

Mental Health and Neurology Live Stream Q&A # 2 (February 24, 2021)

00:31:19 Katherine Mossop: Lost Connections by Johann Hari

00:33:37 Katherine Mossop: Glycerin based tinctures:

<https://www.cedarbear.com>

<https://www.hawaiiipharm.com>

00:36:27 Katherine Mossop: Jordan asks: When should a practitioner start such protocols even when the client is not in a position of strength but has taken the steps to clean up their diet and lifestyle?

00:38:44 Katherine Mossop: Jordan asks: I found this article on the internet (attached) about using chelation therapy, fibrinolytic enzymes, antimicrobials and binders to treat autism spectrum disorders. Your Biotransformation & Detox course had a before / after video of a Parkinson's disease patient after glutathione IV therapy.

00:38:53 Katherine Mossop: I recall a recommendation that it's best to do detoxification protocols from a position of health strength. However, the patients with these brain health issues are getting these therapies when severely debilitated. What are your thoughts?

00:45:39 Katherine Mossop: Jordan asks: There was a Tests slide listing tests such as ANA. It did not mention any of the advanced tests such as Vibrant Wellness's Zoomer Panels such as

Wheat Zoomer with zonulin, anti-LPS and anti-zonulin Abs for leaky gut

<https://www.vibrant-wellness.com/tests/wheat-zoomer/#1527504422796-ce510636-2662>

or Neural Zoomer Plus with all sorts of Abs against brain proteins

<https://www.vibrant-wellness.com/tests/neural-zoomer-plus/>

When (if ever) would you pursue this type of testing after a client has exhausted lifestyle, diet, dietary supplements, antimicrobial protocols and IV nutrient therapy?

00:49:18 Katherine Mossop: Jordan asks: Your blog about the Cain's healing journey mentions healing the gut to heal the brain after a severe head injury. Would leaky blood brain barrier respond to gut healing nutrients such as glutamine?

00:55:18 Katherine Mossop: Valerie asks: I know of someone that suffers from chronic anxiety and after a few weeks or days of being stressed her body either shuts down and she just sleeps for a day or two or more often she gets labyrinthitis and gets dizzy so she has to just stay in bed until it goes away. What happens to the brain, how does it get damaged when the nervous system shuts down in such a drastic way?

00:58:26 Katherine Mossop: Tayler asks: Is propionic acid a by-product of all "bad" bacteria or only clostridia?

01:01:40 Katherine Mossop: Tayler asks: One time you mentioned how the fasting mimicking diet or fasting once a week offer the same benefits as someone who has been on the ketogenic diet for 6 months (sorry if I am not remembering what you said correctly). Do you recommend routine fasting or the fasting mimicking diet to someone with a neurodegenerative disease OR do you recommend the ketogenic diet? or Both? Can you also share where you discovered this information? Thanks

01:02:17 Jordan: Yes

01:02:40 Jordan: I tried Dr Longo's ProLon twice

01:04:37 Jordan: I personally found fasting mimicking diets, ketogenic diets, etc harmful for neurological health while recovering from a TBI

01:07:09 Katherine Mossop:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4899145/>

01:09:28 Katherine Mossop: Kelly asks: I'm wondering about the balance of giving supplements when needed and also not building a tolerance to them. Say, for example, that someone responds well to higher dose B vitamins, magnesium, theanine, and nervine herbs... how long would you keep someone on a higher dose before trying to taper? And if symptoms worsen when tapering the doses - would you continue giving these? Can some people need these higher doses long term?

01:12:25 Katherine Mossop: Sharif asks: In regards to ADHD/ADD it was spoken mainly about children, would you take a different approach to an adult being diagnosed later in life? If they are avoiding chemicals, taking food additives out and controlling blood sugar but still being impacted what would be your next step or is this when medication may be needed due to it being ~75% effective?

01:14:32 Katherine Mossop: <https://www.amazon.ca/When-Body-Says-No-Hidden/dp/0676973124>

01:16:36 Katherine Mossop: Sharif asks: As Parkinson's disease is related to a shortage of dopamine does this mean people with ADHD/ADD would be at higher risk to developing this?

01:17:40 Katherine Mossop: Sandra asks: Question about eating disorders: have you come across parents being worried about their kids developing eating disorders from eliminating dairy, gluten or any food elimination? I went to a workshop about positive body image (led by ND's) and I asked them how they deal with food sensitivities (gluten & dairy etc.) but they said they do not eliminate they just reduce (in eating disorders or those worried about developing them). But if they don't eliminate then isn't the inflammation just going to persist and therefore the mental health condition as well?

01:20:42 Katherine Mossop: orthorexia

01:21:21 Katherine Mossop: Sandra asks: Question about Keto: some people have issues with digesting (and assimilating) fats or excess fats, how can you get around this if one would benefit from a Keto style diet? I'm guessing we support digestion and the microbiome at the same time?

01:23:24 Katherine Mossop: Natalie asks: How would we use passionflower, valerian and hops for insomnia vs anxiety during the day? The herbs are similar for both conditions, but we would be targeting different times of the day and somewhat different effects on the body (drowsy effects vs calm effect). How should we approach these situations?

01:24:12 Katherine Mossop: MyoCalm Plus

01:25:31 Katherine Mossop: Natalie asks: For clients waking up in the middle of the night between 2-4 am chronically and not feeling hungry, would this still be connected to hypoglycemia issues even though they have been following a low glycemic index/load diet for a while? Or this would be an adrenal issue? How to best treat these clients?

01:27:26 Katherine Mossop: DNRS - dynamic neural retraining system

01:27:41 Katherine Mossop: Natalie asks: How can we improve the sleep pattern of clients that have been sleeping for 5-6h/night for the past 10-15 years? Unfortunately, they don't respond quickly to therapies (or at all) and tend to give up after so many trials. What are your suggestions for these cases?

01:29:44 Katherine Mossop: Natalie asks: How can we avoid the effects of feeling groggy in the morning when giving therapies to improve insomnia (without adding melatonin)? Either they wouldn't be able to stay asleep throughout the night or they would sleep for the whole night, but feel groggy in the morning.

01:30:41 Katherine Mossop: Natalie asks: When the family physician doesn't respond well to our requests for blood work for our clients (i.e. getting a full panel of thyroid markers), how do you approach this situation? What is your plan B to get the blood measurements from the client?

01:31:41 Katherine Mossop: <http://joshgitalis.com/student-resources/>

01:32:35 Katherine Mossop: Kelly asks: Is there a way to test if someone has the kynurenine pathway activated? (Is the organic acids test a way?). And just to clarify - If the test shows that it is activated - this suggests that either there is high cortisol or inflammation? So you would use the client's particular case to point you to which of these two may be the reason?

01:38:07 Katherine Mossop: <https://undergroundwellness.com/tag/dr-kelly-brogan/>
(Podcast episodes discussed have now been added to your Student Portal)

01:38:30 Katherine Mossop: Kelly asks: Regarding food allergies - is there a reliable way to test what foods someone is sensitive to? It seems like such an important piece of the puzzle but I was under the impression that no test is that reliable. Do you just try eliminating common offenders? Also - how do you approach this for a child that may have a limited diet to begin with? (I'm thinking of the potential of beef as an allergen and how one would know if this is the case). Do you support the nervous system in other ways before removing foods?

01:41:36 Katherine Mossop: iPhone asks: As a nutritionist I appreciate it very much the microbiome connection to the brains NT health. Are there any products (probiotics) you suggest for dairy free and lab made from other species? Does a natural probiotic harm us in any way especially people not breast feed and do not tolerate colostrum from the store?

01:43:40 Katherine Mossop: Chris asks: In reference to your slide that showed the good bacteria to neurotransmitters - do you have go to products that have a good combo of these probiotics?

01:43:44 iPhone: Hi it's Michelle on iPhone yes the lab made from other animals intestines bacteria

01:45:45 iPhone: Soil based is it better

01:46:11 Katherine Mossop: Chris asks: Can you expand on the topic of parasomnia that you mentioned in your insomnia slide? How is this detected?

01:46:45 Katherine Mossop: Chris asks: Do you prefer DNRS system (annie hopper) vs gupta system?

01:49:23 Katherine Mossop: Thanks everyone!

01:49:25 Tayler: Thanks Everyone!!!! :)

01:49:28 Julie Walton: Thank you!

01:49:33 Sharif Long: Thank you! :)