

ACF: Digestion and GI Health – Chat and Questions

Class # 3 (November 3, 2021)

00:30:02 Katherine Mossop: Susan asks: When I take even one Pure Encapsulations Betaine HCL with pepsin I burp or have mild wind/gas in my sternum / solar plexus. Does this mean that I have enough stomach acid? I never get the warm feeling even when I get up to 5 tablets before a meal. Are there any other signs that I have enough stomach acid besides the "warm" feeling?

00:32:05 Katherine Mossop: Jan asks: What is the dosage of zinc Carnosine for gut? And how does this form of zinc compare to the others for immunity, that seem to be dosed much higher? Do you need both forms?

00:32:26 Jan Rosen: Dose the HCL and enzymes together? BEFORE the meal? Or into it

00:33:08 Jan Rosen: Right and a zinc chelate

00:34:03 Jan Rosen: Is it best to use a powder formulation with zinc car in it or a capsule?

00:34:50 Jan Rosen: Its in a DFH product and tastes great

00:35:11 Jan Rosen: GI revive

00:37:04 Katherine Mossop: Jan asks: What is the difference between SPM (specialized pro-resolving mediators) and Omega 3 oils? How would you dose both?

00:39:37 Jan Rosen: Are the SPMs a better way to go than OMEGA 3 as a mainrenance dose?

00:43:31 Jan Rosen: 8 OH DG

00:43:43 Katherine Mossop: 8-Hydroxyguanosine

00:46:48 Katherine Mossop: Jan asks: What is the difference between deglycyrrhizinated licorice (gut) and licorice root? (Cortisol support)

00:49:08 Jan Rosen: What do you consider low BP?

00:49:56 Kelly: Wow thanks Josh! I love the thoroughness of the answers :)

00:51:41 Katherine Mossop: Sue asks: You stress that it is important to let a baby's gut go through the process of closure before introducing solids. This makes a lot of sense. Yet, the American Academy of Pediatrics (AAP) now says to introduce foods earlier in life, especially in babies at higher risk for allergies. I've known pediatricians to recommend using peanut powder very early. What are your thoughts about peanut powder or why the AAP might still be making these recommendations?

00:52:41 Katherine Mossop: <https://childrenshealthdefense.org/store/excerpt/the-peanut-allergy-epidemic-whats-causing-it-and-how-to-stop-it-excerpt/>

00:57:08 Katherine Mossop: Jan asks: Please explain the different Immunoglobulins...IgG, IgE, IgA, IgM, IgD....and when to use them in testing.

00:59:11 Katherine Mossop: Food Protein Induced Enterocolitis Syndrome (FPIES)

01:04:24 Katherine Mossop: Jessie asks: You mentioned in the videos that while 90+ % of serotonin is produced in the gut, it doesn't cross the blood brain barrier. Does this mean that gut serotonin does not affect mood? I'd like to look into this more because my understanding previously was that this microbiome-produced serotonin has an affect on mood. I'm curious how this mechanism works. I've read that the microbiome produces 95% of the body's serotonin, but I've also read that the gut has 95% of the body's serotonin receptors. It's confusing! Can you please help me understand this or even just point me to some reliable resources where I can research this?

01:06:10 Jan Rosen: IgM?

01:07:05 Katherine Mossop: The Second Brain by Michael Gershon

01:11:29 Jessie: Does LPS come from all bacteria, or just pathogenic gut bacteria?

01:13:34 Jan Rosen: LPS is present in Candida/yeast?

01:15:15 Katherine Mossop: Helen asks: How does Adrenal Fatigue impact a person's ability to digest foods, and what are the most impactful things we do to move the dial on their health?

01:16:07 Katherine Mossop: Helen asks: You mention the accuracy rate of the skin prick tests for IgE. Are IgG tests reliable, and how often would you suggest a client has them?

01:16:23 Katherine Mossop: Helen asks: Are airborne allergies such as hay fever also related to the digestive system - and is the way to heal them similar to food allergies?

01:20:22 Katherine Mossop: Hayley asks: In your practice do you always use testing? If you were working with a young person who has intermittent diarrhea and constipation, sometimes sees blood when wiping, and doesn't have funds for further testing (taken out normal inflammatory foods, added in supplements including probiotics)- where would you start with that kind of situation?

01:21:34 Katherine Mossop: Helminths

01:23:23 Katherine Mossop: www.biomerestoration.com

01:24:19 Kelly: How much did you use?

01:25:21 Kelly: Sorry I have an appt and have to go but thanks so much Josh and Katherine! Amazing info as always!! :)

01:25:31 Katherine Mossop: Thanks Kelly! :)

01:27:17 Katherine Mossop: Hayley asks: Could a persistent, low-grade hand tremor be related to a gut issue?

01:27:39 Katherine Mossop: Hayley asks: Is there a specific brand of essential oils you use for internal use?

01:27:49 Katherine Mossop: Living Libations

01:29:05 Katherine Mossop: Hayley asks: What do you think could be behind urgent loose stools, that generally only happens first thing in the morning?

01:32:18 Nashima: Thank you so much!

01:32:24 Patricia Panfili: thankyou

01:32:26 Katherine Mossop: Thanks everyone!

01:32:28 Leanne: Thank you

01:32:28 Jessie: Thank you!

01:32:30 Helen Cross: Thank you!

01:32:31 Brenda Prebble: Thanks!

01:32:33 Sher: Thank you tooo