

Detoxification and Biotransformation Live Stream # 2 Chat and Questions (January 18, 2023)

00:19:20 Laura: Still waiting for delivery!

00:35:31 Katherine Mossop: Kim asks: With regard to the need to sweat to detox, why the cold portion of the shower and cold sheet method? Why are we cooling down which in my mind is inhibiting sweating?

00:39:56 Katherine Mossop: Kim asks: Is there a link between sleep apnea and disease based upon the effectiveness of the lungs ability to detox? I know there are links to disease but is it related to the lungs' diminished ability to detox when sleeping?

00:41:54 Katherine Mossop: Kim asks: If you have someone who has a bowel movement 3-5Xs a day, would they benefit from some of the detox methods you discussed such as colonics and enemas?

00:46:03 jan rosen: Could a colonic wipe out beneficial colon microbes?

00:46:48 Katherine Mossop: Kaitlyn asks: What do you mean by "tonify"ing the kidneys?

00:48:53 Katherine Mossop: Kaitlyn asks: What should we look for in assessing spring water? Is water from a sulphur spring ok if it's deemed "safe"?

00:49:53 Katherine Mossop: Kaitlyn asks: Have you heard of detoxing through the feet during illness using potatoes, where the potatoes will turn dark/black by morning? Any thoughts on this?

00:52:36 Katherine Mossop: Comment from Kaitlyn: just a comment but the heart rhythms between mom and baby are fascinating. It makes me wonder how often a stressful induction or labour can lead to a c section due to "non reassuring fetal HR". Or even how an anxious mother can set up her child for additional health issues.

00:53:06 Katherine Mossop: <https://www.heartmath.com>

00:53:50 Kirsten Olsen: Gabor Mates Book Scattered Minds talk about this.

00:53:59 Lisa Balsdon - Live In Motion: How do heavy metals in the body upset gut health? and if it does by which mechanisms?

00:54:08 Gessica Jean's iPhone: Is there any way to reverse those epigenetic effects?

00:54:41 Katherine Mossop: Hi Lisa, I've added your question to the queue

00:56:06 Jacqueline Conte: Kara's great! Thanks for the book reco

00:56:11 Katherine Mossop: Younger You by Dr. Kara Fitzgerald

00:57:06 Katherine Mossop: Natalie asks: What do you think about sauna blankets? Several units are made with a low-EMF far-infrared helix but are also made with polyurethane materials.

00:58:14 Katherine Mossop: Jacqueline asks: You touched on safety precautions for pregnant women using infrared saunas in the skin video. What about women who are nursing? It's tough to find any evidence for or against it (obviously, who's going to study that). You mentioned early in the course that the best way for a woman to detox is to have a baby and/or breastfeed, so is using a sauna just compounding the problem or is there a generally safe way to integrate infrared sauna while nursing?

01:00:37 Katherine Mossop: Jacqueline asks: When remineralizing RO drinking water, how do alkaline filters and structured water fit in? Do they have adequate benefits for this purpose (remineralization)?

01:02:06 Katherine Mossop: Sirpa asks: This is a bit off maybe but here we go: On one of the doctor communities there is talk about urine fasting to cure all kinds of diseases. One of the doctors is in Mexico, and has treated cancers, covid, spike/vaccine injuries and even cataracts with urine therapy/fasting. It is counter intuitive to me as this is one of the main avenues of detoxing a human body...

01:05:55 Katherine Mossop: Sirpa asks: I just had to vacate my apartment after barely 3 months living in it...progressive malaise, nausea ringing in ears, fatigue that has become debilitating really.....from EMF! There were 13 smart meters on the wall that was downstairs from my apartment. Also 50 WIFI signals, 20 of which were strong. I am better after only a few days in a "normal house". I bought an EMF meter so it has been interesting.

My question is: why are some people more sensitive to EMF than others? Perhaps faulty detox pathways leading to high toxic overload? I did read there is a higher likelihood of mold illness sufferers to become also EMF sensitive. And someone with multiple chemical sensitivities...there is a group on Facebook called "mold avoidance" and some of the people are literally sleeping in tents or in their cars. I just bought the book "Invisible Rainbow" and started reading it with interest. The author got highly sensitive to all kinds of radiation after exposure to 40-50 dental x-rays over a summer. Funny enough, I lost a crown last week and was trying to find a dentist to replace it, in both places I went to the first thing, without asking me, is to get x-ray of the tooth (mind you it was an implant tooth that had a temporary crown as the work is still under progress).

01:07:53 Katherine Mossop: <https://www.joshgitalis.com/the-dangers-of-mobile-phones-and-how-to-protect-yourself/>

01:08:09 Andrea H: Thanks Katherine

01:10:21 jan rosen: I walked into a friend's home last night, and instantly smelled mold...I was there a few hours, and I didn't smell it any more. Am I just overly sensitive, or does the ability to smell mold dissipate after a while? I slept horribly last night!

01:11:57 Katherine Mossop: Sirpa asks: I noticed you wearing small headphones on one of the livestreams. Are these headphones the ones that may reduce EMF, and can they be plugged in a laptop? I found similar "airtubes" that connect to my phone but I am trying to find EMF friendly headphones to my laptop.

01:13:39 Katherine Mossop: <https://www.joshgitalis.com/student-resources/>

01:14:34 jan rosen: The home is in Florida

01:17:55 Katherine Mossop: Laura asks: You mentioned spring water is the best, and also spoke about persistent chemicals that stay for a long time, i.e., DDT. In New Brunswick (the only Canadian place Agent Orange was tested) there has been way more DDT use than elsewhere in Canada. For people here, should they forget about sourcing spring water and just do reverse osmosis? Or, is there a research table that outlines how long these POPs stay around?

01:18:05 Lisa Balsdon - Live In Motion: I put in a question about heavy metals and gut health

01:18:16 Katherine Mossop: Lisa asks: How do heavy metals in the body upset gut health? and if it does by which mechanisms?

01:19:39 jan rosen: Are HUMIIC and FULVIC good for detox?

01:21:38 Jacqueline: Thank you!