

Transcript: Fresh Start Cleanse Q and A, April 16th, 2012

Jackie: Welcome to the Q&A with Jackie and JJ. This is the April 16th Q&A. If you've sent in questions, we have them all, they're sitting right in front of us. Of course, if you're joining us live and you've never been on one of our Q&As before, we will have an operator here, it's Natasha, and she will tell you exactly how to get into the queue for your question. Usually, we dive right in, we answer the first question. Actually, JJ, I want to answer the second question, I love this, on the Q&A document.

JJ: Well, as opposed to the first question?

Jackie: I love the second one. I want to know...

JJ: Oh, my gosh. I know, I saw that. I'm like, "Does someone really want to know all this, really?" OK. People are listening, "What is it?"

Jackie: Also, if you are shy and don't want to ask a question, it's completely fine. If you do, great. A lot of people have had some great success asking their questions right away. We will get started. I guess we'll do the first question, that's fine, but I'm excited about the second one. "First, my issue is that I often become overwhelmed with a toxic, nauseous feeling accompanied by headaches, fatigue and sometimes it seems if I eat it will get better, like I'm hungry or deficient in nutrients or eating will push something out of my system. I've had this issue for years. I'm 42 and I've tried lots of elimination and diet and nutrient changes. Mostly though I haven't been consistent enough."

"I'm on day six of the cleanse. I've lost 1.5 pounds, which is good for me, but I feel and look much smaller than that. In general I feel much better, but this is still happening to me. What should I test for. What supplementing would you suggest?" This is from Elizabeth.

JJ: This screams that we have hypoglycemia. I don't know if you're over fat, but when I hear that you feel sick and then you eat and you feel better, it's not that you're deficient in something, you probably are hypoglycemic. What I would tell you is the best thing you could do would be go to your doctor and ask him for a three-hour... This sucks, by the way, so I'm not going to this is going to be fun, but this is the only way to really know is to do a three-hour glucose and insulin challenge. Now, he needs to include insulin because you also want to see if you're insulin resistant. What they do is, you go in and the first thing they do... You go in and you haven't had anything to eat or drink for 12 hours. Then they draw your

blood, again, for glucose and insulin, then they give you a big dose, I think it's 50 grams, of sugar water and then you sit there for three hours and every hour they draw your blood again to get your glucose and insulin to see what happens.

If you are hypoglycemic, you will start to see that in the second or third hour. It's really important to run the insulins too. They won't typically do that, because you want to see if you've got some abnormal insulin metabolism going on. Because sometimes if you're insulin resistant that can be creating the problem. That's the very first thing that you really need to do is go ask your doctor for that.

You've had this for years. It sure is quacking like that hypoglycemia duck. I, of course, cannot diagnose and I certainly, even if I could diagnose, couldn't diagnose over the phone. But I can't diagnose at all. But I can tell you what I would do were you my sister, mother, brother, friend, and that would be go to the doctor and have that checked.

Then, also, things that can help with blood sugar balance and hypoglycemia, number one, optimizing vitamin D levels... Again, we talked about this before, running a 25 hydroxy vitamin D. That would be what you would have your doctor do, 25 hydroxy vitamin D.

You want to optimize your vitamin D levels to 60 to 80mg per ml. Honestly, Jackie, I have to take 10,000 IU of vitamin D a day just to stay there. For everybody, it depends, one, on your genetics, two, on your skin coloring, and three, on your sun exposure. All those things matter.

Of course, sun exposure without sunscreen. That's one. Number two is making sure that you're eating, from the plate, clean, lean protein, health fats, loads of non-starchy vegetables, a little bit of a high-fiber, low-glycemic, slow, low carb to keep your insulin and glucagon in balance so that you keep your blood sugar in balance with loads of fiber. Fiber is your best friend, 50 grams a day spread throughout the day, lots of water in between meals.

If you're eating a very low-fiber diet right now, which we know that most of the population gets nine to 14 grams, doesn't even get the nine to 14... Well, I think the average is nine to 14 grams of fiber a day, or five to 14, it's pathetic. Because we should be getting, the ADA says, 35. I disagree. I think 50. 50, 50, 50 is what we should be getting.

With that, if you are the average person, do not go from average to ideal overnight and then call me mad. Because you will be mad if you do that. Don't do that. Hydrate it up and make sure you're doing lots of water in between your

meals to help. Because, otherwise, you will get constipated and that sucks, as we all know. We hate that.

Yeah. No one says, "Oh, boy, I'm constipated. Yippee."

Jackie: Yeah.

JJ: Then the other thing... Fish oil is good because it helps re-sensitize your insulin receptors. Super EPA or even better would be the... I'm trying to remember the name of it. Oh, my gosh. I feel like I'm just a little tweeky. It's so weird. I've been on the road and all of a sudden I get home...

Jackie: Yeah, I know you've been traveling so much.

JJ: Yeah. Omega Plus, EPA, DHEA, and GLA, because GLA is actually really good for insulin resistance. That would be another thing you'd want to be taking. I do believe we have a blood sugar support package. Chromium, of course, Ultra Chrome 500, one with each meal. That would be another thing that, of course, we know balancing blood sugar. By the way, cinnamon does too, so adding cinnamon to your meals... I know people are putting cinnamon in supplements and that just seems like... It's like, "Are we going to start taking chocolate supplements too?" It's like, "Really?"

Jackie: Yeah, it's so easy to put in a shake. It tastes so good.

JJ: Why would you want to take a cinnamon supplement? Like, "Hello!" Then the other one would be to use a blood sugar balancing formula. The one I'm going to throw out there is called DIABONIL. DIABONIL has got some chromium. I still am going to add extra, like I talked about, quercetin, gymnema sylvestre, which I always think of Sylvester the cat when I see that. But that's one of the herbs that's classically used to help balance blood sugar along with bilberry and bitter melon and zanadium, zanadyl sulfate. Then lipoic acid. Lipoic acid is huge for helping restore insulin sensitivity. That's another biggie.

DIABONIL is another thing that you would want to add in there for blood sugar balance. Omega Synergy, Ultra Chrome 500, DIABONIL, vitamin D, fiber. Go get your levels tested. Because again, I'm just guessing on what you could go ask your doctor about.

Also, one other thing just about blood sugar levels and hypoglycemia... It's interesting, because you could be eating well and be thin and still have this problem if you're under a lot of stress, because stress drives up the fasting blood sugar levels. I just want to point that out to you.

That's one of the ways I catch people. I bust people who are stressed out and lying about it.

Jackie: "No, everything's fine."

JJ: "No, I'm fine. No I'm not overworking and overdoing. No, no, no." Then I look at their blood sugar, I'm like, "What?" That's a quick way to bust someone.

Jackie: Interesting.

JJ: Yeah, it's how I can bust myself actually.

Jackie: Yeah, I was just going to ask you about that. I was thinking...

Jackie: Natasha, if you could tell everyone how to ask a question to get into the queue and then we'll answer the next one quickly and then we'll start to take the live questions.

Natasha: OK. If you would like to ask a live question, please press * 0 on your telephone now.

Jackie: Thank you. Next question... "Does JJ disclose what moisturizer and makeup she uses? Cindy." I just love that.

JJ: OK. You know everything I've been using.

Jackie: I know, but I love that.

JJ: Well, here's the deal. I don't actually...

Jackie: What a compliment.

JJ: I know. Well, thank you so much. Some meany poo, I remember, wrote, "Well, you've just airbrushed everything." I'm like, "You can't airbrush videos." I wish you could.

Jackie: Exactly, not at all.

JJ: I wish you could. With high definition, boy...

Jackie: I see JJ in person and everyone comments about her skin and all of those things, absolutely not airbrushed.

JJ: I'm not airbrushed. I really am me. My skin was always my Achilles heel. You didn't know what, probably. I had cystic acne, the worst skin, scars, everything else. Because growing up I kept going to the dermatologist going, "Is food affect-

ing my skin?" "No." I love dairy, loved, loved, loved dairy. I was a frozen yogurt addict. You and I have had this discussion. I eat anything dairy and boom, I get a zit. It's like, "Boop," zit.

Jackie: Exactly.

JJ: All those derms who told me it was not food, you were wrong.

Jackie: It's very frustrating though.

JJ: Oh, tell me about it, after all those adolescent years of acne. Anyway, I forgive you all. But bottom line is, I had to repair all that. I will tell you that, full disclosure, I have done all those intense pulse light and fraxel treatments just to get the scarring and the red spots and all that stuff gone. That was one of the first things I did that I've done, you know that I've done. I love IPL and fraxel. I'm very good friends with my local cosmetic surgeon.

However, I use a line called Derma-RX. It is the most amazing stuff. I used to consult with medi-spas and I found this line and I have fell in love with it. It's from Singapore. It's kind of like the Obagi of Singapore. That's the line I use the most, this Derma-RX skin care line.

Now, I also use, and I'm sure you can find it online... If not, I may have to turn you guys on to it, because I'm not sure... They're really weird about how you can order it. But we can probably do something for our group, which could be kind of fun. Because they have a vita-A gel, a vita-C gel, a botanical skin lightener, just amazing stuff, just incredible. That's what I use the most of.

I do use a little Bioelements. I know the founder of that company. They came out with an All Things Pure line that's pretty amazing. Then, my girlfriend is Carol Shaw of Lorac Cosmetics. I use all of those as my cosmetics along with... I kind of alternate with some of the mineral cosmetic lines.

I was using Glo for a while, but now I'm using Bare Escentuals. There is one other thing that I'm using. Oh, Nu Skin, believe it or not, Age Lock Vitality is the most...

Jackie: Really?

JJ: Yes. It's so incredible, incredible. I loathe MLM, loathe them. But this is the greatest product. I actually buy it on eBay.

Jackie: I love hearing all the different things, because it does take a village of makeup and moisturizer.

JJ: But I don't use straight moisturizers. I use a green tea serum. But straight moisturizers just really break my skin out. I have really sensitive skin to anything. That's where Lorac Cosmetics work for me, they don't break my skin out. Are they 100 percent no nothing? No. But you know what? They're pretty darn close. Where I really violate, to pull the big rule of violational minute, is... I love Fresh Cosmetics and skin care.

Jackie: Oh, me too.

JJ: Oh, my gosh.

Jackie: That's my brand.

JJ: Well, my girlfriend's daughter works for them.

Jackie: Interesting, I love that.

JJ: ...Special, there's the occasional friends and family 30 percent off day. I'll have to forward it to you.

Jackie: Oh, you have to. That's my favorite brand. It's so fresh.

JJ: Their Supernova mascara is the best thing on the planet. I think I look a little like Tammy Faye Baker when I use it, my eyelashes are so long from it. Of course, I also use Latisse, so that's my other cheat. We have to trim my eyelashes now. There was more information that anyone wanted to know, but someone asked, so there you go.

Jackie: I think it's great. OK. Natasha, do we have anyone that wants to ask a question live?

Natasha: We do not have anyone in the queue yet.

Jackie: OK. Great. We'll go onto the next one. This is from Maryanne. "I have a regular office job which is rather sedentary, save for short trips to the toilet, pantry. I am primarily desk-bound most of the working hours, 8:30 to 1:00 pm and after lunch, 2:00 to 7:00. I tend to experience a swollen leg syndrome at the end of the day, meaning my thighs and calves feel particularly heavy, like lead. They aren't the usual numbness or pins and needles feeling. I just feel very stiff and bloated. Maybe water retention? My legs also feel very hard when I massage them. I don't get the syndrome every single workday. I used to think it's something that I ate during lunch that will cause the swollenness, but having been on the cleanse I now think it's something that I lack.

Any thoughts or possible suggestions that I could use?"

JJ: Yeah, first off...

Jackie: It's signed...

JJ: Huh?

Jackie: Do you want to the side note, as well?

JJ: OK. I've got to tell you, I hate to tell you this but, again, were it my sister, mother, brother, me... You need to go to a cardiologist and have them check you congestive heart failure or intermittent claudication. Sorry, but you need to go check to see if you've got something going on with blood flow. That's the first thing. Because I went "Go to the..." What I wrote down was, "Get up throughout the day to move, calf raises, things like that. Get support stockings." I know you're like, "No!" Move around, but go to a cardiologist and check.

Now something that could really help here, the top nutrient here for help is CoQ10. Actually, I thought we had a CoQ10 question in here. Maybe, if we did...

Jackie: We did.

JJ: OK, so then I'm just going to go on to this whole CoQ10 thing right now because someone asked about...

Jackie: What's your opinion of the liquid CoQ10?

JJ: Here's the deal with CoQ10. I was going to totally geek out. I have a PowerPoint and I can give you this PowerPoint. You guys can put it up and I thought, "OK." "Should I totally geek out and do the whole PowerPoint presentation on this?" But the easiest thing to do is, and this is so fasting... Soren bought the exclusive rights to a CoQ10 that I knew when I was at another company that's crystalline free. The deal with CoQ10 is there's no... CoQ10's very expensive because one source out of Japan has managed to make CoQ10. Everyone else is like CoQ9, CoQ8. It's really hard to make.

But then this guy, Dr. Bill Judy, figured out how to make it crystalline free. It's this proprietary formula, patented, and he is the only one who'd been able to do it. The deal with this crystalline free is that you absorb it better in that form than dry powders, oils, nanoparticles, liquids, and liposomal preparations.

Hands down, I've got all the different absorptions when they've compared it to different types of products, but it's significant. What they did is they checked the

absorption and it's five to eight times better absorbed than most of the other stuff out there.

But also, they checked the blood levels. It's really quite significantly... In fact, in looking at crystalline free versus everything else, at the lowest end it's two times more absorbed and at the best it's eight times more absorbed. When you look at how expensive CoQ10 is, it's not like vitamin C. OK, if someone else is a little better absorbed, fine. It's cheap. CoQ10's a freaking fortune so you do not want to do it.

Now also, there's this whole thing about... What you can do to check yours, by the way, is you can get a paper towel. You can get the Thorne Q-Best, squish it out onto the paper towel and smear it and then get yours and smear it. You'll see little crystals in yours. If you've got the crystals, it's not getting well absorbed. I can tell you, if you're not using Thorne you're getting the crystals because Thorne bought the exclusive rights to use this so no one else has it.

Now, there's this other thing, just to geek out even further, about... Oh, back to crystals. Metagenics actually tried to say that they had a crystal free CoQ10 product, but actually it's not. They also use a solvent in there. Oopsie, shame on them. Yeah, that's the other part.

Now, there's also a question as to whether you should use Ubiquinol or Ubiquinone. It's interesting because I'm assuming that Qunol liquid is probably Ubiquinol. All these come out, "Oh, we have Ubiquinol." Well, actually, Ubiquinone is three times better absorbed than Ubiquinol, more stable, and less expensive. This whole marketing thing that's saying we should do Ubiquinol is wrong. You really want to use Ubiquinone.

Without knowing more than that on the product, I would tell you that there's no way it's as good as the one that we have through Thorne. Again, I've known this product for years and when they told us they were buying the exclusive to it I was like, "Oh, score!" Because, especially in a situation where something is so darn expensive...

Again, with B vitamins and stuff, whoop de doo.... But something that's really expensive you want to make sure you're absorbing what you're taking.

Jackie: It is. It's a good point. It's so expensive.

JJ: Oh, it's so expensive. Again, because one company in Japan has figured out how to make this, make CoQ10 as opposed to... I think the closest was nine. That's why it's so darn expensive. They have a monopoly.

Jackie: Got it. I just want to make sure... Natasha, do we have any questions before we go on? If some people jump in the middle of the call...

Natasha: Not at this time. But a quick reminder, it is *0 for a question.

Jackie: Great. The next question... "I'm interested in what you think about infrared blankets." I remember we were talking about this in class too. "Do you like them? Do you have a recommendation or favorite? Do they travel well? Does it make sense to get one if it's not a sweater?"

JJ: Oh, if you're not a sweater? These can help you. First of all, one of the things I've seen is that people who don't sweat well tend to be more toxic. Because, when you look at... How do we detoxify? We pee, we poop, we sweat. If you're not a good sweater, you're going to have a higher risk of being toxic. Actually, working with far infrared can help you become a sweater. Now, you might be going, "Well, I don't want to be a sweater." But, yes, you really do want to be a sweater.

I don't have a favorite, but I think they are rock stars for people who can't get the whole infrared sauna closet for their house. This would be a perfect thing to do that you can take and, yes, you can travel with. I love that idea. Brilliant. Go for it, Shawna. Yea.

Jackie: I'm sure she's psyched. Going out... Do you have a favorite that you recommend?

JJ: No, I don't. Just... eBay.

Jackie: OK, great. Perfect. Next question... "I have looked carefully at my supplements, mostly Vitamin Shoppe brands, and I see many have magnesium stearate. I've listened to the Q&A's that discuss it but I still don't understand exactly why magnesium stearate is bad. Is it because it potentially interferes with absorption of the nutrients? You don't know how much of the supplement you're actually absorbing? What about soybean...?"

JJ: Yeah, bingo.

Jackie: OK, should I leave the rest or do you want to answer that?

JJ: Yes, let's start right there. Here's what happens when you bring in mag stearate. By the way, one to four percent mag stearate, it doesn't take much. It's just the littlest bit. You just threw in a wild card. Now you have no idea what's going to happen. You have no idea, once you add mag stearate in, how much you're really going to absorb anymore. That's the problem. It throws in a wild

card. The thing that are going to impact absorption, biggie biggie, is, of course, going to be your GI health. I mean, most of the people, and I don't know if it's just the people I track, but most people that I work with have GI issues. Now you've got people with GI issues and they are taking products with mag stearate. I have no idea what they're absorbing.

The thing is, it's just the companies trying to get more product done faster, cheaper. You don't have to use it. It's just kind of lazy.

I was working with a company for years and I was told the party line of "It's fine. It's just food. It doesn't matter. Blah, blah, blah, blah, blah." I went and said that to everybody and I'm really upset with myself now. I publicly will tell people that. I was totally wrong and I listened to the party line. When I started to really go and look at the research I was like, "Oh, my gosh."

Don't listen to a company. Go look. Go look and see. The studies are there to show that when you take... You have mag stearate in a supplement it doesn't again take much. It's going to lower absorption. It's going to lower absorption, potentially anywhere from 20 to 70 percent.

If you're impacting absorption and there's no need for it and you can get supplements without it, why would you do it? Then you look at and you go, "OK, so now we've reduced absorption. We don't know how much we're actually getting of it and we're spending the same as we would have spent getting some other product." Why would you do this?

You're not saving money getting that product. In fact, you're... If you look at it, it's costing you more money. Who wants to take more pills, anyway, to get the same impact?

The other thing I'll tell you about it is... I was taking these supplements. I was taking supplements with mag stearate in it. When I stopped, my stomach stopped hurting. That's just another...

Jackie: Interesting.

JJ: ...Little one, little issue.

Jackie: The rest of the question, or the next part of the question... "What about soybean oil or soy lecithin being listed in the other ingredients? Should I take them all back for a refund or toss them?"

JJ: When you can get a refund, get a refund, unless they were so cheap that it's not worth your time. But if you can get a refund, get a refund. However, soy leci-

thin is fine. You can always do soy lecithin, so don't worry about soy lecithin. That is so hard to say.

Anyway, soy lecithin is a fine thing to use because actually it doesn't have the allergenic proteins. But soybean oil, not so. Skip the soybean oil, OK on the soy lecithin.

Jackie: It's good that that was actually brought up, because someone asked about the Mediclear SGS, which I believe has soy lecithin in it as well.

JJ: Soy lecithin is fine.

Jackie: Right, exactly. I'm so glad that you said that because people have seen that in the ingredient list.

JJ: It's so darn confusing, isn't it?

Jackie: Exactly. Exactly. "I currently take Tonalin CLA. It says it contains soy but it's not listed in the ingredients. Sea-buckthorn, recommended by Dr. Oz... I haven't seen one bit of difference except my wallet is thinner. Chromium picolinate, all will supposedly help with weight loss. Krill oil, again, it says "Contains soy" at the bottom, but not listed in the ingredients anywhere.

I know you've covered this, but I just want to make sure I've got it right.

JJ: I think this is so timely because I was in Florida, as you know. I went to my very best girlfriend's house, next to you. I had to throw that in.

Jackie: I know. I was like, "Wait! Wait a minute! What about me?"

JJ: But it was so funny because I, of course, couldn't help myself and now she's on the whole Virgin diet program. But I said, "Bring me out your supplements. Let me see what you're taking." She brings all this stuff out. I go, "What is this stuff?"

She goes, "It's everything that Dr. Oz has recommended."

I'm like, "Oh, my gosh." Frightening, right? All this crap.

I've got to be honest with you. There's very few things... First of all, the biggest thing that's going to impact your body's ability to burn fat is the type of foods that you're eating and your sleep and all those types of things. There are some things that can help here, in some ways, but I've never been impressed with CLA. Despite the studies I've seen, I've never really seen it work.

I think if you're very insulin resistant with a higher risk of cancer I would put you on it, but other than that I really don't see the point of it. Sea-buckthorn, I haven't seen anything with. Chromium picolinate, I prefer other forms of it. But I would tell you, with that one, that it's really much more for blood sugar balance.

I think those things have their place, but I think they're so overblown out on what they can... They're always over-hyped as to what they really can accomplish. It's nothing compared to pulling out the seven foods.

Jackie: The word is "supplement." It's supplementing what you're doing.

JJ: Exactly. I like to use, as you know... For me, pull out the seven foods, get your burst style training and get your sleep going and then start to use things if you need blood sugar balance or insulin sensitivity. You're dealing with stress. That Relora-Plex plus if you're a stress induced eating person or you have stress induced belly fat... Love that one.

Jackie: Or if you're just stressed out.

JJ: Yeah. Relora-Plex is my current favorite supplement. Don't leave home without it. I know you don't, either. I do like the [inaudible] for people that have issues with appetite, cravings, and being satiated. But if you don't have those issues, then that's not going to anything for you. Don't bother.

It really comes down to start always first with dialing in the food and dialing in the exercise and dialing in the sleep. Then let's look and see what's going on.

Jackie: Of course, I don't want to start going with the daily nutrient packs, but I just... I don't know what I would do.

JJ: Everybody needs to take those. Everybody needs to be on. I think that's one of the things. It's like people never want to be on the basics because they're not sexy. But the first thing you have to do is get on the basics. You must get on the basics.

Jackie: That was me. I get it, and now it's just a... I do it every day and I don't know what I would do without it. Everything just runs more smoothly, period.

JJ: Period, that's it. That is basic, you must always, of course, be on the basics. I made those packets. That's step one.

Jackie: I know. People should know it has your fish oil in there.

JJ: It has fish oil, EPA, DHA, and GLA, which is critical. Again, what I tell people is, all that other stuff like the CLA which, again, I've never seen work, all that stuff is after you take the basics. If you've got nutrient deficiencies your body doesn't work correctly. The first thing you have to do is deal with making sure that you've got good basics going on. If anything, add an extra B vitamin, then you can start looking at the other stuff.

Jackie: Fantastic advice. Natasha, do you have anybody? I just always want to interject so people aren't waiting to ask a call.

Natasha: Yes, we do. Our first caller is Edie. Edie, please go ahead.

Edie: Hello. Hi.

Natasha: Edie, your line is open.

JJ: Hey.

Edie: Hi. Technically, I don't have a question, I just wanted to share something with you. I was injured four years ago and for many reasons I was too stressed out, no matter what I did I kept getting re-injured, so I gave up. I have been very inactive. I don't sweat and I don't poop and 10 days into the cleanse I noticed I was sweating, without even doing anything. My sweat glands opened up.

JJ: Yea.

Jackie: Oh, congratulations. You must feel so much better.

Edie: I stayed on the cleanse food. I haven't put eggs, dairy or any of that stuff back, and I actually can walk twice as fast now too.

Jackie: That's great.

JJ: That's so good. I love hearing that. You were just very inflamed. Let's go back to, when did this all happen?

Edie: You need to know that my life was threatened in a huge way and I had to get a new identity, so I was just too stressed out. That's my reason why my foot never healed because I was just too stressed all the time. I had to leave where I lived, everything went upside down in my life.

JJ: What I would tell you to do, because your body is a history book. When you get under a lot of stress, it doesn't just... "Oh, OK. The stress is gone now, I'm fine." Your body still has to repair from that stress. Things that I would look at is...

I'd always consider looking, because you said you didn't sweat and you didn't poop. I still would talk to a doctor and talk about thyroid function.

Edie: I did. I reached out to you guys at one point. Not you, but your team member. I already went to the doctors, every test in normal. I see a massage therapist. I'm really working on turning my life around. But I just wanted to let you know that I sweat now.

JJ: Yeah, that's so good. You might want to read "The Idiots Guide to Thyroid Disease," because what most doctors think is normal is not normal, unfortunately. I love hearing that, that's so good.

Jackie: So do I.

JJ: Think about things that you can do, like B Complex #5, Phytosome, Relora Plus, things you can also take just to help support your body healing from the stress. If you've been under chronic stress, I really like Phytosome to help heal it. If you still feel stressed, Relora Plus. I'm saying that for everybody listening. If you feel like you're under chronic stress, that's Relora Plus. But if you've been under stress and now you're trying to heal back from it, that would be Phytosome. Anyone who's been under stress...

Edie: How do you spell that?

Jackie: We'll send it out. It's Phytosome, and we'll make it available in the store, but please go ahead. I just want to make sure that nobody has to search for it.

JJ: Phytosome, with P-H-Y... Then B vitamins and vitamin C are always... Whenever you're under stress, you blow out those and use them up. Stress is a very nutrient dense process, so think about those ones too, just to support you getting fully back. Yea for you. That's just so cool. I love hearing that. Thank you.

Edie: Thank you. It was just a fluke. I turned on the email and read your ad and my gut said, "Do it."

JJ: I don't think it was a fluke, personally.

Jackie: Yeah, things happen for a reason.

Edie: OK. Well, I don't usually open up that many emails anyway, so thank you very much.

JJ: All right, good job. Thanks for taking action.

Jackie: Thanks for sharing. Natasha, do we have another caller?

Natasha: Yes we do. Our next caller is Sandra. Sandra, please go ahead.

Sandra: Hi.

JJ: Hello.

Jackie: Hi.

Sandra: Hi, thank you so much for receiving my call. I sent in a question, and I called in a few minutes late, so I'm not sure if you already might have answered my question. It was about my experimenting with the shake. It was very, very tasty, very, very convenient. The first day I had it, it worked really well for me, I was sated, then the next day... I was really tired that day, too. It worked really well in terms of feeling satisfied, but then as the days progressed I noticed that my blood sugar and my mood just tanked.

Also, my stools just started to get more and more irregular, and smaller and pebble-like. Then I just started having craves like mad, for sugar and carbs, and would wake up in the morning and just feel down. It was really hard to get into a good mood, and I'm normally...

What I deduced from that is that the shakes really don't work for me. As much as I love the convenience, and maybe it's an occasional thing.

JJ: Wait. Can I stop you?

Sandra: Yeah.

JJ: What were you eating like before you started all this?

Sandra: Usually a lot of protein types, meats, fish, vegetables, occasional sweets. Usually, I have to start off my day with a protein, an animal protein in order to feel sated and have the rest of my day.

JJ: Give me an example of what a typical morning food, breakfast would be for you.

Sandra: It could be some sausage. It could be, occasionally bacon, only because it's convenient.

JJ: You don't have to justify bacon to me, it's one of my most favorites on the planet.

Sandra: Me too.

JJ: You can admit it, we love bacon. What else would you have with that?

Sandra: Sometimes I would have leftover veggies, either steamed veggies from the night before, or sometimes I would just have a little bit of protein on its own, after a workout, then I would go... I wouldn't need a lot of food. I'm sensitive to egg, gluten, dairy, egg, soy, corn. A lot of times my breakfast would just be some sort of leftover meat, or smoked salmon, or a sausage, something like that.

JJ: One thing I'd say is, make sure that you're getting some slow low carbs in there too. Maybe sliced tomatoes with some avocados and broccoli, or something. Have you tried doing that for breakfast and then doing the shake for lunch or the shake for dinner?

Sandra: Yes, I did. It was still... Even though the number for the sugar is low. I would play around with the amount of... I would switch from let's say, the coconut milk to, let's say, water and coconut oil. I would put in avocado, just to get more fat in, but not necessarily the coconut milk, sometimes it was too thick for the shake with the fiber. I definitely played around with it. I put greens in there.

Sometimes I would just put in cold-pressed greens juice. I really tried to do, what I thought, I could. Sometimes I would even have bacon along side the shake. That would keep me alert for the first hour but then after an hour and a half, I'm hungry and I can't really concentrate.

JJ: You're doing it with enough protein, you're making it big enough?

Sandra: Yeah, for sure. I followed the recipe.

JJ: It's not your thing. I'm so sorry for you because gosh, they saved my life.

Sandra: I so wanted it too.

JJ: I'm so sorry. Have you tried...? Because I just did this at lunchtime, where I just did coconut milk, mixed with berries, mixed with protein powder, with some nuts on top. I would love to be able to swirl nut butter in more often, but I'm such a little crack addict with nut butter that I normally can't have it in the house because I just can't handle myself. I wonder if it's more the sense of eating rather than drinking that helps you and you're just getting your calories too fast when you drink. That might be another way you can use the protein powder. I love that so much.

When I was in Florida, I was getting my period and I was sniffing around. I took dark cherries, chocolate vegan VegaLite and coconut milk. I heated up the black cherries, and I mixed that all up. It was so darn good.

Jackie: That sounds so good.

Sandra: Wow. The first one was coconut milk with berries, protein powder and nut butter. Is that what you said?

JJ: Nut butter or chopped nuts on top, really yummy. That's the other thing I love to use with protein powder. I'm always making these pies. So good, so yummy. You can think outside the box there a bit with these things. That might work for you if you need to eat rather than drink.

Sandra: OK, all right. Then another question, have you ever heard...? I found out on Dr. Mercola sometimes people take Colostrum if they're Casein sensitive. Have you heard of that before?

JJ: Take it for what reason?

Sandra: I was thinking of adding it a smoothie as an alternative experiment for a protein source because I can't take bouldardii.

JJ: The only reason I have people do Colostrum is if I need to raise secretory IGA, but you can use either aloe or saccharomyces bouldardii to do the same thing. I've backed off of it because you're still going to have some dairy issues with it. I don't know why you'd do that, it doesn't really make sense.

Sandra: OK. You said aloe or what was the other thing?

JJ: Or saccharomyces bouldardii. I think we have it called Sacro B. Is that what it's called, Sacro-B, Jackie?

Jackie: I'm not sure.

JJ: I think it's called Sacro-B. I'm pretty sure, Sacro-B.

Jackie: Yes, Sacro B.

JJ: Those are the two ways that you can do it, raise it, if you need to. I do some GI testing and I'll look at your secretory IGA. Secretory IGA, for people who are going, "What the heck is that?" It's really a way to measure your gut immune system. Your gut immune system is really your major... Your gut is really your major immune system. It's a way to measure it, to look at sigA, as we call it.

Sandra: OK. If I were try to repeat this, because I have the leftover supplements and everything, and maybe in six months or maybe three months repeat the detox, would it be effective to eat three meals a day, maybe two bigger ones and one smaller one, while detoxing?

JJ: I want you to think, not in absolute terms of "I'm detoxing" or "I'm not." Because every single day we're getting hit with crap. Every day we're getting toxic. Really, who's going to win the best in their health are the people who detoxify the best. Ideally, you're doing things every single day to detoxify. Truthfully, I use, most of the time now, the Mediclear XGS shake. I alternate a little bit with the vanilla VegaLite but I've been using more of that.

I take nutrients to help with detoxification every day, especially when I travel so much. I mean, walking into some of those hotel rooms where it's, "Ooh..."

Detoxification is really a continuum. Everything from drinking more water, having more green plants around, doing a lymphatic drainage massage, doing dry brushing before you get into the bathtub, all these things are detoxifying.

What I like people to do, a couple of times a year, is what I would call a very focused cleanse, for a couple of reasons. The number one reason is it gets us back in line. No one is going to be at their peak and perfect all the time.

First of all, if you are, no one likes you and they don't want to be around you because you're...

JJ: But also, we've got a lot of stuff to focus on. What I like about taking time and doing it, detox, is that you're paying attention. You're really focusing and that's great. You start to remember, "Oh, yes, I forgot to be dry rushing. I forgot to do the bath with the sea salt and Epsom salt bath and all that kind of stuff. It gets you focused on some different things and you can get a little bit more intense in your detox behaviors. Do your detox packets, do twice a day detox shakes. Now, if you can't do the shake itself, there's still other things you can do.

You up your fiber. You do green drinks. You take the detox packets. Those things all support it too. You do them best you can with what you've got.

Jackie: OK.

JJ: OK.

Sandra: Awesome. Thank you.

JJ: Long winded answer, sorry.

Sandra: Oh, no, I'm glad. I wrote it all down. Thank you.

JJ: Wow, that's impressive.

Jackie: All right. Thank you, Sandra. I see your question. We hadn't gotten to your question yet. I see where it is and, obviously, we answered that in terms of, "The shakes don't work for me."

Sandra: All right. Thank you both.

JJ: Thank you.

Jackie: Thank you. Natasha, do we have another caller or are we going back to the submitted questions?

Natasha: I do have one more online if you'd like to take that?

Jackie: Great. Sounds good.

Natasha: OK. Our next caller is Caulli. Caulli, please go ahead.

Caulli: Hi, guys.

JJ: Hello.

Jackie: Hi.

Caulli: I just wanted to share with you first, if that's OK. I've been on the cleanse, did the Spring Break Cleanse. You guys have saved my life.

Jackie: Thank you so much.

JJ: Can we get in writing?

Jackie: Yes, I know.

JJ: No, I'm serious. I want that in writing, "You saved my life."

Caulli: Yes, definitely. I've done the two shakes a day and all the supplements that came with the kit and last year I was diagnosed with premature arthritis and my doctor looked at my hands because they were sore, the knuckles were red. I was having to crack my hands about five and 10 times a day. If you just look at my hands. He held my hands, he goes, "What do you do?" Well, I said, "I'm a milliner." He goes, "What's that?" I said, "Hat making." He looked at my hands and he kind of threw them up in the air and he said, "What do you expect?" Yes. I have a new doctor now.

JJ: Good.

Caulli: Yes. He just summarily dismissed it as arthritis and I would have shoulder rotator cup pain and arm pain, back pain. But I didn't think my life was really miserable and I had allergies, hay fever. I went on a cleanse and nine days into the cleanse my hands stopped hurting. I stopped having to crack my knuckles. I have one knuckle that's just faintly pink but it's going away. I have no other pain.

JJ: Wow.

Caulli: No rotator cup problems at all. My hip doesn't click when I walk. I know it sounds amazing but it is so true that I did the Spring Break Cleanse and I decided to stay on it. Then I decided the second week, or actually it'll be my fourth week, to start adding stuff in. I wanted to start with dairy. I had a cup of milk, warm milk at night because I used to really enjoy that a long time ago, woke up the next morning with a migraine. My head was stuffed, my face was swollen. I was in pain, not going back to dairy.

JJ: Yes, I'd say that's pretty clear.

Jackie: Right.

Caulli: The same with soy, everything that I was eating I thought I was eating healthy before. Everything appears to be as it's poisoning you like you say. I didn't do sugar. I didn't do artificial sweeteners. I ate plain old-fashioned oatmeal, lots of Greek yogurt, lots of soy milk, fresh vegetables and either chicken or salmon or like Jackie likes sardines. I'm crazy for those.

Jackie: I love it.

JJ: You guys are just disgusting.

JJ: I hear my hero's really...

Jackie: I get satisfaction at grossing people out like liking sardines. They just have such a visceral reaction.

Caulli: Well, anyway... But everything wasn't organic or grass fed or didn't have antibiotics. Once I switched to that, I had one day where I really felt awful and I remembered JJ said, "Don't give up. Don't do that." That was my seventh day. I went to bed and I slept and I got up and since then I've had so much energy and I'm losing weight. I lost six pounds in the first two weeks. This morning my husband grabbed me by the waist and kind of shook me a little and he said, "small" and he had a big smile on his face.

Jackie: That's so sweet.

Caulli: I know and my son, my son looked at my face and said, "Mom, your skin looks great."

JJ: Wow, for a kid to say that, amazing.

Jackie: Yes.

Caulli: Yes. I don't wake up with a bad taste in my mouth anymore. Even though I brush my teeth, I'd always have that horrible morning breath. I don't have really bad morning breath anymore.

JJ: Interesting.

Caulli: Yes, and no... My carpal tunnel's, I suppose it's carpal tunnel, is gone. I don't sneeze. I don't have allergies and hay fever all the time and congestion. It was like I was poisoning myself all my life and just didn't know it.

JJ: I have to get this in writing: JJ@JJvirgin.com. Send this to me. I have to have this. This is incredible stuff for when the book comes out December 28th. I've decided, I didn't tell you this, Jackie, that I'm determined to help a million people. Obviously, first it's leading out to losing weight but as you can see, that's like the most minor part of what happens when you do this. It just gets...

Jackie: Of course.

JJ: But when you really look at what all happens from doing this, it's just amazing. The story you're telling us is the thing that I hear most often which you tell people at the beginning. They kind of look at you like, "Sure." But most people at the end of three weeks are like, "Do I really have to eat that food?" Because they totally get what it's been doing to them. It's like, "Why would you want to go back to that?"

Caulli: My other question is, can you make some suggestions when dining out, anything that's safe? Because my friends are getting sick of me because I won't eat... I call it poison food now.

Jackie: The biggest thing when you're out is to... Because I have to go out with a lot of people all the time and I end up ordering salads with a grilled chicken or salmon on it. I always make my own dressing. I always and JJ does this too. You look at the menu and you see what they have in terms of ingredients, if they're using avocado, if they're using lemon. Sometimes you'll be in a restaurant using pico de gallo or jalapeno. You can always ask for some chopped garlic, some lemon and some jalapeno on the side and almost use that as your dressing. But the biggest thing that I do is that I do not really talk about the way that I order or

the way that I eat food with my friends and with people that I eat on a daily basis because everyone sort of has an opinion and you end up bringing up... What you do ends up bringing up issues in their own food habits or their own struggles or their own challenges.

Soon you'll find that, if you just start to order what you order whether it's salads, obviously, salads and vegetable soup, so sometimes they tend to sneak some things in those vegetable soups. It's really great to just sort of stick with a huge salad and put some fish or some chicken or something on it because you have so much more control.

But the biggest thing that I have found now is that people will wait for me to order first and then they'll order what I ordered. JJ, does that happen to you too?

JJ: Just a little bit, yes.

Jackie: Yes. I mean, I'm sure... They wait. They say, "Oh, Jackie, what are you going to have?" Then, if I'm not specific, they'll still wait until I order first. I mean, the biggest thing I think also because, JJ, I've seen, obviously, the way you order as well, is you're ordering exactly what you're ordering on the plate that you would do at home. It's so beautiful. You don't even have to cook it. There's a huge chef...

JJ: Let me add a couple of things in here that I think are really easy. Number one, what we do is we scan the menu. We scan the menu to see what's on that menu that looks good and I don't assume just because it's... Let's say the chicken has Brussels sprouts and I want the salmon. Well, I'm going to get the salmon done the way the chicken's done. I look at what all is on the menu and then I put together what I want.

Jackie: Exactly.

JJ: I'm very, very charming about it.

Cauli: Me too.

JJ: You must be very charming and I say to them, I go, "Oh, I think I'm going to be a bit of a pain." They're like, "Oh, no. It'll be OK."

Cauli: I do the same thing.

JJ: Yes, you must be very sweet and charming. Otherwise, they'll spit in your food, I swear because what you're about to do is really irritating.

Jackie: It's really irritating to the chef who has put these things together.

JJ: In fact, you were with me in Miami when I kind of said to them, "I really want this. Do you think... What do you think the chef will do?" We got into a cahoots about it. He was like, "Well, I'll get him to do it" and blah, blah, blah. Like, "Oh, the chef's a pain." I'm like, "You think you could get him to do it?" "Oh, yes, I bet I could." I mean, we went through this whole thing. In my mind, in my brain, I'm going, "I'm paying. I'm having it this way, dude." But I'm going very nice and they're going, "No, that's what I'm thinking." I really look at that whole menu. I ask a lot of questions because you can get anything done with olive oil.

I mean, I eat out. I just was three weeks on the road. I eat out everywhere and 90 percent of the time, I feel great. I mean, I can always tell when I got hosed and you will occasionally. I'm like, "Oh, my stomach's killing me." But for the most part, it all works out pretty well. I will tell you a funny story because I was out with Dr. Aman and his wife. His wife was selling her new book with my agent.

My agent who went on the program and so she's doing everything right and her boyfriend. Then this guy that's a buddy of mine... You know him, Kan. Kan's family are wheat farmers, which is really hilarious. He was late so I ordered for him. At the end of the dinner, he was confiscating everybody's rolls and eating everybody's bread.

JJ: No one would eat it. You know what? The next day, he said, "OK. I'm not eating wheat anymore." He just quit. I was like, "You can do whatever you want, man. I'm not like our mother. I'm not in charge. You do as you want." It's like I think the peer pressure finally got to him.

Jackie: Yes, it's funny too. I don't even let the bread come to the table.

JJ: No. Don't invite the enemy to the table.

Jackie: I don't ever, ever because if I'm really hungry, I'll just want the whole thing because I'm so hungry.

JJ: Well, who doesn't, especially when they have like that really crusty sour-dough bread. I'm not letting that get to the table.

Jackie: With butter.

JJ: Oh, yes. Who has the self control to deal with that? I mean, don't be mean to yourself. Don't do that to yourself. It's just ridiculous.

Jackie: Exactly.

JJ: But I do find it really easy to eat out because you just get the menu.

Jackie: So do I.

JJ: You talk to the chef. You talk to the waiter and you do it. But again, don't talk, do not talk about it with people at the table. Just don't make a big scene about it. Don't be a pain in the ass. No one likes that person, right?

Caulli: Well, it's stirring up things for them, that's what they all...

JJ: Yes. Then they all feel. It's like I just kind of talk to the waiter and say what I want. I don't pass any judgment on what anyone else is eating, although, sometimes my face might make a little thing.

Jackie: Also, JJ said this in a different call, and I completely agree because we always do this with my husband. Sometimes you have to just say you're completely allergic because some restaurants just really don't want to...

JJ: Yes, you can tell.

Jackie: Some things they bring you, you'll know.

JJ: You'll know.

Jackie: If you tell them you're allergic...

JJ: The allergic thing.

Jackie: Yes, they don't want to deal with that at all and so they will go out of their way, "Oh, OK, grilled. Nothing's on the grill. We'll put this in a separate place for you, only salt and pepper." You really can sort of call your shots. My husband always can because he actually is allergic to some things. That's always a great thing to use if you feel like you're getting a little bit of push-back.

JJ: Yes. Just explain, say, "I didn't really want to like make a big deal, but it's a health issue and here's what happens. If this happens, I'll be like in the bathroom the rest of the night, in your bathroom."

Jackie: Well, Caulli, thank you. I can't thank you how excited I am to hear and how hearten I am to hear about the fact that you're not in pain and your knuckles...

JJ: So huge.

Jackie: ...And what you do for a living. I'm so excited for you.

JJ: I know, so please write that out. I love that. We have to tell you one other thing. Jackie and I were in Miami with a group of gals and we went out to dinner. It was so funny because Jackie and I ate the way we eat and like these guys ordered salads and then donuts.

Jackie: Oh, I ate the biggest dessert I've ever seen. It was huge because they were starving. They had ordered...

JJ: They had ordered salads and then they had donuts.

Jackie: Little, tiny salads, though. They weren't even an entree size.

JJ: We were at a steak and fish place, where we ate so much we couldn't have eaten a doughnut should we have wanted to, which we didn't. Anyway...

Jackie: Well, thanks again. Natasha, do we have another caller, or do we go back to the Q&A?

Natasha: We do not have anyone in the queue.

Jackie: Thank you. The next question... So many people ask me this, "What about steel-cut oats? How about sprouted grains like Ezekiel bread, tortillas and pasta? Is sprouted wheat any different than any other wheat?" "I listened to the caller with her list of possible grains. One that wasn't asked about is rye. Is that OK? I love whole rye. I think it's Ryvita crackers with hummus eggplant spread on them."

JJ: OK. Well, rye is gluten, number one. Number one, let's break this down here. A, rye is gluten. B, steel-cut oats, as long as they are done in a gluten-free plant, yes.

When you sprout grains, you're still going to get the gluten, but what you're going to do is reduce the phytic acid and lectins. Remember lectins lead to lectin resistance, insulin resistance and weight gain. When you sprout, you will reduce that, so that's the good news, and you'll reduce the phytic acid.

There's some benefit to it. You may be able to tolerate sprouted grains where you couldn't do regular grains.

I think the less grains the better. That's number one, my personal opinion...

Jackie: Me too.

JJ: ...Is that the lower grains the better. I would rather see you eating lentils and legumes that have been well-soaked, and then quinoa because quinoa's a seed, not a grain, and I think the less grains you eat, the better off. It's funny, because if I try to do oatmeal for breakfast, my blood sugar sucks.

Jackie: I'm starving. I'm starving in an hour and a half, if I do that for breakfast.

JJ: Me too, so I just don't. It's done. Don't do it.

Jackie: The other thing that I see people do is that they love bread so much, so they say, "OK, I'm going to substitute it with the sprouted grains because I still need that bread." But one of the issues is that it doesn't taste like their incredible, what we were just talking about, sourdough crusted bread.

JJ: No, it doesn't. It's not the same.

Jackie: It's not a good substitute, and they end up eating three times as much because they're still craving that taste of that white bread or whatever they love. It's almost better to retrain, find other great things that you like just as much, versus trying to find a substitute.

JJ: You brought up something really important. It was interesting, when I was at Harlequin for my book sales meeting... I love Harlequin so much, I have to say it again. I love, love them. Love you, Harlequin.

Jackie: I know.

JJ: I'm in love with them. When I was there, they cornered me, these gals. "We want to know what you crave." It's very interesting. I will tell you that I used to have horrible cravings for frozen yogurt, for sourdough bread, for muffins, but when you do not eat that stuff, you don't have cravings for any of this stuff. It's gone.

I will tell you, now that I don't eat... I don't eat bread. It used to be that I would occasionally eat a little bit of a crust of sourdough. But when you just stop doing it, you get over it.

Now I know, if I do, my fingers are swollen the next day. Well, if my fingers are swollen, my body's swollen. Is that really worth it?

These things have a drug-like effect on your brain. I put that on my Facebook page today and some person sent me some snotty-pants remarks back and I'm like, "Honey, they do. It's not my rules."

Jackie: Right. Even the smallest amount of... If you have a lot of honey on something, you didn't realize how much honey it is, it's going to make you want more food. So many of these things are a drug-like effect. You're absolutely right. You didn't make up the rules.

JJ: I know. People get so mad at me, and I'm like, "Trust me. If these were my rules, we'd be able to start the day off with dark chocolate, sourdough bread and a glass of wine."

Jackie: I know.

JJ: It's not my rules.

Jackie: Another very quick thing I want to add is that it does take me... Sometimes, when I go off the cleanse way of eating, because it will just happen, it takes me a few days to have the cravings completely go away, and then they really go away. Also, give yourself a chance. Sure, say you didn't do things for a couple days, you're like, "But I still want it. I still want it." It just depends on where you are and how you take things, whether you're going to crave it or not.

It takes me a few days to say, "OK, I really don't want that slice of pizza I see right when I walk into Whole Foods." It's the best pizza I've ever had.

JJ: Every day, it gets easier, it gets easier, it gets easier. Had you told me, a year ago, that I could walk into Starbucks and they would have that damned oatmeal raisin cookie back in stock that they had before, and that I wouldn't want it, I would have gone, "No chance."

But it really is at a point now where I can look at that oatmeal cookie... I will tell you, three, four years ago when they first started that oatmeal cookie... My mother used to make me oatmeal raisin cookies, and I looked at that, and all of a sudden... I don't know, I had to have the damn thing.

Jackie: Oh, yeah. It makes complete sense.

JJ: Yeah, totally. Food is love. But now I look, and I'm like, "I could care less." It's really, when you do not eat these things, you break free of these cravings. That's the best part. It's like you just got freed up from prison, from food prison.

Jackie: Absolutely. I'm so glad you just said that, because somebody just sent me an email the other day and said, "Sugar really is a beast." That's my line, "Sugar is a beast," in many ways.

They said, "It really is a beast. Suddenly, I don't find myself controlled by it anymore."

That's always the best feeling, when you feel like you can take it or leave it, versus feeling like, "If I don't have that chocolate right now, I'm going to just..."

JJ: Feel like killing somebody.

Jackie: "...Go crazy." Exactly. Exactly. OK, the next question, "How do you make good kale chips? I've tried, they always burn and they make me really gassy." Do you want me to take that?

JJ: You take that one, because I've been buying them at Whole Foods.

JJ: That's how I make good ones.

Jackie: Do you mean those new things in the packages?

JJ: The raw ones. There are a couple different brands. There's a raw sea salt vinegar one.

Jackie: Yes.

JJ: Holy moly moly...

Jackie: I haven't tried them.

JJ: The thing is, they're carb-y, so you have to count them as your high fiber starchy carb.

Jackie: OK.

JJ: I'm just a little piggy-poo with those things, so you have to be careful with them.

Jackie: Because they're so good.

JJ: Yeah, I looked at them and I went, "OK, I can't bring these home."

Jackie: It's so funny. The way that we make... Always, with kale chips, it's best to slice it lengthwise, so they're long strips. The biggest thing, if you're burning them, is that you're cooking them at too high of a temperature. You're really going to look at a 350, but keep ratcheting it down if you still find that you're burning it, because you know ovens all run differently.

I always do salt. I always do a tiny bit of pepper. I do a tiny bit of olive oil. It's much better to do coconut oil if you want to, but my kids happen to like the olive oil taste more than the coconut.

JJ: Try Malaysian palm fruit oil then.

Jackie: I know. I know, and I also want to try macadamia nut oil, that I have to go to special stores to get.

JJ: Just get it on Amazon Prime, man.

Jackie: Yeah.

JJ: What are you doing wandering around?

Jackie: It's such a good point. I know, and I have to because we all know that olive oil's not the best to be cooking at such high temperatures.

JJ: Well, make sure that you're doing the regular and not the extra-virgin, but honestly Malaysian palm fruit oil does not get damaged by heat.

Jackie: OK, I'm going to write that one down too.

JJ: Yeah, and you can get it online. Everything I do, I first check on Amazon Prime and see what I can get there. By the way, let's talk crunchy. Those raw flax crackers are the yummiest things, ever.

Jackie: I haven't had them. OK, they're good. I haven't had those.

JJ: So good.

Jackie: I just want to finish really quickly. Only put them in the oven for about 11-12 minutes, and keep checking. The biggest thing with kale chips is they will burn very quickly, even if you do it at a low heat. You have to be super mindful, so you can tell what your oven does. In terms of making you really gassy, I'm not sure. JJ, do you have a comment about that?

JJ: I'd need to know more. Is this the only thing that makes her really gassy? How much is she eating to get gassy? You know what I mean? It depends how much of something you're eating, right?

Jackie: Right.

JJ: I mean, if I hog out on broccoli and Brussels sprouts, I'm going to get a little gassy, but it just depends.

Jackie: Yeah, and also your body gets used to it. A lot of times, it goes down, but it just depends. The next question, "If I already drink eight cups of green tea per day, eight tea bags plus extra water, should I be cutting that or doing it in addition to eight cups of water? I also drink 24-48 ounces of water when I work out.

"I generally drink a combination of various Yogi green teas, not usually decaf, except decaf Kombucha, and Costco Kirkland Matcha. I also add half a cup of unsweetened cranberry juice and lemon juice to the 2/5 quart to make it sour."

JJ: Let's see. If you're doing 48 ounces of water and you've got eight cups of tea... The biggest way to know this is are you dehydrated? When you step on a scale, has your weight gone down? Work out and then check your weight, but it sounds like you're getting enough fluid. You're getting 48 ounces of water when you work out. Yes, tea will dehydrate you a little bit, but it's not like you drink a cup of tea and you need two cups of water, so I think we are OK here.

Jackie: What about the unsweetened cranberry juice?

JJ: Well, a half a cup of that... I'm not a big fan of cranberry juice, but a half a cup I'm not worried about.

Jackie: OK.

JJ: I know that that's the Ann Louise Gittleman one, I don't agree with.

Jackie: Right, exactly.

JJ: Yeah, I don't...

Jackie: OK. "I read this on the Flavia Del Monte website. Greek yogurt is made slightly differently than regular yogurt. After the milk is fermented with live bacteria, the yogurt is strained in a filter or cheesecloth. This straining process removes the whey, the liquid part of milk, and at the same time removes the lactose. Greek yogurt is low in fat, sugars, carbohydrates, and high in protein, making this a favorable food to support a flat stomach.

Does this mean it's a good choice, or should it still be cut limited after the cleanse? I love Greek yogurt."

JJ: It depends if you can handle dairy or not. Just because it's taking out whey doesn't mean it's taking out casein. We know this, that... Sorry, I just got totally distracted by something.

Jackie: I was waiting for you to come back.

JJ: The stuff she just said about Greek-style yogurt, that's why we tell people to have Greek-style yogurt. It's higher in protein, but if you can't handle dairy, you can't handle dairy. For people who can handle dairy, you're always better with fermented dairy. That's always better. With fermented dairy, raw dairy, organic dairy. But if you can't handle dairy, it doesn't matter if it's Greek-style yogurt or what, you can't handle dairy.

If I eat Greek-style yogurt, which I adore, love, love, love, love so much, I get sick.

Jackie: Yeah. The thing is, after you reintroduce it... Not you, JJ, Deb is who wrote this. After you reintroduce it, you'll be able to see pretty quickly if you've been cleanse-compliant. In class three, JJ talks about when she reintroduces things to the diet.

JJ: Yeah, so remember dairy is one of the most reactive foods that I've seen. Even though something could be considered healthy doesn't mean it's healthy for you, and that's a really important thing. Greek-style yogurt could be considered healthy, but if you have autoimmune disease, or you have acne or rosacea, it's not going to be healthy for you.

Jackie: Great point. Before I go to the next question... Natasha, do we have anybody that's waiting to ask a question? I just didn't want anyone sitting there.

Natasha: Not at this time.

Jackie: OK, great. Next question, "Why are tomatoes considered a high-fiber, starch carb choice on the food list? Now that I'm done with the cleanse, is this something I can snack on?"

JJ: First of all, like we talked about, not snacking. We tell you to eat three meals and one snack, so no, you can't snack, but why tomatoes are considered a high-fiber starchy carb is because they are. They are really a fruit. Fruits are under the high-fiber starchy carbs. We have proteins, they're not in that one. We have fats, they're not in that one. We have non-starchy vegetables, they're not in that list, so the only list they...

JJ: If you want to have a tomato as part of your one snack a day, if you do need to eat your snack... Again, if you've got adrenal exhaustion, high fasting blood sugar and you have to do, for the time being, three meals and two snacks as you heal your adrenals or fix your insulin resistance, that's one thing, but ideally you're eating every four to six hours, and you're not snacking. You might have one snack a day. I find that sometimes I will do one snack.

What you could do is, you could do, say, tomatoes and sliced turkey. That would be fine, or tomato, avocado, sliced turkey. But just tomato on its own, I'm not a fan of just snacking on a high-fiber starchy carb because it will drive up your blood sugar.

Jackie: Then, the next... We keep kosher and kosher grass fed beef are truly prohibitive in costs, if I can even find them. What would you recommend?

JJ: Well, if you can't do it, then do the best you can with what you...

Jackie: Yes, that's what I was going to say too.

JJ: I mean grass fed beef, as far as I'm concerned, people can eat as much... They can eat grass fed beef like way more than regular beef because it's not prone inflammatory. It really depends on if you're eating corn fed beef, don't go eating it four times a week. Limit it.

Jackie: OK. The next... We answered the second part of Deborah's question, but the first part, "I sprained my ankle. What should I do for exercise?"

JJ: Well, this is really... I don't know how bad of a sprain it is and what you're able to do. I mean, the good news is you can still do all of your upper body stuff. Obviously, you can do that. As far as the rest of it goes, I don't know how bad of a sprain it is, if you can do things like squats and stuff like that. Without working directly with you, I would tell you, you really kind of have to talk to your doctor or a physical therapist on that one and see what you're able to do.

Jackie: I will say I sprained my ankle last year and the first person I called... Well, I did go to a physician, but right after that, the first person I called was Stu Middleman. I don't know how long you've been with PEERtrainer, but maybe you've heard us talk about Stu, and he is an ultra-marathoner. He did 1,000 miles in 10 days. He ran 100 miles a day. Of course, he's a different kind of athlete. But he has experienced millions of sprained ankles. What was interesting is his advice was the exact same advice that was at my physician. You know I live in Boulder, so it's a pretty active place. They both said you have to on a scale of one to 10, you have to gauge your pain when you're walking.

If your pain is at a three or below, then that's OK. If your pain goes over a 3, then you should start resting. One of the worst things, it used to be all the research pointed to rest, rest, rest and don't be on your foot. But what they found in the recent stuff is that your muscles atrophy very quickly when you keep resting.

Again, of course, go to your physician, but really use that scale because it really helps. It helped me get over my sprained ankle, and I really rolled it. I had been

hiking up this mountain called Mt. Sanitas and it was... At the time, I was going fast.

I was really putting some pressure on it. But I think I healed my ankle within a week and a half, two weeks at the most from sort of going on this advice and still using it. But if I was over a 3, I would stop and I would completely rest. Just as an ancillary thing, of course, go to your physician. But that's really... For me, I kept walking and I was really able to get back pretty quickly.

JJ: You know what I would tell you. I sprained my ankle so bad that they actually put it in a cast when I was in Japan.

Jackie: Oh.

JJ: The way I've always been taught to do... Yes, it was a nightmare. Sprained ankles is to push them to the point of pain, slight pain and keep going and then back off. I mean, same thing, just exact same story as you. But another thing that really helped me get through a sprained ankle quickly is acupuncture.

Jackie: How interesting. That makes complete sense, of course.

JJ: I mean, amazing. I will tell you that I sprained my ankle. I was living in Japan and I sprained my ankle, right. Then I came back home and I went back to Japan to take some videos and immediately sprained my ankle again. Now, you're going, "What the heck is it?" Well, in Japan, they have these little step-downs all over the place. But I was always so concerned about hitting my head on the door jambs when I was walking through the step-downs, instead of looking down at the step-downs, I was always looking up to see if I was going to hit my head. I kept missing the step-downs.

I missed the step-down and sprained my ankle which is so silly. I had a black and blue ankle and I had to dance in a video and the only thing that saved me was massive acupuncture.

Jackie: Oh, my gosh, oh, my gosh. I'm not laughing at you. How awful. I can't believe that. That was just a strange thing to have to go through in your daily life. Oh, my gosh.

JJ: I had such weird, weird stories like when you really start getting down to it. OK.

Jackie: OK. Yes. Next question... "Hi, Jackie and JJ. I've been loving the cleanse, been almost 100 percent perfect, two shakes, one high veggie, low starch lean protein meal a day, bursting, walking, hydrating. The problem seems

to be, instead of having better bowel function, I'm getting more constipated in a dry way. Water intake is adequate or better. The few times I've had something sweet like, for example date flavored flax seed crackers, the size of a quarter and a small amount of 88 percent extreme dark chocolate, I've noticed almost immediate GI upset and headache and toxic response.

I'm wondering if this and a bowel dry movement are features of Candida overgrowth that are unmasked by the otherwise cleanliness of my diet. Should I cut out all sugar, even fruit and shakes and go with the...?" Barbara, what is that?

JJ: Oh, it's anti-sialic acid. Here's a couple of things here. She's trying to figure out why the dryness. I would be more concerned that you are not digesting your fats well. Honestly, so there could be a couple of things going on and this would be great to work with an integrative MD, nutritionist or a functional, naturopathic doctor. If you can tell us where you're at, maybe, we can give you a suggestion. My first thing that I see when I hear this is that, maybe you're not digesting your fats well. Make sure that you're getting enough fat in your diet. That's number one. Make sure you're eating enough healthy fats in your diet, OK.

I'm not really sure... When you say you're more constipated in a dry way, I really don't quite get what that means. Do you?

Jackie: If you want and, yes, this is from Liz. If you want to elaborate on that and send us an email, we'll...

JJ: Yes. Why don't you send us... We need a bigger... Elaborate on this thing and then just send it to me and I'll send it back over. OK.

Jackie: Perfect. OK.

JJ: You do not have to wait a month. Then, the next one was a blender, a long term sturdy blender. I can tell you what I don't like because my ex-boyfriend gave me a Tornado. This is one of his... I was just thinking back because my birthday's coming up, Jackie, and I go, "Whatever happens this year, my birthday will be better than last year," when my boyfriend tried to get me, after two years of dating, a \$100 Starbucks card as a birthday present and then went and bought me CZ earrings, yes.

Jackie: Oh.

JJ: Anything's better but he also at Christmas gave me a Tornado blender, so Mr. Romance. That is just... They try to sell it as like a better version of a Vitamix and it is not. Nothing beats a Vitamix, the best blender is a Vitamix.

Jackie: I have a Vitamix. My Vitamix is just incredible and I know that it's expensive, so I know that it's...

JJ: But it's forever.

Jackie: Yes. I think it's over \$400. It is forever. I will tell you that if you're just... I'm just not going to spend that kind of money on a blender. I do like the Osterizer Professional. I'm not sure how much it is. It's definitely cheaper than the Vitamix. I know when I've done my shakes and they're sort... In fact, I've experimented because I know everyone's not going to buy a Vitamix. I wanted to do it in two different things because the Vitamix just blends these shakes so well, you don't have to think about it. But I wanted to sort of do it in the Osterizer. I really do like that as a second choice.

JJ: Yes, that's good to know.

Jackie: I started with an Osterizer and a Professional.

JJ: If anyone wants to get me for my birthday, it is this week.

Jackie: It is this week? Oh, I didn't even know. Oh, I didn't know. I didn't even know. I'm glad. OK, I'm finding out with everybody.

Jackie: Let's make sure. Why don't we all send JJ a blender for her birthday just to get over the trauma.

JJ: I know because every time I look at that Tornado, I'm mad at him all over again.

Jackie: I think we'll all tell JJ to give away the Tornado, never look at it again. All right. The next one is, "Can you break down the cleanse in terms of what we are doing that helps loosen the toxins in our systems versus what parts of the cleanse specifically aid in the ridding of the toxins?" For example, we cut certain foods out of our diet. We took detox pills, drank water, green tea extract. I'm trying to zero in on what category each of these things fall. Now, JJ, I was pretty sure this was in your class but please...

JJ: Now, there's a chart in the class. Really, the best thing you can do, there's a chart that shows what frees it up and what thing gets it out. I mean, the biggest thing is you want to look at minimizing toxic exposure. That's number one, and then anything that can support detoxification, both helping your body free them up from the tissues and helping your body escort them out. There's a chart on there that does it. I'm honestly trying to figure out why and some things fall into multiple categories. To be quite honest, I'm trying to figure out it's like there aren't

really any absolutes here. I really don't know why someone would want to really even know this because like there's phase one. There's phase two. There's then oxidative stress.

I mean, there's things that are important in phase one and phase two, some things that are more in phase two. But I don't know why it really even matters.

Jackie: I was thinking you really did go pretty... You went pretty in depth in this in class one. It might be a good idea just to sort of review that as well.

JJ: Yes, look at that. We give that big, intense chart that goes through all of this.

Jackie: I'll look. I don't know off the top of my head, I thought so, but if not, I'll just send it out.

JJ: Yes, put it back in there.

Jackie: I'll just send it out.

JJ: Again, my comment to you is that there are really no absolutes. There's things that are going to help with phase one that also help with phase two. There's things that may just push phase two and not help with phase one. There's things... Your body works in a continuum.

Jackie: Right, right. The next question... "I do high intensity interval training for 15 minutes early in the morning and I am exhausted afterwards. I literally fall asleep, laying on the floor after the workout. Is that normal? If I do want to go back to bed, should I wait to drink my cleanse shake until after I wake up the second time or should I drink it immediately after the workout, regardless of whether I go back to bed?"

JJ: OK. I need more information here because I looked at this and I went, "What time are you getting up?" Because, if you get up and you're so exhausted after working out, either what are you doing, getting up at 4:00 am and working out? That was my question. Or, would this happen any time you work out? There's something wrong. It's not about what time you should drink your shake. It's why is this happening because there's something really wrong here that...

Jackie: Yes, this exhausted after a 15-minute interval, interval training...

JJ: Yes, not OK. There's something wrong. You either have adrenal exhaustion or you're trying to work out at 2:00 am and it's not making any sense. I don't know which one it is. But I heard that and I went, "This isn't about when to drink your shake. This is about why are you so exhausted."

Jackie: Yes, exactly. What happens to food within your body if you take a nap after eating? In other words, why is bad to sleep after eating?

JJ: Well, a nap's not a problem. The reason that I talk about not eating two to three hours before bedtime is because I want you to be able to raise ghrelin. Ghrelin is the hormone produced by your stomach and when it's empty. What I want you to be able to do when you're sleeping is raise ghrelin, which helps then trigger the release of growth hormone, which helps you repair and rebuild, which is what we're supposed to be doing when we're sleeping: repairing and rebuilding. If you go to bed with a full stomach, your body has difficulty doing that. Also, biomechanically and structurally, if you go to bed with a full stomach, you could also create a little heartburn. That's the other issue.

Jackie: Because of the PEERtrainer website, I read through books like "Living the Low Carb Life," "Why We Get Fat," and Jonny Bowden's "100 Healthiest Foods." Are you familiar with the contents? Did you agree with the recommendations within? For example, low carb diets are explained and ranked in the first book and within several of the highly rated diets, fats and cheese are also a large part of the diet.

JJ: Jonny Bowden's one of my best friends. I think, if you read the books, you've seen me quoted in them. I love Jonny and understand he's rating the different diets and that's all about low carb. If you look at what we're doing, it's a low carb diet but we deal with something else and that's another thing called food intolerance which isn't part of the low carb diet. That's the difference. I love what Jonny's doing and this is just taking that to the next level and that it's low carb plus food intolerances.

Jackie: Also, just to clarify for a quick second, carbs meaning low carb meaning like that little bad carbs.

JJ: Yes, I mean I went through many non-starchy vegetables.

Jackie: Yes. Vegetables are carbohydrates. I always have to stick that in because people...

JJ: If you look at it too, I don't include vegetables in carbo... That's why I term things differently, because I don't want people to ever feel like, "I shouldn't eat those non-starchy vegetables." No. You need to...

Jackie: I'm just glad we're clarifying that, because sometimes people forget low carb means low bad carbs, not the vegetable part of it. The next one, "I was following a diet plan that revolved around eating a two-ounce lean protein, plus half

a cup of starchy carb, example brown rice, and one to two cups of vegetables every two to three hours. The starch is included in that quantity in every meal, so my question is what are the drawbacks to this method?"

You specifically talked about, in the class, why we're not going to be eating every two to three hours, and why we eat three meals. Feel free to elaborate again.

JJ: The only way I have someone eat that way is if they have hypoglycemia, they're insulin resistant in healing, or they've got some issues with adrenal exhaustion and they're healing. Other than that, I do not advocate eating that way, because when you eat small meals every couple hours, every time you eat, the very nature of eating means that you are going to raise blood sugar.

If you are raising blood sugar, then you are going to raise insulin. If you are raising insulin, then your body does not need to access stored fat for fuel, because you've just eaten.

Not my rules...

Jackie: Right. It is not, and there's so many other people. Whoever you follow, there are many people that talk about this and talk about the importance of really getting into the habit of the three meals a day.

JJ: Is it getting out there? I don't know where that whole silliness got to, about eating three meals and three snacks, or two snacks. Who made this up? I'm convinced the snacking industry made it up.

Jackie: Everyone we've ever worked with on Peer Trainer has talked about three meals.

JJ: OK, that's just silliness. It doesn't make any sense.

Jackie: The next one, "One diet plan I saw in a magazine allowed for 250 happy calories each day..."

Jackie: I know, I loved reading this. "...And allowed you to bank them up for three days and have a mini splurge. They're called 'happy' because they can be anything you want. Of course this appeals to me. "Is it detrimental to your weight loss efforts to allow yourself this mini splurge daily? For example, does it do something to your fat burning switch, if you were to spend the calories on French toast for breakfast?"

JJ: Oh, my God. Really. I read this thing and I literally put "OMG," Oh, my God. 250 calories per day, if your body was a bank account, would equal 50 pounds

per year, but remember your body's not a bank account. It's a chemistry lab. Since you're not eating 250 happy calories of broccoli, I'm just betting, you're eating it of muffins, cookies, crap...

Jackie: Yeah, French toast for breakfast or a small slice of pie at dinner, is what I'm reading here.

JJ: Exactly. It's going to make you an even better fat storer. 250... Oh, hell no.

Jackie: Yeah, and the thing is, it's just going to make you want it more and more and more. You're just going to go through the withdrawal afterwards, and the next day you're just going to want more. That's just the way it is. Remember when JJ was saying, it really does act like an addiction in your body. This 250 calorie splurge now just becomes this drug that you're dependent on.

JJ: Yeah. Believe me, if that could work, I would be all over that.

Jackie: Everybody would be doing it.

JJ: That would be my next book.

Jackie: Me too, I would be eating chocolate every day.

JJ: Yeah. It would be "The 250 Happy Calories Book," because everyone would buy it.

Jackie: You know what's so funny? I'm not even a sugar. I'm more of a salt person, and just reading this, I would literally find an excuse to be eating 250 calories of chocolate a day, not even craving chocolate. That just plants something in your mind that sets you up for disaster.

JJ: Yeah.

Jackie: All right.

JJ: Did you get that?

Jackie: Natasha, do we have anyone waiting to ask a question? I know we've been going straight through.

JJ: You've been on a rant, Missy, and it's 1:30, so we've got to wrap this sucker up.

Jackie: OK. Natasha, do we have anyone?

JJ: We shouldn't take any more questions. We should just wrap through these.

Jackie: OK. "My husband has a phlegmy cough in the morning, constantly clearing his throat. He does eat eggs daily, and uses whey protein powder for shakes. Do you think his cough could be from a food allergy?"

JJ: Well, there's one way to know.

Jackie: Yes. Do the cleanse.

JJ: Just pull the food and let's see.

Jackie: Yeah. The next, "I'm trying to have a better understanding of what each supplement purpose is within the cleanse. Can you briefly explain?"

JJ: Detox Packets help support phase one and phase two detoxification and support healthy liver and kidney. Probiotics help rebuild the good flora and crowd out the bad bacteria. Berber caps help kill off the bad bacteria in the gut and balance blood sugar. Bio just helps your body digest everything, proteins, fats and carbs.

Jackie: Perfect. "I read that..." What does that say?

JJ: Glucomannan. "I read that glucomannan can help aid in weight loss." Glucomannan is a type of soluble fiber. You can add it in. I don't know if it's going to help or not. Again, it's soluble fiber. You know what I mean? We add that in anyway. Marketing.

Jackie: "If I'm looking at a food label, what is the ideal maximum grams of sugar per serving or, put another way, how many grams of sugar are acceptable per serving? Obviously, ideally, it would be zero. Is it more important for the amount of sugar to be under a certain total, or is it more important for the total carbs per serving to be kept under a certain amount?"

JJ: I would look at five grams. That's what I do as my absolute.

Jackie: "In a past Q&A, you discussed three types of healthy fats that we want to be getting in daily. My Nordic fish oil supplement only has two in it, but it's the first supplement I've found that doesn't have a fishy aftertaste, a must for me." "Can you briefly review the three types? Also, other than our supplements, is there any way of knowing...?" Well, the Daily Nutrient Packs. That fish oil absolutely has no aftertaste. I just need to say that.

"Is there any way of knowing the amount of each of the three good fats exist in the food we are eating? Any recommendation on the best alternatives to eating fish -- I loathe seafood -- to get these healthy fats?"

JJ: [inaudible] seafood. Number one, when someone tells me [inaudible], I'm first suspicious of which fish oil you're doing. Again, I would agree. I don't see it with the Thorne stuff, but also sometimes I see that with people who have digestive issues. If they take a good digestive enzyme, like Bio-Gest, it goes bye-bye.

Number two, it's not even so much about... You could make yourself crazy looking at all the different foods, and how much of different things they have in them. Honestly, Google and look at fatty acid composition, but even more than that, what you'd want to look at is focus on things that have the right types of fats. Dump the things that have the wrong.

Corn, peanuts, eggs, corn-fed beef, corn oil, vegetable oils, have pro-inflammatory fats. The type of fats you want to be focusing on more, raw nuts and seeds, avocado, olive oil, coconut, fish -- sorry, I had to say it -- grass-fed beef. Those would be the things that have the right stuff.

Obviously, you're going to need to supplement. Krill oil, which we had a question about, would be my favorite of all, but it is fishy so you might not be happy about that. Also, you might want to look at Super EPA from Thorne as well.

Now, again, I'm going to say fix digestion, but the other thing that I would tell you is you can do fatty acid testing through Metametrix. There's a Bloodspot Fatty Acid Test, because it's not so much what you're eating. It's what's really happening in your body.

That looks inside, and will look at what you've been doing over the last couple months -- your body is a history book -- and say, "Here's your balance of fatty acids now," so that you can see how you need to shift your diet, and that's really the issue.

How is that impacting what's going on with your body? Let's say that you are eating a lot of omega-3s. You might be deficient in GLA.

That's why in the Daily Nutrient Packs, I put EPA, DHA and GLA, because I looked at a lot of fatty acid testing and I saw people taking omega-3s and not GLA omega-6, and they were getting deficient because those things need the same enzyme, delta-6 desaturase, to elongate.

I would also look at Metametrix Bloodspot Fatty Acid Testing, and I would also think about fixing digestion, and I would really take an EPA, DHA, GLA supplement like the one in the Daily Nutrient Pack or the Omega Plus that you guys just sell on the store.

OK, we have got two more questions. We really have to get through these because I needed to leave five minutes ago.

Jackie: That's it. OK.

JJ: 90 minutes.

Jackie: I know. "I have a question for the Q&A. JJ has mentioned that too much healthy food can also be bad for you. With this question, I would like to know how much is too much supplements? I'm a supplement junkie, and when I hear about a new supplement I want to try it. I've tried lots of supplements recommended in this cleanse. Unfortunately, I had to stop them because my doctor thinks it's the cause of my elevated liver enzymes found in my annual blood test, with fatty liver being ruled out. How can I make an intelligent decision of incorporating some of the supplements that JJ recommends without going overboard and adversely affecting my health?"

I do want to say, we're not... Please, JJ, just jump in in terms of supplements that we're recommending and their adversely affecting health.

"If I'm changing my diet to a healthier one like the cleanse recommended, is it really even necessary to take supplements, besides maybe a good multivitamin?"

JJ: OK. Number one, every single person needs to be on a good multivitamin, mineral, antioxidant, essential fatty acid supplement. Everybody, and probably extra B vitamins, too. That's number one. I highly doubt that your liver enzymes are due to your supplements. That's highly unlikely but, again, doctors don't study nutrition. They don't study supplements. If they're not up on it, quite often they're down on it, and what I would say about that is shame on him.

But it's a good thing, because here's the thing. Supplements supplement a good diet. The first thing you want to do is focus on getting as many things as you can from your food. That's always key. Next thing you should do is take a good multivitamin, mineral, antioxidant, essential fatty acid supplement.

That's the Daily Nutrient Pack. Everybody should be taking those. If price is an issue, take one a day. Ideally, take two a day.

Things that I think beyond that, a good digestive enzyme like Plant-Zyme or Bio-Gest, probiotics and an extra B vitamin like B vitamin number five if you've got adrenal issues, or number 12.

Then, beyond that, with liver enzymes, once you've dealt with that with your doctor, things you want to look at for helping with liver enzymes, milk thistle, lipoic acid and selenium are things that you'd want to look at there.

To really know what you need, there's a kind of testing -- you can look at Metametrix's website -- called Organic Acid Testing. It actually looks at B vitamin status, cellular energy, neurotransmitters, digestion, antioxidant stress and it helps you develop a program where you can get exactly what you need.

That's the best. That's what I do for myself. But outside of that, again, I told you what I think the basics should be for... I can't really think of anyone I wouldn't put on just the basics there. That's where I would start.

Someone asked here if it's possible to substitute krill oil for fish oil. Is there any benefit? I love krill oil. Little krill are not bottom-feeders. They can't accumulate heavy metals because they sit up on top of the ocean. They're actually naturally occurring antioxidants. They're rich in phospholipids, so they're well absorbed. It's sort of like a turbo-charged omega-3.

I love krill oil. It's my absolute favorite fish oil because of the antioxidants, the phospholipid complex it sits in. I think it's the best.

"Do high quality grains, including kamut, spelt and faro, contain gluten?" I believe all those ones contain gluten. You can always Google and go to Gluten Free Grains, but all those ones contain gluten.

"Can they be added to the diet occasionally for variety?" I don't think we should be eating gluten at all. I'm going to take a big, bold stand and say I think gluten is an anti-health food. I think it's one of the worst things that we can possibly be doing.

Even if you don't react to gluten, I think it's terrible for you because of the fact that it releases zonulin, a protein in the small intestine that loosens the tight junctions and can give you food intolerances. Gluten is not a health food. It's total BS to think that it is.

We don't need whole grains. I think grains have been one of the things that have damaged our health. I just don't see the point in adding them to the diet.

That's not adding to your diet to make your diet healthier, so don't be under that misconception that it is. If you're adding things for variety, add different types of nuts and seeds, different types of non-starchy vegetables, go that route. Different kinds of beans.

"Is there any benefit to soaking almonds in water before eating?" Any nut that you can soak, you're going to be better off. What I really love to do is soak them overnight in pure spring water with a little sea salt, low-roast at 200 degrees for eight hours. It improves digestion, so if you can do that, you'll be better off.

Jackie: Great. We did it.

JJ: There you go. It's a miracle.

Jackie: We got through the entire thing.

Jackie: JJ, thank you. You guys, thank you everybody for all your questions. It's such a thoughtful community we have at PEERtrainer, really, really educated. I know that it helps a lot of other people when you send in questions. JJ, thanks again. Thanks, everybody. We will post this, also, as an MP3 and hope you have a great day.

JJ: All right. Bye, Honey.

Jackie: Bye.