

**Transcript:** Fresh Start Cleanse Q and A, March 7, 2012

**Jackie Wicks:** Hi, JJ. How are you?

**JJ Virgin:** Good. How are you?

**Jackie:** I'm doing well. Actually, I just sneezed three times.

**JJ:** I better get to see you on...

**Jackie:** I know. I know. I can't even believe I just blanked. Of course you'd be there.

**JJ:** Yeah, duh. Why are you going?

**Jackie:** Of course not. I'm going because I have two guys from Boston, New Hampshire, I've been talking to for a year and dying to meet them. Because I guess everybody goes.

**JJ:** Everybody goes, baby.

**Jackie:** Who knew? I was really out of it.

**JJ:** It's big. It's Wimbledon, man.

**Jackie:** Well, the people that do the whole thing are down the street from us, on the Wall Street.

**JJ:** Oh, that's funny. Yeah, it's a massive deal.

**Jackie:** I gathered. And then I couldn't believe it. So I was like, "OK, we've been obviously missing out on this." I'll tell you more about it after we get off.

**JJ:** Exactly. Everyone's going, "Really? Do we have to listen to this? Come on, girls."

**Jackie:** This is why every time...

**Jackie:** OK. So if you're just joining us, we'll be starting in two minutes. I have 12:58 according to my new cell phone.

**JJ:** I just messed up my FedEx bag, so I'm just going to tape that real quick while we're finishing here.

**Jackie:** If you're joining us, we have Leilani as our operator, who will teach you how to submit.

**JJ:** All right.

**Jackie:** Hi, Leilani.

**JJ:** Uh-oh. Do we have Leilani?

**Jackie:** Yeah, we do. We just have to pause. By the way, someone who's editing one of our audios was like, "You guys just don't pause for half a second. It's just impossible."

**JJ:** We're women! That's how we roll!

**Jackie:** Exactly. Who wants to listen to dead air?

**JJ:** Yeah, come on.

**Jackie:** I just talked to Leilani about a minute before you got on. OK, so we are going to start in about a minute. If you're just joining us, we have such good questions.

**JJ:** It's the Jackie and JJ show!

**Jackie:** Yeah, exactly.

**JJ:** We do have great questions. I was looking at them last night and I thought, you just have really smart people in your community. Not to sound like a suck-up, but honestly, they are. They're awesome.

**Jackie:** I know. I know. Sometimes the things that they know when you start talking to them, I'm in shock at how well versed and how deep some of their knowledge is.

**JJ:** It's so nice. Love them.

**Jackie:** Especially for you.

**JJ:** Yeah, it's so great. It is so great, because I still remember the first time I started doing a lot of TV and people were like, "Well, what's radicchio?" I'm like, "Uh-oh. We got to dial this way back."

**Jackie:** Yeah, uh-oh. I'd better back up. I know, exactly. All right.

So it is time. If you are joining us, welcome. It's our first Q&A session with Jackie and JJ, and we have an operator who will take your questions, Leilani, and she will teach you exactly how to submit a question if you're live.

So what we usually do is we go over a couple of the submitted questions first, answer those, and then we will start to take your live questions. So, number one. And pardon me. I sneezed a couple times. I don't have a cold at all. I don't know what...

**JJ:** Yeah, you're not allowed to be sick. That's just lame.

**Jackie:** I know. And I'm not. I don't know what just got in my nose. And I just had green tea. It's not like anything... It's not like anything... Anyway.

**JJ:** I said it was chowing down on a pizza.

**Jackie:** The teen people relate to me saying that. They relate to Jackie when she says, "I just want some pizza."

**JJ:** We're real here. There's no Miss Perfect on this phone.

**Jackie:** Exactly.

The first question is M. Andrew asks, "Can I eat organic canned tomatoes? Do any...?" I guess...

**JJ:** Let's start with one by one.

**Jackie:** Exactly.

**JJ:** Through a whole bunch. No. No, M. Andrews, you can't. Here's the deal with organic canned tomatoes. And depending... I was reading this article in Prevention. It was like the top 10 foods that health doctors will never eat. Number one, canned tomatoes.

Here's why. Because the acidic nature of the tomatoes leeches that nasty lining off the cans, so you've got to get jarred tomatoes. That's why if I use marinara sauce... I'm not making my own marinara sauce. OK, I think you can figure that out with me.

**Jackie:** Yeah, I'm not either. I get it in the glass jar. They come in those boxes now. Those tomatoes, as well. The glass jars.

**JJ:** I wonder about those boxes. I hate to say it because I think that... Anyway, I don't know.

The bottom line is glass is going to be the best option that you can do and that's so easy to find. Most of them are in glass jars for that reason. So go glass, OK?

"Do any prescriptions interfere with this cleanse? Does weight loss medicine interfere with the cleanse?"

Here's the thing with prescriptions. Prescriptions... First off, if you have to be on prescriptions stay on your prescriptions, all right? Please stay on your prescriptions.

**Jackie:** And talk to your doctor. I have to say that really quick. You always consult with your physician. If you don't have a good relationship, ask anyway.

**JJ:** Yeah. If you don't have a good relationship, darn it, go get a new one. Really. You're paying that person. Let's be real.

OK, so we've gotten those two issues out of the way. You always have to talk to your doctor. We're never going to tell you to get off a medication. What I am going to warn you about, though, as you go on this cleanse or any type of thing where you're doing something that's going to help with fast fat loss, reducing inflammation, is that if you're on something like a blood pressure medication or something for diabetes, you may find that you need less. So you really want to be talking to your doctor and monitoring it. Which is a great thing, right?

Now, remember every prescription medication has to be handled by the liver. They all make your liver work a little bit harder. So one of the things that will happen here is if you are taking the detox nutrient packs, they have such good liver support. In my mind, everyone who's on medication should be on detox liver support formulas because your liver has to work harder to deal with the medication.

So actually, the prescription should not interfere with the cleanse. In fact, the cleanse nutrients should support your body being able to detoxify the prescriptions, to metabolize the prescriptions.

As far as weight loss medicine interfering with the cleanse, I'm not sure which one you're on right now. I wish I could get... If you happen to be listening in and you can tell us which weight loss medicine... Nothing's going to interfere with the cleanse. I guess my bigger question would be what are you on and why?

You know, most of these, it's hard for me to know, because I don't know what the mechanism is.

So, I'd more want to know which one are you on and why, because I always try to do things naturally. Like, if you're on an appetite suppressant, I'm going to look at using application and satiety and fiber and eating by the clock and getting in your clean, lean protein and healthy fats first.

You know, there are those people, though, Jackie, as we know with genetic testing, that just have a big appetite. Of course, you want to try to do everything you can nutritionally, lifestyle wise first. But if you're just one of those people who's got, like, it's some variance in the DRD-2 and FDO genes, and you're just hungrier than the average bear, you know what? It's just not fair. And those people may benefit from a little bit of medication.

You always have to look at risk/reward, because, which is worse -- being obese or having a little bit of side effects from a medication. Well, if that's the only thing that's going to work for you, I'm sorry, being obese is far worse than that.

So, maybe that's not very holistic, but I think the number one thing is to get you healthy. It's a stepwise fashion where you try to deal with diet and lifestyle, nutrients first, and then, you start to use what you need to use. I mean, don't ignore Western medicine if it can help you.

**Jackie:** OK. Does everything I eat have to be organic?

**JJ:** No. Here's what you want to use. You want to go to [ewg.org](http://ewg.org), that's Environmental Working Group.org. Because they're going to give you what they call the Dirty Dozen and the Clean 15.

There's certain foods that you really want to go for, because they're so overly sprayed, and they soak up the toxins. Those are the ones that you want to make sure that you're getting the clean, the Dirty Dozen, that you're getting organic. Those are things like strawberries and celery. And you'll see that list.

Then there's the Clean 15. Things like avocados. It tends to be things that have a big thick skin, because it's harder for those pesticides to get in. But look at what they list there and make the point where they talk about the Dirty Dozen, those ones that are really heavily sprayed and really absorb the pesticides. Go organic there.

What I'd say is, you always want to do the best you can in every possible situation, right?

**Jackie:** Also, if it does seem to be too expensive, that list will really help fray your costs, OK? I really just love spinach, I have to have it. So, you can figure that out, based on that list.

**JJ:** Ewg.org. I want to shout out there that it's a great thing to go to your farmer's market or see if you've got a local CSA collective where you can find out what they've got there and how they're doing their farming. They may not be certified organic, because it's expensive to do, like, everything's a racket. However...

**Jackie:** Right. Right, but they might basically be organic. I've talked to so many farmers, exactly, about this. So, that's a great point.

**JJ:** Yeah. So, I would really get to know those, because, man, you can save a lot of money doing that.

**Jackie:** Yeah, absolutely.

The next one. "Can you explain about every time I eat, my blood sugar rises?" I'm reading that exactly the way it is.

**JJ:** It's just the way it works.

**Jackie:** "And why I can only eat every four to six hours?"

**JJ:** OK. Here's the deal. When you eat, part of what's going to happen is... I mean, otherwise, if this wasn't the case, you would never have to have a fasting blood test for your blood glucose levels, because they would never change. Actually, you wouldn't have to eat, because you would just have steady blood glucose.

You're getting, your blood glucose goes up because you eat. You eat, your blood glucose goes up, your insulin comes up to store those nutrients so that you can use them. If you have more than what you need, then they get stored as fat. So, that's just part of how your body works.

I must guide to Dr. Oz on this, how they, if I can remember what it's called, how it works, or your body, my body, the body.

**Jackie:** Yeah, I don't know.

**JJ:** Some body. There's something like your body. Or the owner's manual or something.

**Jackie:** "You, the Owner's Manual."

**JJ:** "You, the Owner's Manual."

**Jackie:** You on a diet, "You, the Owner's Manual." Yes.

**JJ:** "You, the Owner's Manual" describes, like, all these processes in your body. That's just how your body works. So, here's the deal.

Some people will need to eat more often, initially -- if they've got hypoglycemia, if they've got burned out adrenals, if they've got insulin resistance.

But ideally, if your body's working well, you should be able to, and you hit a hormonal winner with what you eat. Meaning you've got, you ate from the plate, you had clean lean protein, healthy fat, low glycemic, high fiber, slow release carbs and low to non-starchy vegetables. You should be able to go four to six hours.

Now, if you're someone who is trying to put on weight, muscle weight, not fat weight. I've really never met someone except when we're getting them ready for a movie, where they're like, I have to get fat, OK?

But if you're someone who's looking to put on muscle, I have you eat every four hours. And that person might have breakfast at 7:00, lunch at 11:00, another meal at three and then another meal at 7:00. I divide their three meals into four.

But for most of us, we're not really out there as big elite athletes, and so, breakfast at 7, and lunch at 12, 1, and dinner at 6, seven is fine. If you do need that afternoon snack, go ahead. But remember, you want to really keep your blood sugar as stable and steady as possible.

So, you want to eat in a way that controls, the way we have you eating, you've got a push between two hormones, one that helps release free fatty acids, and one that helps build and store fat.

So, a storage and a releasing hormone builds up glucagon and insulin, so that it helps just keep everything steady, everything stable. But if you go too long without eating, your blood sugar will drop again.

That will trigger stress hormones that will break down muscle, drop sugar in the bloodstream, pump sugar up, so you'll feel very bad, like, low blood sugar. If you don't go and feed it, your body will, like, feed itself by breaking down muscle. So, that's why it's the four to six hour time span. OK?

**Jackie:** Yeah.

**JJ:** As usual, it's like, question one and it's been an hour. OK, go ahead.

**Jackie:** Yeah. No, no, is there such thing as organic fish?

**JJ:** Well, all fish is organic.

**Jackie:** Right, I was about to say that.

**JJ:** I was like, although I was out taping that Discovery health show and there was, and I'm like, one of those things, I was like, why didn't I get a picture of this? There was a mailbox with the big fake fish on it and that would be a non-organic fish.

However, for us, all fish are organic. It's how they've been raised. Now, just to complicate the issue, there is, of course, wild fish is what we're really looking for. But we're looking for wild smaller fish, because one of the things with toxins, bio-toxins accumulate the bigger the fish is, right? So, you want to eat wild, small fish.

Now, turns out that there's some farming going on, because we were like, "No farming," because a lot of the fish farms put fish in very close captivity. Because they were in such close captivity, they had to give them antibiotics so that they wouldn't get each other sick. Then, they were injecting them with testosterone to make them uber fish, and then they were feeding them wrong things for fish, like, soy. I mean... soy. For fish.

**Jackie:** And corn. And they're also feeding them corn now. Yep, yep. Exactly.

**JJ:** And corn, yeah. GMO. GMOs. So, the challenge with that is, now you got fish being fed non-indigenous, pro-inflammatory foods. So now you're changing their whole fatty acid profile. And then they were dyeing the salmon pink, because they were gray.

**Jackie:** Yep.

**JJ:** It was like, it just gets worse and worse. "Frankenfish."

It turns out now that some of the fish farms are becoming cool fish farms. There was a name for it on the menu, because I actually was at dinner with Doctor Amen the other night. They had the salmon that was from this groovy fish farm. And they described the whole thing about how they did it. It was consciously raised, and fed the right food, and loved on, and put to bed early, you know.

**Jackie:** And not fed corn. Right. Interesting! Oh wow!

**Jackie:** Pet at night, then you made sure all the fish are down, aw.

**JJ:** Yeah. Like the Kobe beef. Yeah. They meditated, they did yoga... and they took their vitamins.



**Jackie:** That's such a great visual, cute little fish.

**JJ:** And then we slaughtered them and ate them! I'm sorry.

**Jackie:** Oh, I shouldn't be laughing. It's so bad!

**JJ:** Oh! Gee! I know, I'll probably get pinged for that. I always seem to get in trouble. It's like, come on, I'm kidding.

**Jackie:** Yes. So the bottom line is, you want to stick with wild fish and they're all vege...

**JJ:** Unless you know about the farm they're being raised in.

**Jackie:** Yeah. Exactly.

**JJ:** Now, if you're somewhere and they're like, "Oh here's what it is," that's different.

**Jackie:** Right.

**JJ:** I think that's going to be the next generation. Because, face it. In order for us to survive as a people and be able to eat the way we're eating, that's the only way we're going to be able to keep doing it.

**Jackie:** Also to clarify, or to build on what you said about small fish, like, the non-predator fishes. Tuna is a big predator fish. They, obviously, have a lot more mercury in them. So when JJ is saying smaller fish, you want to get that list too -- of the smaller...

**JJ:** Yeah. And boy, if you'll do it... I mean, I'm going to say this, but there's no way I'm doing it, I'm too afraid. But if you will eat sardines, you're my hero and best friend.

**Jackie:** I love sardines. I love sardines. Can you imagine?

**JJ:** Do you? Oh. You know what?

**Jackie:** My mom just grew up eating them, and I just love them.

**JJ:** Wow. I've honestly never tried them, because my dad used to eat them, and I was so afraid.

**JJ:** Maybe one night, you and I will do some sardines together.

**Jackie:** I know. But they do stink up your house, if you happen to get sardines. And your kids will be like, "What is that smell! I don't want to eat anything!"

**JJ:** No! "Mom!" "I'm going to give you sardines and Brussels sprouts tonight, Dear!"

**Jackie:** So it's just a warning. Then the last question here, Boar's Head natural turkey deli meat. I happen to know Boar's Head has wheat in it, gluten in it. A lot of these cold cuts have gluten in it.

**JJ:** Now, it says gluten-free on their website!

**Jackie:** Half the time, you have to 100 percent ask. The only reason I know this is because everyone knows my husband has so many wheat issues. So, so much the deli meat has gluten in it. Maybe they changed it recently, so I could be wrong. So, just always check.

**JJ:** I did see that it said "gluten-free" on the website. However, I didn't see anywhere that it was, you know, fed correctly. So, I go and get it from, usually some of the different health food markets -- Whole Foods, Jimbo's, Henry's...

**Jackie:** Applegate I think...

**JJ:** Yeah, Applegate's great. Trader Joe's has some great ones. You're just going to have to sniff around on that, but I don't believe Forest Head, unfortunately, is one of the ones, although they did have gluten free on their website, but I couldn't find anywhere like the whole organic side of it.

**Jackie:** Right. This is a good point, because the question says a local grocery store has all natural. This is the biggest thing in this cleanse, is to start to read things in it with a critical eye. What does "all natural" mean?

**JJ:** Yeah. How could a peach not be all natural?

**Jackie:** Right. Exactly. Just to keep that in mind.

We'll go to the next question, and then we'll take live questions through Leilani. A lot of people are so shy and... Or not shy, whatever, don't mean to say that. They just don't want to ask live questions. They just more want to listen, so they might not have any and we'll just keep banging through these.

From Tracy, "why do you recommend coconut milk? I read it might not be heart friendly."

A lot of people have submitted this over the years, J.J. "What alternatives do I have for cream and milk in my coffee once the cleanse is over? Can you recommend anything..." Oh...

**JJ:** Gosh, we have got to get this misinformation about coconut out. It's making me insane.

**Jackie:** We do. We have literally sent articles out to the entire community about coconut milk. Sometimes you just miss it.

**JJ:** Let's talk about why people think coconut milk's not good. They think it's not good because...

**Jackie:** The fat.

**JJ:** Saturated fat. OK. Saturated fat is not the issue. The issue is fat that's been saturated incorrectly. If you've got naturally saturated fat, coconut palm fruit oil, it's fine. In fact, the fat from coconut is heart healthy, because the fat contains medium-chain triglycerides which are immediately burned as fat in your body. It's rich in antiviral and antibacterial fatty acids that reduce the risk of a second heart attack. There's a whole viral component for heart attacks, so that's the second piece.

What you have to avoid are fats that have been artificially saturated. They're called hydrogenated or trans fats. Any time you see something that says "partially hydrogenated," that's what it is. That's what you have to be careful of.

**Jackie:** So glad you said that. What alternatives do I have for cream milk in my coffee once the cleanse is over?

**JJ:** Well, remember...

**Jackie:** Coconut milk is great.

**JJ:** ... we're going to see, once the cleanse is over, how well. Here's the deal with dairy. How well do you handle dairy? Some people might be able to work it back into their diet and have some organic cream in their coffee, although I think coconut milk works out great there. If you struggle with skin issues at all, it's just not going to be a great thing for you. Man, I mean, you know, it's like, we have a little dairy, we have a zit.

**Jackie:** Yep.

**JJ:** Yep. It's like, "Boom!"

**Jackie:** Immediate.

**JJ:** Immediate. They next day, you wake up and you're like, "Ah!" And it's not a zit that's gone the next day, either. It's a zit that hangs out, going, "You ate dairy, you ate dairy, you ate dairy."

**Jackie:** You bad girl! How could you!

**JJ:** It's just awful. Anyway. So, we've got to see how well you handle this. Any skin issues, dairy just really shouldn't be in your future.

**Jackie:** In Week Three, J.J. goes over this very in-depth, so when you get Week Three class, you will hear exactly how you're going to introduce things back in to see how you're affected.

**JJ:** Yeah. Yeah.

**Jackie:** So you'll be able to get a lot more information about this.

**JJ:** Yeah, because if you can handle dairy, a little organic cream is what I would do. But if you can't handle dairy, I mean, coconut, the Full Fat Coconut Milk, a little bit of that is awesome.

**Jackie:** Yeah. That would be my choice. Can you recommend anything for help with menopausal symptoms? Hot flashes, night sweats, et cetera.

**JJ:** OK. So, first off for menopause, you want to make sure your thyroid is working well. Dr. Alan Christianson of MyIntegrativeHealth.com, he wrote "The Idiot's Guide to Thyroid Disease." First thing you want to make sure of as you're going into menopause is that...

I just did this yesterday, by the way. I redid my adrenal test. I had my thyroid re-tested. Because as you're in that age, which I am, where your hormones are starting to get a little wonky, you really want to make sure that you have good adrenal and thyroid function. Because you're really going to have to rely more on that during your, as you get into peri-menopause and menopause.

So, make sure that you're really nourishing your adrenals, taking care of your thyroid. Jackie, we'll need to do a call on this for sure.

**Jackie:** Yes. I was just thinking that too, because I was thinking, there's no way.

**JJ:** So, hold to that call. Yeah. Put that on the list. On the list. Yeah, that's first thing.

**Jackie:** Yeah. I'll, we'll go... in the list with that.

**JJ:** Now, as far as you go from there. Honestly, the minute my hormones drop, I'm running straight to one of my girlfriends who, I've got all these amazing bio-identical hormone women. And I'm going straight over to one of them who's...

Did all the Oprah stuff, new Suzanne Somers stuff, I'm turning myself loose with her. But there's a couple different choices. You can do bio-identical hormone replacement therapy. I saw a question on here about someone who was doing that.

If you are doing that, do make sure that you are getting an estronex test. Have your doctor run an estronex test from Metamatrix. Estronex from Metamatrix, to look at your estrogen metabolites to make sure that you're having-you're metabolizing the bad estrogens well, and that you've got higher of the good, and less of the bad.

So, DIM, or broccoli extract, which you can get from Crucera-SGS, is one way to do that. So that's Crucera-SGS that we have here. The other thing that I would say is, as you're going in to menopause, the couple things that work really well are the Meta-Femme Multivitamin Mineral Formula from Thorne.

So this is women, like 40-plus, OK? And this is the one, by the way that I've been using is the Meta-Femme Multi. And then I take in addition to that the Meta-Balance, which helps with, really kind of helping to balance your hormones as much as possible.

Remember, if you're going into menopause, your hormones are going to start to come down. OK? So the only way to keep your hormones up is to give you the natural hormone. But if you can get your adrenals as healthy as possible, make sure your thyroid's working well, because it's the master regulator of everything.

Give yourself any herbal relief that can help with balancing as much as possible. You basically want to stall out menopause as long as possible. Then as you're going through it, consider Natural Hormone Replacement therapy. But also one of the biggest things you start to see during menopause is that your sleep just gets trashed, because cortisol comes up. It's the only hormone that comes up during menopause, and wrecks your sleep.

So, you want to start thinking of things like 5-HTP and melatonin and Sedaplus. You know, we have that sleep package to help you, too. So, and that's another call we should do.

So, like, write down and what I want to tell everyone on the call is that we're really looking at starting a whole educational series of calls, and programs that you can use. So, I'm hearing here that maybe one for, like, the 40 plus women.

**Jackie:** Yes. 100 percent. Completely announce it. Yeah. Absolutely.

**JJ:** Yes. So, we'll work on that. Anyway, but I would, right now, for menopausal symptoms, hot flashes, night sweats, definitely look for a bioidentical hormone replacement doctor. Body Logic MD is a great group that I work with. And then, I would also look at using the Meta-Balance and the Meta-Fem from...

**Jackie:** And maybe, I think will put together a package so that everybody can get that easily.

**JJ:** Yes, and if you are on hormone replacement therapy, either use the Crucera SGS supplement, or use the Mediclear SGS that's got it in there, that chocolate shake that I'm completely addicted to.

**Jackie:** Yes, someone just ordered that.

**JJ:** Oh, it's so good. Have you tried it yet? Oh, you're not.

**Jackie:** I haven't tried it. I know, I can't believe it.

**JJ:** What's wrong with you?

**Jackie:** Like, I still have my, but I still have my shakes. I said, OK, as soon as I'm done with this, that's the next thing I'm going to order.

OK, so, Leilani, do we have anyone who would like to ask a live question? I actually haven't even given the directions yet. So, I'll pause while you explain how to do that.

**Leilani:** OK. Ladies and gentlemen, if you have a question, please press star zero. Again, that's star zero if you have a question.

**Jackie:** OK, so we'll go to the next question, and then, we'll go to, if we have some live questions. So, Bonnie asks, "I've been on HRT for a year and a half now. I'm on allergy meds daily. I have constant sinus infections and I'm finishing up a round of antibiotics. Will this affect my weight loss? I feel better, but I've had no weight loss yet."

Now, this problem, most likely, was sent in at least three to four days ago. So, I just wanted to make sure you knew that.

**JJ:** OK. OK. Not sure why that matters.

**Jackie:** Like, because she said, "I feel better, but no weight loss yet." So, [indecipherable] sent in three to four days. So, she might have had weight loss by now. But I don't know.

**JJ:** All right. OH, but I love this question so much. Thank you for asking it, Bonnie. Here's the deal.

So, with everything going right, you should start to see weight loss immediately, like, within a day or two when you pull out the foods that are holding your health hostage, and again, then, as we start to step into exercise.

If you're not seeing that happen, and you've, you know, we've now shifted your meal composition, your timing, taken the food down and a taken out the reactive foods and you're not seeing weight loss, I always go to some of the different areas that can be creating weight loss resistance.

One of the biggies is hormone imbalance. You're on HRT, but I don't know what kind of HRT you're on. Depending on the type of HRT you're on, whether you're cycling, non-cycling, bioidentical or not, it can actually make you more insulin resistant and make you hold onto or store fat.

So, part of it is making sure that you are on the right bioidentical hormone replacement therapy, that it's working and supporting you losing fat and holding onto or building muscle. OK? Because the wrong type will make you store more fat.

Number two. I don't know if you've always been on allergy medications and had constant sinus infections or if this is new, but of course allergy medications can just zap your energy, so there's that issue.

I would also look, for someone with chronic allergy symptoms, I'm going to look at adrenal function and see how your adrenals are doing, because you should be able to support reducing allergy symptoms with your adrenals. But also, and I've got to look this up as we're talking to make sure I get the right name for it, there's an amazing product of Thorne, that even if you are on allergy medications, you can take with it that's going to help you tremendously.

So when you think about allergies I want you to think about quercetin and vitamin C. So you want to take extra vitamin C. I'd be doing two grams a couple grams a day. Space it out, because it's water-soluble, only lasts in your system really up to 12 hours. So at least twice a day, two grams. Also that's very good for your adrenals anyway.

Also, quercetin is a natural antihistamine, so it can help you hear big-time. So one of the things I would look at is using something called Q-C nasal spray. Amazing homeopathic medicine with quercetin in it that is so great for allergies, and I would also look at taking additional quercetin.

One of the ones that I really like is using this Quercenase. So, I'm saying all these things here, Jackie. So vitamin C, Q-C nasal spray, Quercenase... and whenever I do this, you're like, oh my gosh.

**Jackie:** Luckily it's transcribed.

**JJ:** Bromelaine, it's an anti-inflammatory and also helps your body absorb quercetin, and quercetin, again, stabilizes mast cells that store and release histamines, so it works as a great antihistamine.

So those two things you can do, and maybe that will allow you to reduce the amount of the medication that you need. Also, of course, fish oils are going to be another great anti-inflammatory there as well.

Now, here's the other part of the question. So you're on antibiotics, and antibiotics as we know are just like what I call scorched earth. They go in and they just get rid of everything. So they're getting rid of the bad bacteria -- good -- but they're getting rid of the good bacteria -- bad. OK?

Because you don't want too much of the bad bacteria, because that can lead to something called SIBO, small intestinal bacterial overgrowth. And when you have too much of that, it actually causes you to extract more calories from the food you eat and store them as fat. Nightmare.

So what you must make sure of is if you've been doing a round of antibiotics, for every round of antibiotics, I think you need to be on probiotics for at least three months. I look at definitely at least three months, and ideally at that point you'd check your gut floor at that point through a stool test and decide what to do from there. But the one I'm loving right now is this new one that came out with Thorne called FloraMend Prime. So it's incredible.

So that's what I would tell you to be doing, is I would do two of those a day for three months to rebuild after that, because, yes, all those things are going on. All of those things are going to impact weight, all of them.

**Jackie:** OK.

**JJ:** OK.



**Jackie:** Leilani, do we have any live questions? And thank you for waiting patiently. I think we're about 27 minutes in.

**Leilani:** Yes, we do. Our first question comes from Dena. Dena, go ahead.

**Dena:** Hi, this is Dena. So, I have a couple of questions. First is, I'm wondering, what's the significance of the 14 days? Is it just, kind of, a round two week? Is there any physiological kind of piece to that?

**JJ:** Yes. Is that one question, or is that more to it?

**Dena:** Well, that's the only piece to that. I was just wondering, kind of, what the significance of that was.

Then, the other piece I was wondering if you could talk a little more about that cleansing cycle. I found that so interesting. Is that something that, the phase one, phase two, is that going on continually? Like, when do we start?

**JJ:** We hope it is. It better be. It's a continuous thing, but a lot of people are what we call -- oh, now I can't remember the name. But they're poor phase two detoxifiers.

So, what happens is, they're really good at phase one, and they're crappy at phase two, which means they can free them up, but they can't get them out. They, then, start rolling around your body, creating more oxidative stress and inflammation, etc. So, those should be working back and forth, back and forth, hand in hand all the time.

Now, as far as the 14 days, 14 days is sort of the minimal amount of time to pull foods out, and when you see how we go back through the rechallenge, you'll see the way I did it is to give us more time with some of the more reactive foods, when you retest.

What happens when you eat a food that your body is not handling well? If you're eating a food your body reacts to, you produce antibodies, to the antigens in the protein of that food. We're reacting to the protein in that food.

So, you're producing the antibody to that, which then gloms on, and the antibodies are specific to the proteins in that food. The antibodies for chicken are different than the antibodies for eggs, for example. So, you create an antibody to that, and that antibody, then, gloms onto the antigen to create an immune complex.

When you start pulling that food out, initially, you are going to feel worse, not better, because you've got these antibodies sitting around, waiting for the antigens.

When they don't get them, they're like, "Hey, hand them on over." And so, you actually, and I warned Jackie about this, because the first time we first time we did this cleanse, there was some really crabby people, calling customer service.

**Jackie:** Absolutely.

**JJ:** I told you. I told you they were going to do it.

To me, I think it's great, because if you're having those responses, we know what kind of great, amazing results you're going to get, because you've been reacting to those foods. Every day, like, it takes three to five days to get through that part, and that part's horrid, honestly. I hate it.

But then, once you get through that, all of a sudden, you're like, "Wow." I contend that most people have no idea what it feels like to feel great. And all of a sudden you're going, "I cannot believe how great I feel."

Then, at this point, you're starting to get rid of the immune complexes and the antibodies, because your body is like, OK, the macrophages can now get rid of the immune complexes. So, we don't have that build up as much, so your symptoms are starting to go down. And your body is not producing those antibodies as much, because they're going, "Oh, the food's not coming in."

If you eat the food during that time, and that's why you cannot cheat, your body goes, "Here it comes again," and starts reproducing all those antibodies again.

It takes two weeks at the least amount, but really, ideally, three or four weeks for you to really get that antibody load down. Sometimes it takes as long as three or six months.

But I find that after a couple of weeks, if we've kept the food out, we can rechallenge and see how you react to it. Because for some of the foods, you might go, "Oh, I didn't really notice anything."

But quite often, you eat it and you're like, either might have a zit the next day or you're, gosh, the first time I ate eggs, I was doubled over in pain. I can eat eggs periodically now, but it took me six months to get rid of the antibodies. So, it's just, it's going to depend on you. But that's sort of the least amount of time.

**Jackie:** Dena, did you have another question, or...?

**Dena:** No, I was just, the other part was just about the cycle. So, in terms of... so, pretty much, when does, like, phase one start, right? So, is it anytime?

**JJ:** It's all the time. We're always detoxifying. If we weren't always detoxifying, honest to god, in this world we live in, we would be dead. I mean, think about it. So, we are always detoxifying, we hope.

But, you know, if someone goes on one of those wacko juice cleanses or master cleanses, they can shut down phase two. I mean, if someone goes on a fast, phase two shuts down. So, these things can really...

**Jackie:** I just want you to repeat that. Because some people really still think, "Well, I may just, if I eat fewer calories..." They're still thinking in terms of calories. If you start fasting, the whole phase two of this entire process shuts down. That's the worst thing for your body, because the toxins are swimming around in your system, having absolutely no elimination. So, I just wanted to reiterate that.

Well, thank you, Dena. That was, I'm so glad that you asked that, because I know that a lot of people like more clarification with that process.

**Dena:** Great. Thanks.

**Jackie:** Leilani, do we have another question, or should we go on to the next one?

**Leilani:** Well, we have a couple more questions.

OK. Our next question comes from Shawna. Shawna, go ahead.

**Shawna:** Yes, hi. I am just starting this cleanse today, because I just got my stuff. I have an adjustable gastric band. I'm finding that, I started drinking my shake this morning, and I'm still drinking it, because it's very hard for me to keep the whole thing down, unless I drink it very slowly. Is that OK, to drink it slowly?

**JJ:** You have to. So, for what you're doing, what we need to do is, we need to shift you a bit and you will have to do smaller, cut your shakes into two or three portions. You will have to, with what you've got going, you'd have to eat less, more often.

**Shawna:** OK. So, two portions would be OK.

**JJ:** Yeah.

**Shawna:** So, if I just ate, had one shake per day?

**JJ:** Well, you might have two, and let's see how hungry you are, right? Because what we might need to do is have you eat every four hours.

So, maybe you'd make a shake and a half and then a smaller meal. So, you'd have like, a shake at, say, 7:00, 11:00, 3:00, and then a smaller dinner at 7:00.

**Shawna:** OK. OK. Yeah, because I really found out right away that it was just hard.

**JJ:** Oh, yeah. No, no, you don't want to do that. Actually, on one of my reality shows, I had to show what happens when you overfill the area. So, I'm well aware, because we had someone who was doing. I was like, "You can't do that!"

**Shawna:** No.

**JJ:** You know? So, yeah.

**Shawna:** Kind of like an explosion.

**JJ:** It was an explosion. I mean, we did it as a graphic all over the kitchen. But it was like, we don't want that in your body for sure.

**Shawna:** No. We definitely don't. The other thing is that I am taking, I want to do the metabolic booster support. I'm not clear on how you take those.

**Jackie:** The instructions, when you order that, you will get a confirmation message right away. It tells you exactly what the instructions are.

**Shawna:** OK.

**Jackie:** If you have any questions at all, you can just email [cleanse@peertrainer.com](mailto:cleanse@peertrainer.com).

**Shawna:** OK. Perfect.

**Jackie:** They'll tell you the exact... It's all written right there for you.

**Shawna:** OK. Thank you. That's it.

**Jackie:** Absolutely.

**JJ:** Well, great, thanks.

**Shawna:** Thank you.

**Jackie:** Leilani, do we have another question?

**Leilani:** Yes we do. We have one left. Our next question is Linda. Linda, go ahead.

**Linda:** Thank you. My question is about multivitamins or supplements during the cleanse. Should I be taking a multivitamin?

**JJ:** It depends. Now, if you are using the Mediclear SGS Shake instead of the VegaLite, you probably have it covered. But if not, personally, I think everybody should take a multivitamin mineral antioxidant essential fatty acid formula -- like the daily nutrient packs -- every day, twice a day, forever.

**Linda:** OK. OK.

**JJ:** It's the cheapest form of health assurance out there, right? It's just absolutely... I got to tell you. I do a lot of nutrient deficiency testing. It is rare for me to find someone who's getting everything they need. And most of the people who seem to be my clients are the healthcare professionals, who are already doing stuff, right?

So, if you're already on them, I'd love to see you stay on them, yes. If you aren't on them and you want to add daily nutrient packs into the mix, great.

**Linda:** Right.

**JJ:** It's just going to help. The reason that we haven't put those in as an essential is that honestly, it really depends. I kind of like to meet people where they are. For someone who's coming in and they've been not into this at all, I don't want to overwhelm them completely, you know?

**Jackie:** I'm so glad you set it up that way, because it can be overwhelming. You're always hearing about supplements, and suddenly you're flooded with all these new things. It's good to just take baby steps in there.

**JJ:** Yes. I like to get the noose, the camel, and the tent.

**Jackie:** Because a lot of people do write in to our cleanse team about this. I would love for you... JJ, you've said this before. But just to talk about what kind of multivitamin. Because some people really buy them at Costco. Costco's a great store, I'm not saying that it's not.

**JJ:** Yeah. Buy your toilet paper at Costco. Here's the deal. We're not bashing Costco. We're really saying with specific things, I would rather you take less higher quality supplements. You'd be better off. There's one thing I just want you to be so aware of.

It's funny, because Thorne has now decided they are going to be the anti-magnesium stearate company. So the number one thing I want you to look for and

make sure you're not getting in your supplements is magnesium stearate, because it throws a curve ball into your supplements, and shifts your body's ability to absorb the nutrients. It throws in what I call a variable where you won't really know.

Because when you have magnesium stearate, which is used in most of the supplements out there -- you're going to see magnesium stearate or stearic acid used as a flow agent. It's not needed. The reason they use it is it allows the supplements to be mixed in the machine at a much higher speed, so they can make a lot more faster. It doesn't take much to mess up the absorption. Like, one percent. Just a little bit.

I've seen the difference in manufacturing plants using magnesium stearate or not the magnesium stearate. In manufacturing plants the machines are humming, they're fast, there's no powder around.

I went to visit Thorne, and there's powder everywhere. Because, when you don't have that flow agent, you're going to have more powder around, but you have better bioavailability. When you have magnesium stearate, or stearic acid, you can impact absorption anywhere from 25 to 75 percent. Talk about expensive supplements, you know what I mean?

But, you know what was so amazing to me, and I don't know if it was the lactose I was getting in another supplement's vitamin D, which was a professional grade supplement, or if it was the stearate. But I always had GI issues. People would say "Oh, supplements hurt my stomach." I would look at them and say "No, they don't." I was like, maybe, in fact, they were, because of all the magnesium stearate that, you know, at some point, starts to build up.

Some of naturopathic doctor friends, because they're really adamant about no magnesium stearate, they were like, "We don't really know how it responds in the body." That's the first thing I would look at. I think once you decide no magnesium stearate or stearic acid, it's going to rule out most of the supplements.

The next thing I want you to say is "No tablets." Same thing, they're compressed under a load of pressure and shellacked.

**Jackie:** It's a process.

**JJ:** They're not broken down well in your body. Sometimes we see them in septic tanks, all the way through.

If you make those two decisions, it's going to rule out a lot of stuff. You say, "I always want capsules. And I don't want magnesium stearate or stearic acid." I be-

lieve that you should only buy professional grade supplements sold through healthcare professionals.

Then within those brands that are only professional grade, I only know of two companies that don't use magnesium stearate. So it kind of gets it pretty easy. There's not a lot of options.

**Jackie:** It makes everything so much easier anyway. I'm so glad that you clarified that, though, because people... I'm the same way, I'm always looking for ways that I can save money on certain things.

**JJ:** Well, who isn't? But, if you're not absorbing the nutrients, you're not saving money.

**Jackie:** This is the one area that's just not about taking the shortcut.

**JJ:** Well, also, things like fish oils. Where you need to make sure that they've been tested for heavy metals, that they were fished from smaller fish, and that, also, they've tested for oxidation. That's really not one to mess with. I used to, then I kind of went, "I don't have to do this anymore."

I've spent years going in and teaching doctors how to put nutrition in their practice. One of the things I always used to teach them was how to identify rancid fish oil. Because most of the fish oil I saw out, there was rancid. So I would go bite in the fish oil caps, and I was like "I'm not doing this anymore. It's disgusting."

But, if you're so inclined to bite into your fish oil, you'll be able to tell pretty quickly that it's nasty rancid. You can tell immediately. It shouldn't be tasting, stinking, anything else. That's the other one. Don't cheap out on your fish oil.

**Jackie:** Those daily nutrient packs, I was really shocked to find out that the fish oil is already included. I was so happy that it was already included, that I didn't have to go to another extra thing to take those.

**JJ:** That's because I designed those packets. They have my favorite antioxidant in them. I did, the first thing I did when I started to work with Thorne...

**Jackie:** I saw the antioxidant. I know, I was wondering! I had never seen a daily nutrient pack like this.

**JJ:** Why's this got everything? Yeah it's got everything.

**Jackie:** It even has glutamine. I was just in shock at everything it was covering.



**JJ:** Here's the other thing you'll see in there, it doesn't just have fish oil, it has EPA, DHA, and GLA. Because, I find a lot of people take fish oil, and they get deficient in GLA. GLA is so important for good hair, skin, and nails, and reducing inflammation, and important for diabetes, and insulin sensitivity.

To me, I'd rather see someone take one of those daily nutrient packs a day, then two cock out ones. And yes, I just said that. Two cocka ones.

**Jackie:** I'm so glad you clarified that. We just have so many questions.

**JJ:** I know, we have another call though, scheduled...

**Jackie:** True, the 19th.

**JJ:** I looked at that and went, "Why do we have one scheduled so soon." But, now I know why.

**Jackie:** So, the next one. Erin wants to ask a poop question. "What if you are noticing undigested food?"

**JJ:** First of all, let's talk about good digestion. You're going to notice some things like corn. However, we pulled corn out. So if you're seeing corn in your poop, stop eating the corn. Beyond that, if you're noticing undigested food, first thing I want you to make sure is that you're taking time with your meals. You are chewing.

A lot of times, when we see undigested food in the stool, in fact the stool test I look at, the first thing they say is, "Make sure patient is chewing." Chewing is important, so chew. Secondly, make sure you're not drinking a lot of water with your meals. Limit it to eight ounces. Stop drinking water 30 to 60 minutes before your meal, don't start again for an hour afterwards.

Take time with your meal, slow down. If you're eating fast and you're stressed out, that's going to impair digestion, and lower stomach acid. Then also, take digestive enzymes. Plantizymes are a great, comprehensive enzyme that's going to help with fat, protein, and carbohydrate digestion. If you need just straight protein digestion, I'm going to use either BPP or Biogest.

How do I know if someone's not digesting protein well? Generally they'll tend to have rosacea. This is how I knew it was me. I was one of those people who ate steak and I felt like a snake. I just sat there and sat there, I felt full for hours. I wasn't digesting protein well. Most people would do better taking enzymes. Especially if you're over the age of 30, or under any kind of stress whatsoever.



Once I say those two things, I'm wondering where those people are that don't fit into one of those categories.

**Jackie:** Right, I know.

**JJ:** The only people who shouldn't do that are people that have ulcers. Then you need to talk to your doctor. If you are one of those people who've got oil slicks happening in the toilet, where you see oily residue, you're slicking up the toilet, that kind of stuff. Sorry to be gross on that, but that's basically what it is. You should be taking things to help your body digest fat better.

One the things I like, and I believe it's called lipoprotein. I'm looking to make sure that's the name of it, in my little book. But I believe it's called lipoprotein, we'll make darn sure, yes. It's lipotropic formula that helps with bile flow, helps with fat metabolism. It's got methionine and choline and dandelion. That's one of the things that I'll do too.

Plantizyme or Biogest are two of the comprehensive enzymes. It's just whether you want a totally vegetarian formula, or you want one with things like ox bile that work really well, but some people get wonky with. That's what I would say to do.

Again, the first strategy when I see something like that, is to make sure that you're chewing.

**Jackie:** The next one, from Laurie, "For the first time that I can remember, I feel in control of my eating." That must be a great feeling. "I'm doing fine with the two shakes a day, and one meal. I don't have any cravings, I'm not hungry. Today, I had a late lunch, chicken salad and rice crackers. Tonight, I looked at the clock and it was 8:30. I still wasn't hungry for my second shake. I ended up drinking it, because I figured whatever was going on was working, I didn't want to blow it.

"What do you think about skipping dinner? Whether it is a shake or a cooked meal?"

**JJ:** Here's the thing that I worry about, is that you're going to wake up around 2:00 AM, hungry. Obviously, the smallest meal of the day should be dinner. I find if you don't eat dinner, then all of the sudden it's midnight, one, two, and you're waking up because you didn't eat, and now you're hungry. And that's a real problem.

Because, you didn't eat, your blood sugar crashed, it caused a little reactive hypoglycemia, woke you up, raised your stress hormones, raised your adrenaline to help break down muscle. You're like, "OK, now I need to eat," now you've

messed up your sleep. That's the reason that I would say, even if you aren't hungry, have it, but make it a little bit smaller.

**Jackie:** The next one, Donna says, "I have to take my diabetes meds early, and I need some small thing to eat first, in the morning. I can't make a shake first thing. Do you have a suggestion as to what I can eat with my meds?"

**JJ:** Remember, you can eat any meal. We don't have to eat breakfast foods for breakfast. That's just an important mantra. Because, most breakfast foods are dessert. I don't know where we got the idea to eat these weird little dessert things for breakfast, and then eat the Olympics for dinner. It's all wacky. You can eat any of the meals for breakfast. That's the biggest thing I tell you, is don't eat breakfast foods for breakfast.

You can always have more of a snack, and then your shake a little later. Let's say you had a snack at seven, and then a shake at four. But what I'd really like to see is you have what you would have had for lunch or dinner for breakfast, and then have your two shakes.

**Jackie:** If you have leftovers.

**JJ:** You're a leftover fiend. I was with Jackie and she was having a salad, she thought we were in someone's house. So, she'd ransacked someone's house. She was in there, having a big salad. It was hilarious.

**Jackie:** She kept asking, "What do you eat? I'll make you anything." The best thing was, there were leftovers of, and this is a great thing for you, Donna, you asked. There were some sweet potatoes in there, there was a little chicken in there, and I was just throwing everything on top of greens. Because, why not?

I don't have those stringent requirements of, this is what I eat for breakfast, this is what I eat for lunch. It's funny, because I was just sitting with somebody yesterday, who says, "Wow, I still have those requirements. I can't even think of doing something for dinner that I would for breakfast." If you're really like that, what are you making for your mid morning thing? Is there something you can do to just change that belief, knowing this is going to be better for me?

**JJ:** Let's just get over it. Don't over think it, just go eat dinner for breakfast.

**Jackie:** Yeah, exactly. I have to say, I love a salad in the morning. It gives me energy. I have the most work that I need to do is right when I wake up. I have so many things on my mind. I need a lot of energy, and I need to be extremely focused. So for me, I do a shake at a different time of day. I like the shake, but for some reason, I just love the salad in the morning. It's just my thing.

If you look at it as, "I've just got to find this. I'm going to feel great afterwards." If you know the why, you can absolutely figure out the how. My camera crew says that all the time. You'll figure that out.

**JJ:** I've got to tell you. One of the things that I got hooked on for breakfast for awhile, because I get hooked on things. I know you do too.

**Jackie:** Me too. I'm the same exact way, exactly.

**JJ:** I totally got hooked on refried pinto beans, then sautéed onions and peppers, and little pieces of sliced chicken. Every morning, I had to have this. I was hooked! I know, we all have our thing.

**Jackie:** You'll discover it. Once I was hooked on pico de gallo, which is tomatoes, and onions, and avocado. I got these romaine lettuce wraps, but they were long. They were the romaine lettuce that just came in a box. I'd put whatever I had. I'd put a little shrimp in there. I would put a little chicken in there. I could have eaten that over anything else. I loved it so much. That was for a month and half and now it's over.

So Donna, I'm sure after all that, you'll come up with it.

The next one, "I completed the January ninth new year's cleanse." Good for you. "And I'm starting the spring break cleanse. I just purchased two supplements that JJ suggested, Relora Plus, and..." I don't know how to pronounce that.

**JJ:** I think you're hooked on Relora Plus, right? You don't go anywhere without it.

**Jackie:** Oh, I love that. I love a lot of the things I do. I've been shocked at how much I've really embodied the word supplement, to supplement what I do. Anyway, how do I pronounce this next word, lipo...?

**JJ:** Lipotrepain. That's the one I was telling you about. Where if you do need some extra support with fat metabolism, that's your one. Take a good Plantizyme or Biogest, then take Lipotrepain. It should be named something easy, like "Helps fat digestion," you know? Fat Digest.

**Jackie:** The reason that we're going to answer this there, is we didn't have this package together. This person just decided to get these separately. So when's the right time to take these? What's the proper dosage? Do you know exactly what the Lipotrepain does, or how it works?

**JJ:** What it does, how it works is that it stimulates bile flow, which is what you need to emulsify the fat. That's the biggie that it does, is help your body break down, emulsify the fat. That's the most important thing.

I'm wondering how in depth she wants this.

**Jackie:** I think the biggest thing is what... Because she already ordered them, what's the right time to take them? What's the proper dosage?

**JJ:** OK. Ideally, you can take one with each meal, see how you feel. You might want to go to two with each meal. With shakes, I think you're fine with one. Maybe two with your other meal.

But basically it's really to help... In fact, if anyone's got fatty liver, which we're seeing so much more fatty liver because of high fructose corn syrup. Pretty amazing.

So anyone with fatty liver or anyone with elevated liver enzymes, this could be a great thing for you, too. But it improves fat metabolism. It really helps support the liver in being able to metabolize fat and not accumulate fat. It helps support bile output. Again, ideally, before a meal or with a meal, three times a day and maybe two with the bigger meal. If you take it actually a little before the meal, great, but I would never remember that. I'm being honest.

It's like the best time to take supplements is when you will. It's kind of like exercise. When I first started with really getting into supplements, I was writing out these whole things. I mean, you should have seen our first supplement guidelines program, because it was before breakfast, with breakfast, in between breakfast and lunch, with lunch, in between lunch and dinner, with dinner, before bed. And no one would ever do it.

**Jackie:** There's just no way. You've got to do it when it works for you. Whatever your schedule is.

**JJ:** I take my enzymes with meals. I carry enzymes around. I have enzymes in my car. I'm a total enzyme fanatic, but to be honest with you, with the rest of the stuff I make one big Dixie cup of it and I drag it around with me. I just looked at it right now going, "I need to get into this."

I drag it around with me and take it throughout the day because it's the only way I'm going to do it.

**Jackie:** That's what I do. I don't have a Dixie cup, but I have a little baggie. One of those plastic sandwich bags.

All right. That's awesome.

OK, so next. "Hi, Jackie and J.J. I've lost four pounds so far." That's awesome. "For background, for the past three years, I've been using Peer Trainer. I'm 57. I weigh 141 pounds today. I started a few years ago with Dr. Berta. Went to my all time record high weight of 152 to 131. Then recently my weight slowly crept back up to 145. I had basically a healthy diet. No processed foods or junk most of my life, but then began a very nutrient dense vegetable based diet and logging on Peer Trainer to lose the weight."

"My son became Type I diabetic when he was nine so it's been many years since our diet focused around carbs. In my mind, carbs really can be the enemy. But I've still think eating two eggs every day is the easiest way -- this is me before the cleanse -- to get protein and was using a whey based smoothie daily. I've stopped these two things. I've stopped in the week before I officially began the cleanse."

"My skin looked better than it has ever." For everybody listening, ever is capitalized. "I also ate non-fat Greek yogurt a few times a month. An incredible artisan bread with incredible \$25 a pound California Cowgirl Creamery cheese two times a month. But other than that, I didn't really eat much meat or anything else awful most of my life. It is heartbreaking to think I might not be able to eat eggs again. They were such a versatile."

**JJ:** OK, I just want to interject with her on the heartbreaking not to be able to eat eggs again. We won't know, I couldn't eat eggs for about six months. And I can eat them now. But I've got to tell you, like, every once in a while, they kind of, if I'm somewhere and that's the only option, I'll eat them. But I don't know, now I kind of look at them and go, ugh.

**Jackie:** Yeah, me too, because I know what they're going to do to me. I'm the same exact way.

**JJ:** But I can handle them, I can't handle them every day. But I can handle them in little bits. But I look at them now, and I'm like, god. I don't, eh, eh.

**Jackie:** Yeah, I get a clump of, I personally get a clump of pimples on my cheek.

**JJ:** Ooh.

**Jackie:** It's so gross.

"Besides wanting to lose weight, I have had a life changing event last November. My mother, who is 81, still married to my dad for 61 years, wow. Healthy, didn't

smoke, wasn't overweight, used her treadmill, still played golf, was diagnosed with the rarest, most aggressive form of lymphoma. She was given two weeks to live, and she died within three weeks."

"I was with her and watched first hand how helpless our medical system is in the face of a disease like this, and realized the best solution is to never, ever, ever get cancer in the first place."

"My mom was a clean freak and used many intense cleaning products, insecticides and pesticides. I've never even used conventional cleaning products since leaving their home as a teenager. So, another reason for doing this cleanse is to really detoxify. I plan to do this once or twice a year, going forward."

"I'm a schoolteacher in California, so I'll be working tomorrow during the Q&A, but here are my questions. Number one, do radishes, eggplant, red peppers, tomatoes, beets and parsnips count as green vegetables?"

**JJ:** OK. By green vegetables, we really mean non-starchy vegetables. There's non-starchy and starchy. So, don't think green, think non-starchy. And so, I was looking at the, going, I think radishes are actually a root. So, radishes, but people don't sit down and eat 20 radishes, they eat some sliced radishes in a salad. So, there's glycemic index and glycemic load.

Beets, parsnips, radishes are high glycemic, high fiber, starchy carbs. So, you would do the half cup rule there as a serving. And guys and more athletic people might go up to a cup. For gals, half a cup.

Tomatoes are actually a fruit. I put them in the high fiber starchy carb category as well. They're a fruit, not a vegetable. And they're high fiber, low glycemic. I'm sorry, high fiber. They're kind of, I said high glycemic before, they're really moderate glycemic, so they're. Beets are higher glycemic, but you're not, probably eating 20 of them. So, and they're still good for you, anyway.

So, radishes and tomatoes and beets and parsnips are high fiber starchy carbs. The rest are non-starchies.

Then, "Is one half cup quinoa an OK substitute for one half cup beans?" Yes. That would be, you can use for high fiber starchy carbs, you can substitute in any of those things, it's fine. She said, "Listened to a recent Q&A, can't remember which one. JJ was talking about borage oil or black currant oil, for clearing up skin." Both are the same, they both contain GLA. So, the one that we've been using is black currant oil. But they're both the same thing.

Then, I am the same way about almond butter. Why do I crave it so much? I don't know, but I just, last night for dinner, I swear to god, Jackie, I was like, I got almond butter at the store. I was like, "Don't buy it. Don't buy it. Don't buy it."

**Jackie:** Don't buy it, I know.

**JJ:** People turn, it's like, "Oh, we're getting it. We'll be good."

So, last night for dinner, I had chicken, Brussels sprouts and almond butter. My family's looking at me, like, going, "Really?"

I'm like, "Really." So, but just a spoonful. I had a big spoonful of it, but I did.

So, I don't know. I don't think it's that, I think it's just a trigger food for some of us, honestly. It's just so darn good. Because I, almonds, I can totally take or leave. It's the almond butter that just is like, whoo.

Suggestions for things that crunch besides Kettle chips and celery. Freeze dried berries from Trader Joe's are awesome.

**Jackie:** Cucumbers, too.

**JJ:** Oh, yeah, I'm so into cucumbers right now.

**Jackie:** Me, too. I just love them. And you can scoop out the middle, you can scoop out the seeds, and they're even crunchier and you can put things in the middle. So, you almost use them as a chip, in a way, or bread, wrap, if that makes sense.

**JJ:** So, you can do that. You can also use jicama.

**Jackie:** Oh, yeah. Jicama is so good, and so crunchy. And sometimes when you do onions, when you combine onions and tomato, you know, I was talking about that pico de gallo, that can also give you a crunch, going on there.

**JJ:** Oh, me no like the raw onion thing.

**Jackie:** I love red onion. I have red onion every so often.

**JJ:** Oh, I like red onion, but I don't like raw white onion.

**Jackie:** I don't either. I don't like raw white onion either. But red onion, I can have raw red onion in, I mean, there's an Indian dish of chicken, not tandoori chicken. Something, anyway, that has a little red onion and cilantro. I mean, it's insanely good.



**JJ:** So, are there natural ways to raise HGH levels? Yes, sleep. Burst training. When you raise lactic acid, you raise growth hormone. Absolutely documented. Glutamine is hypothesized that it helps raise growth hormones, and of course, protein in the diet raises growth hormone.

There you go.

**Jackie:** And then, I use hormones, testosterone cream.

**JJ:** I actually already answered that one. Supplemental diet modifications for HRT.

**Jackie:** Yes.

**JJ:** So, I talked about this already. The one thing I'd say is broccoli, broccoli, broccoli.

**Jackie:** OK, great.

**JJ:** OK. "What about raw fish? Sashimi, it's pure protein." It's actually not pure protein, there's fat in it. But it's good fat. "But I know it usually contains tons of parasite eggs." I don't think it usually contains tons of parasite eggs.

**Jackie:** Yeah, I didn't know that.

**JJ:** No.

**Jackie:** I was reading that. OK. Oh, that was awful.

**JJ:** No, no, no, it doesn't usually contain tons of parasite eggs. I mean, you can get some parasites in it, that's why they serve it with ginger and wasabi. But I eat sushi, I mean, get really good sushi, that's number one. Eat it with wasabi, that's number two. Try those coconut aminos, they're really amazing.

I take berberine all the time, to be honest with you. I take berberine all the time. Because you know what? I think we're getting hit with a lot of stuff all the time. So, I think you're just better off. And that's why you eat a lot of garlic, take berber caps. And you do these natural antibacterial, antiviral, antifungal stuff all the time, because there's caca in everything we're doing. What we're tensioning...

**Jackie:** Yeah, true.

**JJ:** Yeah. So, you can't get away from it.

**Jackie:** Right.



Oh, good. OK, so before we go on to the next question, Leilani, do we have anybody waiting to ask a live question?

**JJ:** I just decided to go get some supplements when I read that. I'm thinking.

**Jackie:** I know. I was looking over at my supplements, too. It's so funny.

**JJ:** I'm like, ooh, what will I take now? I was going to take some kyolic and some [indecipherable] acid and some more berberine. Just because I read that question. I was like, oh.

**Jackie:** I know.

Anyway, Leilani, sorry for interrupting. Are there any live questions?

**Leilani:** Not at this time.

**Jackie:** OK. Great. So, we'll move on. And let's have everybody on the call take a tiny little supplement break after this.

**JJ:** Get the antifungals and the antibacterials. Oh.

**Jackie:** Gosh. All right, so, the next question's actually a repeat of one that we've already answered. So, we'll move on to the next one.

I have a minor question. "Most of the time, and generally not feeling particularly great. Then, last night, Saturday after dinner, a headache began and developed into a severe one. I resisted taking anything until 11:00 p.m., hoping it would subside, but it just got worse. Here's what I ate on Saturday. For breakfast, hot rice cereal with almond milk and a few walnuts." Well, yeah, OK.

"Caffeinated green tea. Lunch, black bean burger with three small avocado wedges, sprinkled with lime juice. Mid-afternoon, spinach and arugula salad with broccoli, cauliflower and radishes, with Italian dressing, no sugar added. And for dinner, slices of fresh roasted turkey and sautéed zucchini with garlic and lime juice. eight to 10 glasses of filtered water throughout the day, two slices of sugar free gum."

"I don't see where the problem is. I really want to keep with this, but I'm not feeling well. Any insight you can provide is greatly appreciated."

**JJ:** OK, here's what I need to know. And she said this is not dramatically different from the way I typically eat, except for eliminating the offending foods and portion control.

Well, here's what I don't know. I don't know, you said, I have a minor headache most of the time -- I think is a minor one most of the time. "I have a minor headache most of the time and generally not feeling particularly great."

**Jackie:** Oh, right.

**JJ:** Is that before you started this? That's what I didn't. I read this whole thing and I went, has that been since you started? Or has this, is this old? You've always had this?

Because I'm looking at this and I'm going, OK, if you cut your portions a lot, right? Then, that could be part of it. When you say you're eliminating the offending foods. So, I don't know if you were eating a lot of more carby, sugary stuff before and so, you're having some adjustment to that. I do notice that you started breakfast and you had no protein at breakfast. You had hot cereal with almond milk.

**Jackie:** I'm so glad you started commenting on the day, because this is not the cleanse.

**JJ:** It's not our program. Yeah.

**Jackie:** Yeah, this is not the program. I'm so glad you said that.

**JJ:** This is not the program, because, like that's, I would never have someone eat that for breakfast. You started off with a big blood sugar up and down. That would give you headaches.

**Jackie:** Exactly.

**JJ:** Number two.

**Jackie:** And hot rice cereal.

**JJ:** Yeah, you had very little, I mean, you hardly ate any lunch at all. You had a black bean burger, which isn't something on the plan.

**Jackie:** A lot of those black bean burgers, you really have to look at the, I'm guessing that it's packaged. And if you look at those ingredients, they are chock full of soy and other things. So, I just wanted to make sure that I said that.

**JJ:** Yeah. So, what I'm wondering is, black bean burger with three small avocado wedges. Where's the real protein? I mean, you didn't get enough protein from the black bean burger. Where are the vegetables? Because this is deficient right here. You didn't have enough food there.

Then, you had this salad mid-afternoon. OK. But normally, we'd say to do a little protein carb push, if you're having a snack. That's not what that was.

Then, dinner, you had roasted turkey and zucchini. So, you're not following the plan, just right off the top.

**Jackie:** At all. There is no good fat there, and there was no, I mean, sautéed zucchini, I'm just curious how much. You know, zucchini, again, has seeds in it, remember, that's more of a fruit than.

**JJ:** No, no, no, zucchini is a vegetable.

**Jackie:** I thought if zucchini had seeds in it, it was a fruit.

**JJ:** This isn't following the plan, so I'd say go back, review it, follow the plan, and let us know if you've always had headaches or if this is brand new. Until you follow the plan, I'm kind of up in the air on this. I'd also say if you're a chronic headache person, the first thing I'd like to see you do is lift up the magnesium in your diet and start taking magnesium, citramate twice a day. Let's see how you feel doing that. Again, this isn't the program.

**JJ:** ... but you haven't put in the foods you're supposed to be eating.

**Jackie:** I'm glad this was said because this is sometimes what happens. People say, "Well, I've made some changes and look, I'm doing this."

I can't reiterate enough, even some people on the team underscore this for you, JJ, the plate. It's in your welcome materials. You really want to look at that PDF because anywhere you are, you always know what your plate should look like, what should be on that plate, and that's really what's going to help you understand how you're functioning, what you can put back in after the cleanse, and you'll understand what's going on a lot better. Again, it's in your welcome materials. The plate would be a good thing to refer back to.

**JJ:** Yes, good.

**JJ:** By the way, you did great pulling up some...

**JJ:** You're like an A minus, just make a couple of adjustments and let's see if that fixes it. If it doesn't, let's try some magnesium and let's troubleshoot again.

**Jackie:** Exactly! The next one, "Sorry, I can't make the call. If my doctor's prescribed a weekly dose of Fosamax, is it OK to take the detox nutrients or will they affect how the Fosamax works? Thanks, have a great day."

**JJ:** Well, don't take anything... When you take your Fosamax, you have to stay upright for an hour so it doesn't burn a hole through your esophagus. Don't take anything right when you take it, but, gosh, if anything, it should not have any interaction. I would always check with your doctor. To be safe, what I would tell you is don't take them that day. If anything, it should just help protect you.

Gosh, Fosamax is such a toxic medication. But, to be safe, I'd say let's not take it that day. Let's just not take it that day. Always just check with your doctor, but I can't see what would interact there.

**Jackie:** OK. So the next question, actually the series of questions, number one, "I'm actually not starting the two-week cleanse until today," -- this was probably sent in a few days ago, but I'm not 100 percent sure -- "because I didn't have all my supplements, but I've been gearing up for it by eating more fruits and vegetables and not eating any dairy, grains, sugars, etc. But I've been having major gas. It's extremely stinky."

"I've always have a sensitivity to salads. Whenever I eat them in the evening, I usually wake up in the middle of the night with medium to major discomfort from gas, often from just burping, but sometimes both. Why is this happening, and what can I do about it?"

**JJ:** Well, they call that IBS, which, you know, Irritable Bowel Syndrome. Salads can be one of the most notorious triggers. I always hear that and I go, IBS is sort of like, "We don't know. We'll call it that."

So, what I would say is, right now, don't eat salads, until we see if we can heal your gut some so that you can handle them.

Fruits, you should be having two fruits a day. We want to make sure you're really chewing your food. At this point, you want to look at the foods that are upsetting your stomach and pull them out for now. It tends to be, with IBS, stringy meats, spicy foods and raw vegetables.

So, I would eat cooked vegetables and I would limit your fruit to two. And I would make sure that you're taking the plant enzymes and chewing well, because you shouldn't be getting stinky gas. I would absolutely look at PermaClear and probiotics. So, and I would be on that for a month. Give it time.

**Jackie:** So, the next question. "On page one of the meal plans and recipes for week one, it says that for the one meal, you can have one serving of high fiber starchy carbs. It says, 'Half a cup of cooked beans or rice,' yet on the list of foods you can eat, it says you can eat as much as you can of beans."

**JJ:** Green beans.

**Jackie:** Right. Yeah, OK. So, which is it? OK. Great. Good complication. So, that was green beans.

**JJ:** Green beans are not legumes, they're non-starchy vegetables.

**Jackie:** "By the way, I've been eating overall healthily for years and years. I've never had caffeine, alcohol, almost never have soda. I drink eight to ten cups of lemon-lime water a day. I seldom eat at fast food restaurants, eat candy, dessert.

"But I love my dairy and drink raw milk. I make my own kefir. I eat eggs from my sister's chickens. I eat cheese, butter, sour cream, etc. I also eat bread, pasta, rice, but not in excessive quantities. I do love my potatoes, though. After all, I am an Idaho girl. LOL. Thanks."

**JJ:** OK. So, well, let's see how you do after this, because you might find that you can make your own raw kefir, your own raw Greek yogurt. But right now, you're not going to be. So, sorry. Sorry, Idaho girl... later.

**Jackie:** These are, we have two more questions. I think we're getting into the, which is great, right into the time.

**JJ:** Whew. OK.

**Jackie:** "Hi, Jackie and JJ. I have three questions. First, do you have any suggestions on where to get a clean water source when tap water's absolutely not an option, even with a filter? Every source I find is at some point in plastic, other than something like Perrier, which I don't want. I can't find water in glass or other containers."

**JJ:** Well, at home, you could order the Green Valley Mountain Water. It's in glass.

**Jackie:** Right. Right.

**JJ:** So, if you can't use filters on your refrigerator and on your sinks, then you could always get the Green Valley water, because that comes in glass. And out, you can get a filtered bottle that you can fill up and it will filter it for you.

**Jackie:** And the second, "At one point in the class, agave is mentioned, and I paraphrase here, but JJ says, 'Don't even get me started on agave.' Is there a health risk for this? And why is it not allowed on this program?"

**JJ:** Because it's higher in fructose than high fructose corn syrup, and our body metabolizes fructose. And I'm sorry, there just came out, it's like, there is such a war, there's like, the fructose and non-fructose, anti-fructose factions. Like, rawr.

**Jackie:** I know, I know.

**JJ:** But it comes down to the science. Because all this, they just brought out another thing, saying, "Oh, the studies are saying fructose is fine." But here's the deal.

It's metabolized differently. It goes straight to the liver and it perturbs insulin metabolism in the liver. And they've shown that high fructose diets tend to stimulate fatty liver, more insulin production, creating insulin resistance. It glyicates worse than the other sugars do, which means that it binds to protein without the need of enzymes and makes you age faster.

So, it's like, a bad thing. So, I don't know, this whole idea that this agave is this, like, healthy thing is so ridiculous. I love to say, it's all natural. Well, I mean, there are a lot of things that are all natural, like arsenic, that you really don't want to be eating. Mercury is natural.

**Jackie:** Also, agave is sort of a darling right now. And the best thing, because it's like, it's a plant, it's a plant, it's a plant. Some things are just processed in a way that you don't.

**JJ:** Oh, yeah, and the way it's processed, don't get me started on that.

**Jackie:** Exactly.

**JJ:** There's no raw agave. I'm sorry. Can't be.

**Jackie:** You're right. You're not privy to that processing, so, you're not always.

**JJ:** But you're not privy to the process. But you know, here's the thing. Even if fructose was no different than any other sugar, it's sugar. It's sugar. OK?

**Jackie:** Yeah. But sugar's evil. And it just is evil. It just is. It was funny, because yesterday, someone's like, "Well, I don't eat any sugar, but I love my bread." There's tons of sugar in bread. So, it's just.

**JJ:** Starch is sugar. That's what people need to understand. Starch is sugar.

**Jackie:** And just get into the habit of reading the labels. If you're just trying to take baby steps, just, we're so lucky there really are labels on almost everything that you can buy.

Just look at the back, you'll be so shocked sometimes to read the all natural food you just picked up or any of that is so processed with so much corn in it, so much soy in it. Remember the word whey is another word for dairy. Start to get familiar with all these words that are disguised for you to think, oh, this is all natural. I just, really...

**JJ:** Natural is a stupid term, because there's a lot of natural stuff that's not healthy.

**Jackie:** Exactly. And if you just start to...

**JJ:** It's meaningless.

**Jackie:** I'm so glad you, exactly. And "I hope this does not sound stupid here," just to Kelly, there's no stupid question ever. "But should I continue to take my supplements? They were all from Mother's Market." We talked about supplements, I think, in an earlier question.

**JJ:** Yes, we did.

**Jackie:** So, the last question is, "Why do you use coconut milk in your shake when it has more fat than almond milk?" We just, we talked about that in a question, too. So, Leilani, are there any other live questions?

**Leilani:** Not at this time.

**Jackie:** Great. So, we got through everyone's questions. Oh, JJ, I get so, I feel like I can cross this off the list when we get through all of them.

**JJ:** It's like, whew. Another name's off. And you know what's so funny, is meanwhile, during this whole call, Habib and I have been emailing back and forth like, hilarious thoughts.

**JJ:** How do you answer? How do you do these in depth answers?

**JJ:** Emailing, back and forth.

**Jackie:** I can't even believe that.

**JJ:** That's so funny.

**Jackie:** Well, excellent. So, I'm glad, always feel free to ask questions.

**JJ:** Ask us everything. I love these questions. Honestly, if you're the one that asked about agave, gosh, everyone's falling prey to that.



**JJ:** It is the darling.

**Jackie:** You know what's so funny? There will be a new darling of the industry. This is the newest natural plant-based thing that's wonderful for you. Just many times, it's confusing, and you're just sitting there going, "Well can I do this? Can I not?"

I do have one other question because I get this personally from my friends, and I forgot to even add it into the Q&A, people want to know if they can use Stevia throughout the cleanse because they see that Stevia is in the shake. I don't know...

**JJ:** Here's the deal with Stevia. Stevia's fine. There's a phenomenon called calorie disregulation, and the studies were done on I believe it was aspartame. It was an artificial sweetener, not Stevia. Stevia is an herb that has a sweet taste. If you eat too much of it, it's got a little bit of a nasty, really nasty, aftertaste. But, it's an all-natural herb with no calories.

The concern I have with it if you've got too hooked into it. I don't think a little bit in a shake or a little bit in your coffee is the issue, but like someone carrying around the Stevia shaker. I'm like, "Put that down!" If you have Stevia shakers in your purse, in your car, you've got a problem, all right, so let's just be real.

Calorie disregulation is where your body can't correlate the degree of sweetness to what you're eating, and you start to crave more sweet and overeat because of it. That's the only caution with it. But I think most of the people I've seen except for the one Stevia addict that I was telling you about, it's really not an issue.

My big goal is to kind of retrain your taste buds to identify the natural sweetness in things, but I also recognize that this is genetic. Our tastes are genetic. It is such a trip on this. So, definitely genetically-based. For some people, they just have a sweet tooth. I don't have a sweet tooth.

My mother, my adoptive mom, has such a sweet tooth it is amazing. I grew up in a house with ice cream and cookies and candy, all sorts of stuff stashed all the time, and she's a food pusher, and I'm like, "I don't want that." "Come on! Just have a little dessert." It's like, "I don't want it. I'm not a sweet person. I don't care about it. I could care less." But she is, so for her, wouldn't Stevia be a little better than something else? Yes, definitely better than fructose.

You've got to look at what the best option is in any situation. For those of you with a sweet tooth, we want to retrain you as much as possible to recognize natural

sweetness but I also recognize you're going to want more sweet than I am, so let's figure out the best options for you.

**Jackie:** Awesome! Great! OK, well, JJ thank you. As usual, I'm so glad we got through this, and we will see you on the next Q&A. Again, thank you everybody in the cleanse for asking such good questions.

**JJ:** You guys are so smart!

**Jackie:** I know!

**JJ:** You're so smart! I love it.

**Jackie:** Thanks for submitting questions because a lot of times other people are just afraid to ask, but they want to know the same things that you're asking. Thanks so much for doing that and, again, keep talking on the team, keep your questions coming, and we will all get together next time.

Thanks, JJ.

**JJ:** All right, bye honey.

**Jackie:** Bye.