

Digestion and GI Health Live Stream #2 Chat and Questions (October 26, 2022)

00:13:29 Natasha Dostaler: Sounds like conversations at my house!! love it

00:13:52 Katherine Mossop: Chrissy asks: With sterilization as a main function of the stomach in the digestive process, how do probiotics (food or supplement) survive the acidic environment? Is there a recommended time to take probiotics to optimize survivability?

00:18:46 Cindy Spratt: What are your thoughts on taking probiotics while also taking antibiotics? During a round of antibiotics or afterwards?

00:21:51 Katherine Mossop: Lena asks: Are all inflammatory bowel diseases mostly due to lifestyle and food choices, stress and someone or are some of them are genetic, regardless of what people eat and do?

00:26:41 Katherine Mossop: Kaitlyn asks: You discussed the cause behind heartburn and cholestasis. Is it the same for pregnancy related heartburn and cholestasis? Is the treatment the same? (so many of my obs patients are on pantoloc or ursodiol!)

00:29:49 Katherine Mossop: The Natural Pregnancy Book by Aviva Romm

00:32:15 Katherine Mossop: Lena asks: Can you please explain proteolytic and hydrolytic enzymes?

00:33:26 Katherine Mossop: Lena asks: How can we treat Candida in a 6 year old that is persistent for a year? Can we use essential oils you mentioned? What protocols may we do for children?

00:34:30 Katherine Mossop: Biocidin

00:38:30 Katherine Mossop: Sirpa asks: When with the meal should HCl be taken - in the beginning of the meal? If one forgets, is it ok to take after meal when symptoms of fullness, burning etc start?

00:39:26 Alex Brown: Follow up to this ^ can an HCl supplement kill digestive enzymes you might also take with the meal?

00:41:33 Katherine Mossop: Sirpa asks: Can vertical ridges in nails be a sign of hypochlorhydria?

00:43:18 Katherine Mossop: Sirpa asks: What is the minimum amount of time for a strict Removal process (e.g. diet avoiding grains, coffee, sugar, etc.) for chronic candida or dysbiosis?

00:48:32 Katherine Mossop: Lena asks: What would be best tools for digestion and detoxification for someone with advanced liver cirrhosis?

00:50:14 Katherine Mossop: Lena asks: You mentioned that digestion starts with a mouth, and that mouthwash is harmful for our bacteria in the mouth. But often in overgrowth of candida, we have a white tongue. Is coconut oil and essential oils good to use instead of mouthwash?

00:51:25 Katherine Mossop: Alex asks: When talking about removing foods and creating an optimal environment for healing, the lesson seems to point towards a paleo diet (no grains, sugars, etc.) of sorts. However, also mentioned was creating an alkaline diet...which means no meat & eggs. So, if we can't eat meat, and we can't eat carbs, what should we eat to create an environment for healing? Along the same line - are the sugars in fruits and vegetables okay to consume? or will they facilitate overgrowth of the bad guys.

00:52:35 Katherine Mossop: Toothpaste is called Dentalcidin from Biocidin-Botanicals

00:53:39 Katherine Mossop: Alex asks: Can taking enzymes regularly affect your body's ability to produce them naturally?

00:54:44 Katherine Mossop: Alex asks: Can taking a magnesium supplement with your meal neutralize your stomach acid (with it being alkaline) and make it harder to digest your meal, especially if you have HCl production issues?

00:55:25 Katherine Mossop: Sam asks: Going through the 5 R's of healing, can you please elaborate on how long each of these phases typically lasts? For example, how long should someone be in the remove phase before entering replace? Also, is there any overlap? For example, would you get someone on "Remove" but at the same time have them start taking HCl or Digestive enzymes for example? Just looking to get some additional clarity on how you approach this with clients (understanding everyone is different).

01:02:42 Katherine Mossop: Sam asks: If most digestive enzymes are released from the pancreas directly into the small intestine where it is a more alkaline environment, then would exogenous digestive enzymes in the form of a supplement become denatured in the stomach acid, rendering them unable to work in the way we want them to work? Would you recommend food based enzymes instead since they work across different pH levels?

01:05:01 Katherine Mossop: M7+ by Naturpharm

01:05:35 Katherine Mossop: Sam asks: Do you recommend that anyone with gut issues removes gluten for a period of time? If so, what is your recommended timeframe? I've read anywhere from 4 weeks to 6 months.

01:06:36 Katherine Mossop: <https://www.culinarynutrition.com/is-the-gluten-free-diet-a-fad/>

01:09:10 Katherine Mossop: Cyrex Labs

01:10:13 Katherine Mossop: Sam asks: Are there any downsides to taking herbs or antimicrobials? Is there any impact on the liver that we need to be aware of? Are there any specific populations that you wouldn't recommend this for?

01:11:11 Katherine Mossop: Sam asks: Do you have a code that we can give our clients to buy your digestive bitters at a slight discount. :) Had to ask.

01:11:46 Katherine Mossop: Sam asks: When you say 70% of the immune system in the gut, does this mean there are actual immune cells in the gut? Can you elaborate more on how the interaction of the immune cells and the microbiome works?

01:15:24 Katherine Mossop: Mandy asks: Should you take bitters right before a meal to help with digestion?

01:16:16 Katherine Mossop: Mandy asks: How do you help kids who may have low stomach acid (child has bad eczema)?

01:17:46 Katherine Mossop: Metagenics - Zinc Drink

01:18:47 Katherine Mossop: Tanya asks: Would I be correct in thinking sulphuric smelling flatulence in a person who eats meat daily would indicate a high possibility of low hydrochloric acid? And if that patient has had diarrhea for almost a year, what would be the appropriate dose for Betaine HCl? Client is already gluten, dairy and refined sugar free.

01:19:15 Kirsten Olsen: I am sorry I have to get going. Thank you so much!

01:19:42 Tanya Leroux: Yes it is there

01:19:46 Tanya Leroux: you mentioned it

01:19:48 Tanya Leroux: Thank you!

01:20:46 Katherine Mossop: T asks: Josh, if someone has a few urine results that are acidic, the person consume a lot of nuts (which I have read in this course is acidic). Would the best approach be to limit the nut intake and what are the concerns with acidic urine?

01:21:58 Katherine Mossop: Elena asks: What do you think of Neem and dragon blood as antimicrobials? I healed H. Pylori with it.

01:24:30 elena: Dragons blood is a blood of the tree looks like human blood. Has many potent healing properties.

01:25:58 Kaitlyn Jans: thank you!

01:26:01 Katherine Mossop: Thanks everyone!

01:26:05 Jacqueline: thank you!

01:26:06 Tanya Leroux: thank you!