be careful w/ fats as they will have a harder time digesting at first but your body will adjust. Are there more consequences to consider than that?

00:55:08 Katherine Mossop: Ann asks: Josh mentioned that if someone has more fat that they can store more toxins but can it also be reversed? Can someone put on more weight because they're so toxic...as liver isn't able to process all the toxins the body accumulates fat to park the toxins in?

00:57:02 Katherine Mossop: Hana asks: When my client comes for a digestion issue or weight loss issue, do I start with 5 Rs or detox?

00:57:38 Evie Burckin: What are the 5 rs? I'm drawing a blank

01:00:14 Katherine Mossop: Hana asks: You talked about the brain as a channel for detox. Does the brain have a limit when it comes to handling toxins?

01:00:59 Hana: yes

01:01:04 Hana: yes

01:02:55 Julie Walton: Sorry - I missed the author :)

01:03:17 Katherine Mossop: Dale Bredesen

01:04:23 Tracey Folkner: you can avoid taking Benzo by changing your diet and life style, small changes make a big difference I do this in my life as someone who lives with anxiety

01:07:13 Katherine Mossop: Kelly asks: Is there a way to evaluate zinc status? Do you use this or more go with symptoms of zinc deficiency in determining zinc with your clients?

01:11:36 Katherine Mossop: Sharif asks: How much sea salt should be added to filtered water to remineralise it?

01:12:09 Katherine Mossop: Sharif asks: I came across a company called Alkaway who sell a 'hydrogen rich alkaline water filter' how does this compare to a reverse osmosis system? <https://www.alkaway.com.au/product/the-ultrastream/>

01:13:10 Ann Sirenko: What do you think about the Kangen Alkalizing Water machines that seem to have all these miraculous healing benefits associated?

01:13:38 Katherine Mossop: Sharif asks: Do you recommend any resources that can be used to determine if an ingredient is toxic?

01:15:48 Katherine Mossop: Sharif asks: With niacin and sauna protocols, I have heard you should work on building a tolerance to higher niacin dosages, what is your opinion on this?

01:16:59 Katherine Mossop: Sharif asks: Are there any alternatives to dry brushing as I have heard from a skin dermatologist that it can damage/thicken the skin and disrupt to the skin microbiome?

01:17:52 Katherine Mossop: Sharif asks: Are enemas and colonics still recommended if you have regular bowel movements and are there any risks?

01:20:57 Katherine Mossop: Sharif asks: If someone has a bad reaction to probiotics (both food and supplements) does this indicate that there is an issue related to the first two steps of digestive healing?

01:22:21 Katherine Mossop: Jordan asks: Do any of the following binders make Phase 1 liver detoxification go faster while having a much lower effect on Phase 2 liver detox? These are ingredients from Quicksilver Scientific's Ultra Binder Sensitive formula.

gum Arabic  
Zeolite  
Bentonite Clay  
Activated Charcoal  
Chitosan

01:24:41 Katherine Mossop: Dami asks: You mentioned a remineralization liquid to add to RO water. Can you tell us what brand or what ingredients it should include?

01:25:04 Katherine Mossop: Cell Food

01:25:33 Katherine Mossop: Dami asks: I desperately want a FIR sauna now but don't have the room! However, I did find an infrared sauna blanket:

<https://www.amazon.com/dp/B08GFKR64G/?tag=1331-portable-saunas-20>

Wondering if it would offer the same pros or additional cons that I may not be aware

01:27:12 Katherine Mossop: Anne asks: Question about fibre: Is there a chart that shows how much of which foods provide how much soluble and insoluble fiber?

Note from Katherine: I checked, and we don't have any handouts for fibre, but a search on Google brings up lots of good info.

01:27:49 Katherine Mossop: Anne asks: If you are stuck in an apartment that has mold, what can you do to offset the effects?

01:29:23 Hana: what are your suggestions for food if you cannot afford organic products

01:29:40 Katherine Mossop: Kelly asks: will we learn about how to detox from mycotoxins?

01:30:13 Katherine Mossop: <https://www.ewg.org/foodnews/dirty-dozen.php>

01:31:59 Katherine Mossop: Ahuva asks: My mouth is full of amalgams. It's not practical for me to have them removed as many of my teeth are held together by these fillings. What do you suggest to combat this?

01:33:44 Hana: thanks

01:33:47 Katherine Mossop: Thanks for joining us everyone! Class 3 will be released tomorrow morning around 9 am EST.

01:33:57 kristinakondrasheva: Thank you!

01:34:04 Sharif Long: Thanks!