

Mental Health and Neurology Live Stream #1 Chat and Questions (February 15, 2023)

00:28:01 Laura Plummer: yes, especially when it isn't something I love to do

00:28:27 Kaitlyn: me too, often I'll look for distractions :I

00:28:27 Franni Filzen: 😊

00:28:55 Katherine Mossop: Jessica asks: What are some health concerns/symptoms associated with low activity in the temporal lobes and what would cause this?

00:31:08 Karen Closs: I found the overview of the anatomy very helpful. Temporal Lobe seems to be an area that has a lot of symptoms for those with Long Covid.

00:33:18 Katherine Mossop: Jessica asks: High sugar consumption was covered in the class videos and you mentioned how it negatively affects brain health. I'm wondering if high manganese levels also negatively affect the brain, specifically temporal lobe function?

00:35:39 Katherine Mossop:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7212623/>

00:43:34 Katherine Mossop: Kaitlyn asks: When you say brain developmental disorders, are you also referring to learning disorders such as dyslexia?

00:44:23 Katherine Mossop: Kaitlyn asks: What if someone has all of the symptoms related to one specific part of the brain, such as the temporal lobe? Would you recommend an MRI at that point? What could be done to target healing?

00:46:26 Katherine Mossop: Karen asks: Can you talk about the Aires tech products that you mentioned in the blog post about EMF? Which products do you use (personal wearable, large area) how do you use them and do you have a device for everyone in the family? Do you feel they are making a difference?

00:50:28 Laura Plummer: I have the stickers on my screens and phone. Great...probably doing nothing. LOL

00:52:09 Katherine Mossop: Elena asks: How do we determine neuronal and brain inflammation? What would be the tests for it and how do we approach brain inflammation in terms of nutraceuticals and diet?

00:53:27 Kaitlyn: I was talking to a co-worker today about women who are convinced that they are pregnant when they're not. But they legitimately have a rounded abdomen as a result!

00:55:44 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/>

00:55:57 Laura Plummer: I'm eliminating night shades for a month, so I'm missing French fries.

00:56:36 Katherine Mossop: Elena asks: I know many families whose relatives are affected by schizophrenia and bipolar. Doctors treat with electric shock and heavy medications. What would be your recommendations for holistic approach? Is it even possible to help someone with Functional Nutrition and supplements?

01:03:22 Laura Plummer: I drink mushroom coffee every day

01:04:28 Katherine Mossop: Elena asks: Please explain how do drugs effect the health of brain. Thousands of people in Canada and US use drugs, blue pills, fentanyl. All homeless people are mentally sick as a result of drugs, and it's sold to kids at school in many countries. Can the effect of it be reversed if people get off the drugs?

01:04:56 Laura Plummer: It cuts my caffeine too

01:05:09 Sam Wong: I've also read about the benefits of saffron for mood, memory, learning, etc.

01:11:40 Laura Plummer: YES! My son has severe ADHD, and he sneaks sugar at any chance he can get. Helps his executive function when he gets the dopamine.

01:12:57 Kirsten Olsen: Gabor Monte has a great book about this. Scattered Minds.

01:13:26 Franni Filzen: Educators recommending that a child take medication is out of their scope of practice. :-)

01:14:11 Laura Plummer: We give him caffeine and L-theanine smoothie. Really helps without the sugar. We could have a whole other class on the one-size-fits-all compulsory system and society which is hurting all

01:14:24 Katherine Mossop: Elena asks: What percentage of genetics are affecting mental health and what percentage is all the other factors? How do we know what is causing us mental issues, what instigates the events of mental outbursts, hysteria and schizophrenia, for example?

01:18:15 Katherine Mossop: Franni asks: formation was compromised in utero, through life events and also environmental factors, can brain function be restored through nutrition and to what degree? Also, are different parts of the brain better able to repair than others?

01:21:49 Katherine Mossop: Carol asks: In Bell's Palsy, the myelin sheath is damaged. How can we heal the sheath?

01:23:30 Katherine Mossop: Tracy asks: I have a client with diagnosed Alzheimer's. Since covid vax his decline has rapidly accelerated, confirmed by recent MRI imaging showing significant brain shrinkage. Do you have any insight into accelerated neuro-degenerative effects of long-haul and/or vaccine related injury, and potential nutritional supportive remedies?

01:26:11 Janet T: Bredesen book is great.

01:27:06 Katherine Mossop: Laura asks: Will we be discussing PTSD treatments?

01:27:47 Katherine Mossop: Franni asks: Are there specific nutritional interventions for a TBI or concussion?

01:28:03 Katherine Mossop: Laura asks: Please clarify: when discussing things that cause brain inflammation, you said head trauma and concussions contribute to brain inflammation. Question...is this a long-term effect or does it resolve as the concussion symptoms disappear? I realize that symptoms can take a long time to improve.

01:36:00 Katherine Mossop: Thanks everyone for joining us today!

01:36:05 Kaitlyn: thank you!

01:36:10 juliet: thank you

01:36:12 Franni Filzen: Thanks have a great day!