

## **Blood Work Workshop – Chat and Questions (April 27, 2022)**

00:36:51 Jillian Maierhofer: The RDA when was that set in Canada? and what was the test group for these?

**00:39:51 Katherine Mossop:** Canada – Nutrition guidelines first introduced in 1939

**00:40:55 Katherine Mossop:** Adopted the RDA in 1942 based on US standards at the time

**00:42:31 Katherine Mossop:** Here's a good timeline for Canada:  
<https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/dietary-reference-intakes/development-dietary-reference-intakes.html>

01:06:47 Kelly: Ha ha ha :)

**01:38:40 Katherine Mossop:** Advanced Glycation End Products: What Are They + What You Can Do About Them: <https://www.joshgitalis.com/advanced-glycation-end-products-what-are-they-what-you-can-do-about-them/>

01:44:40 Kelly: Well thanks for saying that Josh! And for sharing imposter syndrome :)

**01:44:47 Katherine Mossop:** Sharif asks: You mentioned that mercury in blood can be impacted by eating high mercury foods the day before, but I think in another course you mentioned vitamin D takes months before it shows in the blood. Is this the same for all fat-soluble vitamins or how do you know which tests are impacted like this?

**01:48:42 Katherine Mossop:** Electra asks: In the case of high homocysteine, would you supplement with a b complex or vit b6 and b12 separately?

**01:51:13 Katherine Mossop:** Christy asks: I have a client who has a son that is 18 months old and has anemia. His hemoglobin was very low at 26. He was born by c-section and formula fed. Do you think his low iron is due to malabsorption or something else?

**01:53:43 Katherine Mossop:** Thanks for joining us today! Same time next week for the Functional Lab testing workshop

01:53:47 Kelly: Thanks so much!

01:53:48 christybarber: Thank you Josh & Katherine!

01:53:59 Jillian Maierhofer: Thank you

01:54:03 Sharif Long: Thanks!