

## Detoxification Live Stream Q&A #4 (February 3, 2021)

**00:22:29 Katherine Mossop:** Kelly asks: I'm wondering if you know how molds are detoxed? And what about cortisol (is it a steroid hormone that is detoxified by sulfation?)

**00:23:38 Katherine Mossop:** Kelly asks: I'm really interested in the liver's filter of neurotransmitters and its role in mental health. Do you consider that the sulfation and/or methylation pathways might need support when working with a person with degenerative mental diseases, or mood/adrenal disorders? The lab assessed seems inaccessible for most to test - so could you supplement with SAM-e and see if there is a difference? (Or how would you know if the liver is involved in these people's disorder?)

00:26:05 Dami Burckin: The last thing he said was referencing the studies of Sam-e and anti-depressants.

**00:27:25 Katherine Mossop:** Sarah asks: How could we support a 10 year old's detoxification who is getting a cavity filled (NOT with silver amalgam) before and after the procedure? He eats 95% organic diet & his home environment is very clean (homemade laundry & cleaning products & Reverse Osmosis water, no smoking). He takes a probiotic, cod liver oil and desiccated beef liver.

**00:30:59 Katherine Mossop:** Ali asks: Last week, we discussed Biocidin and biofilm disruptors. I am feeling so confused about the use of biofilm disruptors. I have noticed some think a product like Biocidin is a super valuable gut healing product and others think disrupting the biofilms may cause more harm than good. I think those that are against the biofilm disruption believe we should 'Let Sleeping Dogs Lie' - and that disrupting the biofilm may release more harmful pathogens into our system causing more destruction. I would love to know your thoughts on these two different opinions!

The Consequences of Biofilm Dispersal on the Host

<https://www.nature.com/articles/s41598-018-29121-2>

Probiotic Bifunctionality of Bacillus subtilis-Rescuing Lactic Acid Bacteria from Desiccation and Antagonizing Pathogenic Staphylococcus aureus:

<https://pubmed.ncbi.nlm.nih.gov/31569575/>

**00:34:29 Katherine Mossop:** Kelly asks: Do you know what pathway nitrates/nitrites are detoxed? (I have a family member that gets leg cramps and can't sleep after processed meats (even organic with celery salt) and the next day his pee smells like smoked meats!)

**00:36:37 Katherine Mossop:** Kelly asks: If you have a client that is affected by a toxin and you don't know the specific pathway that the specific toxin is detoxed - what do you do? Research and try to find the pathway, look for signs of what pathways aren't working in this person, support all of them...?

**00:39:17 Katherine Mossop:** Kelly asks: Say a client comes to you and is interested in “optimal health and detoxification”... they have no history of obvious chemical exposure, no specific signs of detoxification pathways not functioning well ... how do you go about finding “hidden” toxins that may be affecting the person’s health without obvious symptoms? Are there certain functional lab tests that are more general in nature that you use? Can you give us an idea of how to go about being a detective in these not so obvious cases?

**00:41:49 Katherine Mossop:** MycoTOX Profile for mold from Great Plains Lab

**00:43:21 Katherine Mossop:** Kelly asks: After a sauna/bath/major sweat - I feel it would be important to use soap to get off all of the toxins and prevent reabsorption - would you agree? Or is towelling off sufficient in your opinion?

**00:44:16 Katherine Mossop:** Jordan asks: In your Supplements or Digestion course, you talked about how zinc carnosine can soothe the gut. Are there specific zinc formulations that are better for detoxification? For example, I expect that zinc bisglycinate would be good because the glycine could participate in the Phase 2 amino acid conjugation pathway.

**00:46:00 Katherine Mossop:** Jordan asks: Should we dose the zinc several times a day? Thyroid physician and health influencer Dr Westin Childs says that humans can absorb 8 mg zinc at a time and most supplements I looked at have 15 to 30 mg zinc.

**00:49:17 Katherine Mossop:** Jordan asks: As a follow up question, would zinc sulfate (usually intravenous form) be good for the sulfation pathway?

**00:49:41 Katherine Mossop:** Kristina asks: You’ve mentioned history of viral hepatitis as a common factor associated with toxicity. Why is it so? Is the liver function permanently compromised after having hepatitis years ago?

**00:50:24 Katherine Mossop:** Kristina asks: What could it mean when CBC shows low (flagged as being too low) levels of certain liver enzymes (specifically ALP and GGT)?

**00:51:21 Katherine Mossop:** Kristina asks: In regards to your Toxin Exposure and Medical Symptoms Questionnaire, at what point do you ask your clients to fill them out, when you just start working together or only if you suspect toxicity based on the results of their intake form? I personally have been using the intake form provided by my school (CSNN) and I see that some of the questions overlap with the ones on your forms. Just wondering, if it might be a good idea to have a section dedicated to toxic exposure questions on the intake form to minimize the amount of paperwork. Sorry, if it’s a silly/confusing question - I just started my practice and still learning the ropes.

**00:53:33 Katherine Mossop:** Sharif asks: I am interested in your opinion on longer water fasting such as 72 or even 24 hour ones (that I saw you do once a week), as you mentioned they have their time and place. When would the benefits such as autophagy outweigh the negatives such as having no amino acids? Also do you have any guidelines (similar to the ones given for juice fasting) for beginning, during and after doing something like a 72 hour water fast?

00:56:02 Dami Burckin: Is daily intermittent fasting (12hrs) beneficial as a compromise?

**00:57:20 Katherine Mossop:** Sharif asks: It was said that saunas can sweat out pharmaceuticals, I was wondering how this would affect their effectiveness and if you then need to be careful introducing someone to saunas if they are taking essential medications?

**00:59:44 Katherine Mossop:** Sharif asks: Can body piercings and tattoos be toxic and would certain parts of the body be worse than others? Also, would certain materials/metals be better than others?

01:00:16 Dami Burckin: Yes

01:01:06 Ali's iPhone: re the sauna and detoxing pharmaceuticals... I encourage people to sauna after a vaccine. just checking to confirm you feel that is ok and beneficial

**01:04:51 Katherine Mossop:** ASIA = Autoimmune / Autoinflammatory Syndrome Induced by Adjuvants

**01:07:44 Katherine Mossop:** Sharif asks: People seem to take pharmaceutical antihistamines such as Claritin so regularly, what are the short and long term effects of these? Would quercetin be an alternative and what sort of dosage should be used?

01:08:21 Anne Bergman: Light nice movie: Love Sarah

**01:09:03 Katherine Mossop:** Tayler asks: By what mechanism is too much soy harmful for the thyroid?

**01:10:35 Katherine Mossop:** Tayler asks: What are some ways to eat milk thistle? Can you grind it and consume it like ground flaxseeds?

**01:11:33 Katherine Mossop:** Tayler asks: Have you worked with clients who have symptoms of anxiety or depression, when on a detox protocol? If so, does stopping the protocol or going slower help mitigate these symptoms?

**01:12:16 Katherine Mossop:** Tayler asks: You mentioned Chlorella can bind onto Zn and Cu. Should we avoid this type of chelator, when we are working with someone who might be Zn deficient?

**01:13:27 Katherine Mossop:** Tayler asks: Can you talk more about skin cancer? You mentioned catechins from green tea and modified citrus pectin were both great tools to use. What are some other tools or lifestyle practices we can recommend for someone with skin cancer?

**01:15:29 Katherine Mossop:** Kelly asks: Could you speak a bit about detoxing with children? Any experience you've had with finding toxic load in children (testing that's been helpful?) and also therapeutic recommendations ... Would vitamins, minerals,

removal of exposure, and the detox diet would be main tools? Enemas, saunas, and some herbals would likely not be appropriate? Any tips or advice?

**01:20:17 Katherine Mossop:** Biotics - NitroGreens

**01:20:26 Katherine Mossop:** Candice asks: Have you ever had a client that experienced a symptom like nausea when supplementing with milk thistle?

**01:21:53 Katherine Mossop:** Candice asks: In what instance would you use binders like charcoal or clays during a liver detox/ cleanse?

**01:22:29 Katherine Mossop:** Candice asks: Any thoughts on binders like bioactive carbons (extracts of fulvic / humic acid)?

**01:24:12 Katherine Mossop:** Falom asks: When phase I is down regulated where do toxins start to build up? In the liver tissue or back to the blood stream?

**01:25:06 Katherine Mossop:** Falom asks: Is there any risk of toxin bioaccumulation in animals' liver?

**01:26:39 Katherine Mossop:** Dami asks: Regarding herbs, are there benefits to drinking teas? It's not medicinal because their potency isn't measured, but I wonder if the body will still benefit. A follow up about green tea is whether or not decaffeinated green tea (via the water method) has the same potency as caffeinated green tea.

**01:29:51 Katherine Mossop:** Dami asks: You also recommend a "scoop of greens" and a good broad spectrum multi. Any specific recommendations? The market is flooded with products!

**01:30:20 Katherine Mossop:** Integrative Therapeutics

**01:30:33 Katherine Mossop:** Metagenics - AdvaClear and Phytomultis

**01:30:42 Katherine Mossop:** Dami asks: Copper. I'm a little confused about limiting copper cooking items but including copper as a necessary mineral. I have a copper water bottle that I don't want to part with! I was hoping that by leaving my water in it overnight and using it the next day that I'd get use enough.

**01:33:12 Katherine Mossop:** Chela-Zyme by Biotics

**01:34:17 Katherine Mossop:** Natalie asks: What would be the best method / approach to win off a patient addicted to Coca-Cola?

**01:35:35 Katherine Mossop:** Natalie asks: With your current credentials, are you able to order labs like ferritin/b12/TSH? Is it through OHIP or do you use a private lab?

**01:35:55 Katherine Mossop:** Natalie asks: How can we detect arsenic toxic load in our clients? Which test should we use?

**01:36:35 Katherine Mossop:** Metals Fecal Test by Great Plains Lab and Hair Mineral Analysis (Great Plains, Can Alt Labs)

**01:37:29 Katherine Mossop:** Natalie asks: What are the ideal blood values for uric acid, urea and creatinine?

**01:37:47 Katherine Mossop:** Natalie asks: Is there any way to test cell membrane health? Or use other parameters that would indicate poor cell membrane health?

**01:38:21 Katherine Mossop:** OmegaQuant for fatty acids testing

**01:38:35 Katherine Mossop:** Natalie asks: Have you had any clients presenting nickel toxic load due to a plant-based diet/raw diet? Or are you aware of this condition? I was really surprised when one of my clients told me about this condition that she had for years and couldn't figure it out easily. Now she can't really whole grains + certain plants (like kale/spinach because of the high amount of nickel) and can't be vegetarian/vegan anymore. I was really impressed how eating a healthier diet made her feel worse and develop several symptoms.

**01:40:22 Katherine Mossop:** Kelly asks: do you know how we could test for nickel excess?

**01:40:59 Katherine Mossop:** Ali asks: re the sauna and detoxing pharmaceuticals... I encourage people to sauna after a vaccine. just checking to confirm you feel that is ok and beneficial

**01:41:54 Katherine Mossop:** Thanks everyone for joining us! We hope you enjoyed the course :)

01:42:16 kristinakondrasheva: Thank you for this wonderful course!

01:42:21 Sandra Schellenberg: thank you!

01:42:38 Ann Sirenko: Thank you for this great course, can't wait for next one!

01:42:43 Sharif Long: Thanks so much, it's been another great course! :)