

**Transcript:** Fresh Start Cleanse Q and A, January 11, 2012

**Jackie Wicks:** All right, I think we're going to start. We also have a moderator for everybody that's joining us. Welcome to the Q and A, January 11th. If you're joining us live, the moderator will tell you exactly how to do that, and if you've already joined us before, you know that a lot of people send in their questions ahead of time.

So, JJ and I go through the questions that were sent, a couple of them, then, we give a chance, if you're on a live call. Now, what happened the last time that we were here was that somebody decided that they didn't want to ask their call initially and they waited. And they ended up waiting too long, because we have so many questions to answer.

So, just jump right in, don't be shy. If you have a question, right when we start with the live moderator asking, just jump in.

**JJ Virgin:** Yeah, do not be shy here. This will not serve you. Besides, we don't know who you are anyway.

**Jackie:** Especially with some of these, I know, all the questions that we ask that I have ahead of time are anonymous. But people are talking about some pretty personal things, so, I don't think there's anything JJ hasn't heard at this point from our community.

But why don't we start off with number one. I'm going to tell you what number one is, because I said you had already answered the first one here. "I've been looking at [tropicaltraditions.com](http://tropicaltraditions.com), very impressive, their coconut products and health claims. Saw a video of how to make coconut milk, as almost all has guar gum, a problem for gluten. Then there is mention of making kefir with coconut milk or coconut water. Sounds like a good source of probiotics. What do you think of kefir?"

**JJ:** Kefir is, OK, so, I'll tell you, it always becomes a story. But one of my girlfriends, another nutritionist, because we all hang together, is like, "You've got to make coconut kefir."

I'm like, "OK." So, Donna Gates, who wrote "The Body Ecology Diet," the BED diet, has a kefir starter on her website. I'm like, perfect. I'll get that.

I get it, I'm scared. I'm like, too afraid to do it. I'm like, "Oh my, hm." But, now I don't know if this, there is, So Delicious makes kefir, so, I cheated and bought their coconut milk kefir. But really, you're supposed to make it out of coconut wa-

ter. I actually went and got the fresh coconuts to do this, you're supposed to make it with the green coconuts. I went to all this extent, and then, I looked it up for weeks. And I thought ... Dumb.

But honestly, kefir, right now, my book that I'm almost done with, because we've got a deadline, I'm writing a whole bunch on fermented foods and kefir is one of those foods that we really should be incorporating in our diet. I think one of the reasons we have so many GI problems is because, traditionally, we used to eat all of these foods that have been soaked, they've been fermented, you know, we don't do it anymore. We don't eat the ginger kim chee, sauerkraut, we eat fakely fermented foods.

So, this would be an awesome thing to add in, and if you can get that kefir starter, and put on my Facebook fan page, you know, insult me about this, because it's just ridiculous. Like, I have the stuff, and I haven't done it yet. I know, I know. But I'm going to.

**Jackie:** And then, to follow up the question, it says, "Here's a recipe that shows you you can also make carbonate if you get a beverage, a can of soda that can be flavored many ways. You can also get the probiotic benefits. You start with sugar water, but the kefir starter eats some of it, and you're left with fructose, but maybe not so much. I'm wondering if the sugar negates the probiotic benefit, or if this could be a healthful food."

**JJ:** I don't, I think water kefir, I have no clue what the heck she's talking about here. Like, I wouldn't want to start with sugar water. I mean, yes, it's just like when you make yogurt, yes, you eat some of the milk sugar, that's what you're doing.

So, I don't know, but I don't know, like, when you say you're left with fructose. Well, if it's a couple grams of fructose, it's like using an emergency packet. Big deal. If it's 10, 20 grams of fructose, it is a big deal.

So, I don't know how much it is. You know, if it's 2, three grams of fructose, at the end of it, you get all the pre, it's not just probiotics, it's prebiotics, too, benefits, cool. But if not... So, I have no clue on that. I wish I was more intellectual on that stuff.

My buddy, Ed Bowman, who has a natural chef school up in Northern California, is really the king of that stuff.

**Jackie:** So, number three, what about goat's milk? And goat's cheese, anything related.

**JJ:** Let's talk goat and sheep. So, here's the deal, and this is, especially, when you're pulling these things all out, and we just actually addressed how to deal with this in the book.

When you go back to challenge, most of the time, what we're reacting to is not goat or sheep, because actually, the protein molecule size is different, the way we handle it is different, besides the whole, I mean, there's the H1, H2 cow issue and all of that. So, there are a lot of differences between those, the proteins, and it's really the proteins that we're reacting to.

First thing I would tell you is, yank everything out. Rechallenge just with cow's milk. Even if you don't react to cow's milk, if you have acne, if you struggle with weight, it's just not going to be one of your better foods. If you can get raw dairy and you can get it cultured, fermented, OK, I can see some benefits there. But don't start drinking milk, even if you don't react to it. Bottom line there.

However, for a lot of people, a little goat cheese, a little goat yogurt, have you tried goat yogurt?

**Jackie:** I haven't, but goat cheese is a favorite of mine.

**JJ:** I adore goat cheese, although it will break my face out, too. So will feta. It just bums me out. Like, I react to all of it. However, goat's yogurt, I think, is possibly, just for everything that goat cheese is so delicious about, somehow, in yogurt, it's absolutely disgusting to me. It's like, goaty. But some people like goaty yogurt. I just think it's like, awful.

But for a lot of people, what I would say is this, you may not be able to do well with cow's milk, or even if you can do well with cow's milk, you're so much better off going to goat. Again, focus on things that have been fermented. So, you're going to look at moving into yogurts, kefirs, cheeses, as opposed to milk.

**Jackie:** OK. And our moderator will now tell you, if you're on the live call, of how you can ask one of your questions. So, if you would please go ahead.

And we'll move on to the next question. "I've had my gall bladder removed a year ago. Since then, I've had diarrhea from a [inaudible 06:40] stools, sometimes I see a bit of food. Wonder if I'm not chewing enough or problems with malabsorption of nutrients. I do the transit test of beets and 27 hours, so far, I've not seen red. So, I guess that's good.

"I think transit time has increased since using the protein. My green smoothies almost daily, starring coconut oil. Are there any other considerations I should be aware of with the cleanse, as far as gall bladder issues?"

**JJ:** OK. So, there are a couple things I would tell you. Let's just talk about transit time. So, less than 20 hours or over 30 hours is problematic. Obviously, less than 20 hours, you're probably not absorbing the nutrients well, over 30, they say, oh, then, you're feeding the bad bacteria. So, either one of those is not good. So, that's the window you're looking for.

When she's talking about beets, you can either, of course, we don't like eating corn, so beets is the one we like to do it with. But you can either watch your stools for it coming back out. So, are your stools looking a little red from the beets?

Or do, you know, if you've gone through the period and you can have a little organic corn, to challenge it that way, is it there. So, I know, everyone, now, loves to look at their stool, so, that is the stool transit time, so that you can know.

Now, as far as what could help you. There's nothing you need to know about. What I would really work on is really being good with chewing well. Obviously, we all need to that. I'm thinking, I just like, sucked down lunch, so, you know, hypocrite.

But chewing is obviously essential here. But the other thing I would say is there are a couple nutrients that you should really think about in terms of supporting good bioflow. So, with anyone who's got their gall bladder removed, one of the supplements that I would really, there are two that I would look at that are really important for you.

Number one is something called phosphatylcholine, and probably, you don't have these up on your store yet. I always do this to you during your call.

**Jackie:** I know.

**JJ:** It's like, oh, there she goes again. But phosphatylcholine is a great one. And it's also good for detoxifying, but what it's going to do is support the maintenance of healthy bile. So, that's important.

And I would be taking, probably, I would take one of those with each meal is a good way to do, comes in a capsule. Of course, we do everything in capsules. Then, the other thing that I would take is something called lipotropein. Gosh, I wish they would name their products differently. However, it's named that because it's a lipotropic formula, which means that it helps your body digest fat better.

So, that's what a lipotropic... In fact, what they mean by lipotropic is, it helps you with fat metabolism in the liver and preventing the accumulation of fat. It also

helps with bile output. So, that's what you're looking at when you're, you know, you want to make sure you're supporting that well, if you now don't have your gall bladder.

Some of the things that really help there, obviously, phosphatylcholine was one that does that. But methionine, dandelion root's another big one, burdock extract. So, lipotrapeine is a great formula, it's a compound formula. If you had to just choose one, that would be the one that I would do.

That's three a day, but if you could do both of those, even better. Also, I mean, those are just good, I've been seeing a lot, I tell you, Jackie, and I don't know if it's because people are drinking too much fluid with their meals or they're stressed out. Gluten can do this big time, by the way, is, people are not absorbing, digesting their fats well.

And you know, that is just a mess, because when you think of what we need fat for. You know, it's so interesting, we can live without carbohydrates, but we can't live without fat, protein and water. Yet we've built a whole diet based on carbohydrates.

**Jackie:** Whole grains.

**JJ:** I mean, it's like, what the hell? So, you know, but if you're not absorbing your fats well, you're going to have a lot of trouble with it. And yes, there is that question, I know this question comes up later. If I'm not absorbing my fats well, would that be one of the reasons that my stools could be floating?

There's actually a couple of reasons for floating stools, but the latest theory is that stools are floating, not actually because of poor fat digestion, that's where you'll get, like, oiliness in the toilet bowl and skid marks.

**Jackie:** Yeah, skid marks.

**JJ:** Skid marks.

**Jackie:** I'm glad you brought that up. That's exactly what I would call them. I know exactly what you're talking about.

**JJ:** OK. So, but the other thing is, if they're floating, quite often, we believe that that's a lot of, that shows the gas produced from bacterial overgrowth, and that's probably more of why they're floating.

So, if you feel like you're not having good fat digestion, which is, like, well, how the heck do I know? Well, one of the things to look at is, is your skin dry? Are you

stools oily? That would be one sign. Obviously, you can test for it, but this would be a good thing to take to support that.

And looking at a lot of stool tests, I will tell you that things I see are poor protein digestion, poor fat digestion, classically. And one of the things gluten does is start screwing up fat digestion, because it's hurting the microvilli of the small intestine and causing those problems.

So, even if you're not sensitive to gluten, I just want to get this way out there, and I swear, I'm going to go on a total rampage again because of gluten in the next two years. If you have not read that book, *Wheat Belly*, oh my god. I think I [cross talk].

**Jackie:** We followed his blog for a while, and then he came out with a book, which was great.

**JJ:** He is my hero.

**Jackie:** So the common sense... He wrote. Yeah, he's great.

**JJ:** I love him. And because, you would read that book, and you'd go, OK, forget it. I'm done.

But one of the things that's really important in researching for my book, even if you're not reacting to gluten, if you're not one of the people who I would call gluten sensitive, say, 30, 40 percent of the population, it's damaging.

Gluten damages everybody, because it triggers the release of protein in your small intestine, called zonule that loosens the tight junctions in your small intestine that can lead to leaky gut. It's going to impact you no matter what.

So, whether you don't feel any different cutting it out or not, it's still doing something in there. Just like, you know, you might not realize that you're glycosylating or you're creating a lot of oxidative stress because of the way that you're eating or exercising, but it's still happening. Right? It's a slow death instead of a fast hit.

**Jackie:** Yes, absolutely. So is our moderator on yet? Hello? OK. We're working on this from the back end, so we'll see what's going on. So the next question is, "My husband is not supporting my ordering of all the supplements, but I have Dr. Fuhrman's Gentle Care Multi, his Osteo, which is calcium, magnesium, vitamin D, and DHA oil. Should that suffice? I also used Transdermal Magnesium Oil Spray on my body daily."

**JJ:** OK, so here's the thing that I would tell you to look for in supplements, and hopefully you can put up that video from Mario on what to look for in supplements because I'm not familiar specifically with all of Dr. Fuhrman's products. But what you want to find out from a manufacture is is there magnesium stearate in their product?

If there is, I would personally look for something else just because we know that what magnesium stearate does, it's a flow agent. It's used in a ton of different supplements. I look for products. First of all I like products that are sold through health care professionals, professional brand supplements, which I'm assuming his probably are.

Then secondly I look for products that are in capsules. Thirdly I look for products that do not contain magnesium stearate because as a flow agent what this does and there are a couple flow agents like this that help the product move through the machine quickly. But what they actually can do is bind up some of the nutrients, so it's not as well absorbed or as bio-available in the system. I've got the research to show this.

So you're just not getting as much of it, which, OK, so you just pay more and take more. But that seems silly. Just don't use it. It's just cheaper to make products with that. So that's just something to be aware of there with it, and then you can make your own decisions on it. I did read a couple things, and I think it was in there about someone saying, "He says not to take iron, so I'm not taking it."

Well, here's the thing with that that I want to get out there with, and this is just information so you can make your best decision. Most, not all post-menopausal women and men generally don't need iron. That's the general rule of thumb. Pre-menopausal women and children may need iron, and it shows up in a blood test. You really need to have a total iron panel, but the other number I look at is ferritin. If ferritin's low, I'm going to recommend based on that.

But in general, if someone's got lower iron and they're a post-menopausal woman or a man, you need to look past that to see if they've got something going on like a GI bleed because they shouldn't have low iron unless maybe they're a vegetarian or something. But you don't want to have low iron any more than you want to have high iron. Both situations, and just think anything in your body, both areas are a problem.

I also saw something on this site, again he was talking about don't take any beta-carotene. Well, actually the studies that talked about that, and we can get this stuff on the site. Oops. [phone rings] Let me get rid of that call.

The studies on that actually were they did a whole cohort where they looked at a lot of different studies, and they showed all cause mortality increased with beta-carotene. That means if you took beta-carotene and walked across the street and died getting hit by the car, it got factored in. If you were a smoker, it got factored in.

So I actually disagree with that one as well. So there's stuff to look at. One of these issues is it can get really complicated, but a lot of the research that they'll pull out doesn't really make sense when you start to look at it in light of everything.

Of course, I always say start with food first, but there are things that nutrient-wise therapeutically you do definitely need to supplement. I think everybody needs a good basic multivitamin mineral antioxidant and essential fatty acid formula.

I prefer people to take EPA/DHA and GLA because they have different roles in the body. I find that a lot of people might be getting enough EPA and DHA omega 3s just because they're eating fish four to five times a week. But they're deficient. Or most people I see are supplementing with fish oils, but they're not taking GLA from either evening primrose or borage oil. Because of that they actually get deficient in that.

**Jackie:** So our moderator has joined us, so welcome. She will now go ahead and tell you how you can ask any of your questions.

**Moderator:** Ladies and gentlemen at this summit, if you have a question please hit star zero so I may collect your name and place you right back onto the call. Once again that is star zero.

**Jackie:** OK. So we'll go through one more question, and then we'll see if anyone has any live questions. You just mentioned the floaters, and you answered that. So we'll move onto the next one. "I thought I saw the mention of rebounding on JJ's site. I have a rebounder I use for aerobic exercise and limb circulation. Am I correct in thinking this is something that JJ recommends? Please discuss."

**JJ:** OK, so I see that as good for detox but not for exercise. Sorry, my dog is going crazy out there. One of the things I look at is with exercise, you want to get hot and sweaty. It should hurt a bit. I remember back in college, Jackie, we used to do rebounding all the time because they told us it burned 100 calories every 10 minutes. Everyone would eat cookies and rebound in the sorority house and it wasn't working.



But the thing is the rebounder's doing a lot of the work on there, not you. So it's great for circulation. Very good, so great for detoxification, but in terms of exercise what I tell people to do in exercise is, number one, I want everyone to move more. That's where you should be wearing a pedometer, and we really should be moving an hour plus a day. That's just part of what you should do.

And by the way walking, moving, like I went and walked my little dog this morning while I was doing one of my conference calls, that does not count in as exercise. That's just what we should be doing because we are ambulatory creatures and we're supposed to be moving every day.

In order for something to be counted as exercise, you should get hot. You should sweat a little bit, and it should hurt just a little bit. I could rebound all day long. Have you done any rebounding?

**Jackie:** I love it. I think it's fun.

**JJ:** Yeah, but I mean could you do it all day long?

**Jackie:** Yeah, I think so. It's fun. You can watch TV...

**JJ:** I know. It's like when someone says to me, "Well, I rode a horse." I'm like, "Great exercise for the horse." They're always so upset with me. "But my legs are sore." I'm like, "They're sore, but you're doing isometric exercise." So rebounding is great for the lymph circulation, absolutely for detoxification. You might have seen it somewhere in there on detox, but in terms of exercise I think I have given you guys the four x four downloads, right? Like the JJ...

**Jackie:** Yes, yes.

**JJ:** OK, good. So use the four x 4. That's exercise. Rebound for detox four x four for real workouts where you're doing cardio burst training combined with resistance training.

**Jackie:** Yeah, and also we've mentioned in other calls that tennis is the natural four x four workouts, or many sports are the natural four x four workout. So if you're also engaging in some of the sports and some of the natural ways, you're also getting that same kind of workout, correct?

**JJ:** Right.

**Jackie:** So do we have any questions?

**Moderator:** Yes, we do. The first question comes from Amy. Amy, go ahead please.

**Amy:** Hi, Jackie and JJ. Thank you both so much for this stuff. It's fantastic. My question is about vitamin D. I just found out certainly by accident that I had a very low vitamin D count, and the doctor recommended ultra, ultra megadoses of D. I don't like taking megadoses of anything. Do you have any experience with that?

**JJ:** Yeah, what was your number?

**Amy:** 15.

**JJ:** Oh, geez. What did he recommended?

**Amy:** It was a she. It was 50,000 units, one tablet a week for nine weeks and then back to a regular dose.

**JJ:** I'm way more afraid that you are that deficient in vitamin than taking 50,000 IUs of vitamin D. Which is scarier? Having the vitamin D deficiency that impacts every area of your health or taking 50,000 IUs of vitamin D?

**Amy:** OK, so there's nothing wrong with it then.

**JJ:** I want you just to think of it because sometimes we get this idea in our head, "Oh my gosh! I'm megadosing." No. The scary thing here is not taking 50,000 IUs of vitamin D. The scary thing is this walking about with the 15 ng per mL vitamin D levels. Let me tell you a little bit about that, what things to look for, so that everybody can hear this. You'll feel more comfortable with what you're going to do because you'll do that.

By the way, there are a couple of different ways we get people up to level. So the first thing that we do is we're going to run a lab on you. 25-hydroxy vitamin D for anyone listening. That's what you should ask your doctor for. Everybody needs to do this. I just had mine run. I was 70. The ideal is 60 to 70 mgs per mL.

Now, if we find you below that 60 depending on where you are, and if you're very low, like let's say 30 or less, generally the dosing rule of thumb is either 50,000 IUs once a week or 10,000 IUs daily for two to three months, and then you retest. Depending on where your levels are when you retest and where you live and your sun exposure, you will go on some type of maintenance dose anywhere from two to 5,000 IUs a day.

This is a very scary nutrient to be deficient in because it sits at the top of your hormone cascade. Not only is it critical for bone health, but it's critical for brain health, insulin, metabolism, and GI health. It's been linked with dementia, so it's big. It's really critical.

So another important thing to look at with vitamin D, and it's just something I learned in the last couple of months that really upset me actually because I started wondering if this was one of the reasons I was finding so many people were having issues with nutrients, is that most of the crystalline vitamin D is actually made with lactose when it's being formulated, which is ridiculous.

I was going, "OK, wait a minute. 75 percent of the people in the world, 25 percent in the U. S. are lactose intolerant. Are you kidding?" So I know that the Thorne research, vitamin D, and they have a 50,000 IU dose, is not made with lactose. I can't vouch for any of the other ones. Unless you can get the C of A that they have from the raw manufacturer, you don't know because most of the raws says crystalline vitamin D is actually made with...

I'm sorry, my PR agent keeps going, "You have to be on TV right now." I'm just like, "Go away." But most of it the way they manufacture is they combine the vitamin D with the lactose and it becomes crystalline vitamin D. All they have to say on the label is "crystalline vitamin D," so it's really a crappy situation. So you need to know that.

But what she had you do there is absolutely textbook perfect. I've got to tell you. In terms of megadosing, I look at a lot of nutrient tests. It is so rare to see someone overdosing on anything. It is so common to see people with not enough nutrients. Here we are in the richest country in the world, and most of us are malnourished. I'm so much more scared of being malnourished than over-nourished.

I'm trying to think of the last person I saw that was too high in something. It rarely happens. You get the occasional person who doesn't know they shouldn't be taken iron, and they're taking iron in a multi. But it's pretty rare at this point.

**Jackie:** Well, thank you for your question. Did you have any other questions, follow up, or...

**Amy:** Yeah. Do I assume that if it's a prescription that it's lactose free? Or should I check or should I just take the prescription and not worry about it?

**JJ:** I don't know. How do you respond to lactose?

**Amy:** Not particularly badly.

**JJ:** You know, it's once a week. It's a miniscule amount. If you're not lactose intolerant, that would be fine for the next two months. But if you're going to be on it long term, I would worry about it.

**Amy:** OK, thank you.

**Jackie:** Thank you. Do we have any other questions?

**Moderator:** At this moment there are no further questions.

**Jackie:** Great. The next question because two people wrote this in very last minute I just was passed this, they both had headaches on day two: is it just withdrawal or is it normal, you know? What's going on there?

**JJ:** Here's the thing, and this is what I don't know from them. The big reason someone is going to see headaches on this is generally because they were eating a higher carbohydrate diet and were reducing down to a much lower carbohydrate diet. And their body is adjusting from burning more sugar for fuel to burning fat for fuel and so they'll initially get some headaches and stuff.

**Jackie:** OK, and one person had more, worse in the evening. Same?

**JJ:** It's probably more related to yeah, blood sugar. That's where if you need to use a little fruit. That's where I tell people, if you've been eating, and that's where tracking your diet becomes so important. I find with so many people that look at their diet recall, they thought they were eating a pretty balanced diet or a low carbohydrate diet and all of sudden they go, I'll look at their diet and it's like 70 percent carbs. And they are not

**Jackie:** And not vegetable, not necessarily the spinach and kale.

**JJ:** Well I mean, if you were eating 70 percent carbs and it was all from non starchy vegetables you would be eating all day long. You know, I mean like are you kidding. And so most people I see their eating like four pieces of fruit, and then fruit sweetened yogurt, and a granola bar, and a muffin. And you're looking at it going oh my gosh. And so their body, their blood sugar is riding higher, their insulin is up and so they're burning sugar for fuel.

And now all of the sudden you're going to go boom, let's drop that down and the flip doesn't just switch. "OK now we can burn store fat for fuel," all of the sudden in your body goes, "Where's my blood sugar? Where's the sugar to my brain? Wait a minute." And so you'll get a little bit of headache or the other time you'll get a headache is if you are doing a lot of caffeine, and I tell people never to do this, is they just go OK no more caffeine. So, you know, same thing.

With either of these situations if you look at your diet and go wow I was eating a lot of carbohydrates, taper down. And if you're eating, drinking a lot of caffeine and you're switching over taper down and then you'll avoid a lot of this. Or you know, if you're OK and you've got an easy week just you know where it's coming from.

**Jackie:** The next question, another comment from a husband and you've answered this before but you are all about reducing animal protein. Well, a from the husband to her to the wife. You are all about reducing animal protein according to Dr. Fuhrman but now this cleanse calls for a lot of animal protein.

I saw the rationale for protein in some of the cleanse information but Dr. Fuhrman's concern with cancer and osteoporosis mostly as I recall. Also post cleanse does J.J. recommend maintaining such high levels of animal protein? I would like to reconcile these two ways of thinking about protein.

**JJ:** I know it seems like we're coming from opposite ends of the spectrum. What I would tell you to do with this is, my advice would be number one there is just as much information to back up low protein diets in osteoporosis there's actually some really interesting stuff about that and actually the research that I've seen shows the opposite, that people who eat a higher protein diet have lower incidence of osteoporosis.

I'm more concerned about grains in terms of osteoporosis because of the acid load of them and dairy. OK those are the two big, and soda my goodness, and stress. OK I'm going start listing them.

Actually I'm going to disagree with that because the research is different. I still am going to question this whole issue with, when I look at cancer I think answers really a disease of yes maybe you have the genetic propensity towards it but clearly look at how our cancer risks are increasing so something is flipping the switch.

And I think it's stress and toxins and insulin, those are what I think is doing it. And so one of the places you could get toxins is in our crappy meat supply. So you really have to look not just that you are what you eat but you are what you eat ate.

I don't believe that this is a high animal protein diet. I think this is a balanced, I think this is an optimal animal protein diet. And I'm basing that based on research from Lauren Cordain of The Paleo Diet, Mark Sisson of The Primal Blueprint, Boyd Eaton, The Price-Pottenger Foundation, if you look at or read the book Nourishing Traditions. All of these places, over and over. I got completely obsessed with paleo nutrition, I spent a year just studying that.

And the issue is we don't live in the paleolithic world anymore. So if you look at how we eight paleolithically we had very clean lean animal protein, we ate lots of fat. One of the things, we got maybe 30 percent of our calories from clean lean

animal protein but we ate anywhere from 40 to 60 percent fat diet. Carbohydrates varied by the season, obviously more in the summer less in the winter.

And so it was fruit that hadn't been genetically modified to be sweet, and vegetables, and nuts and seeds, and clean lean animal protein. It had to be lean because it wasn't being stuck in a pen and shot up with hormones.

So I don't view this, when you look back at what paleolithically we were eating, as a high protein diet. The other thing I would ask you just look at, and this is what I've had the opportunity to do which has been just fantastic over the last 10 years, I've been really studying paleo-nutrition for the last 15.

Over the last 10 years and had the opportunity to move a lot of people over into what I call a paleo plus diet. Because I still want to take advantage of, I really like legumes. Yes they've got phytates and lectins but let's soak the heck out of them and then use them. I'm not a big grain fan though I will do a little quinoa.

So I tend to do like two pieces of fruit a day, loads of non starchy vegetables five to 10 servings 10 being better, lots of healthy fats that's where I crank it up, clean lean protein, and then the plus side would be things like quinoa and legumes. What I see when I transfer people from either a vegetarian, a vegan diet, or even a normal diet is their LDLs go down, their triglycerides go down, their HDL.

If they've been on a vegan or vegetarian, those tend to have been OK, other diets they get better. Their glucose and insulin gets better. So everything gets better when I do this, they lose body fat; they are able to build muscle.

So I guess part of the question is, besides doing your own research and looking at all of the perspectives to make up your decision. Because you could put 10 of us and of room we'd probably get into a fistfight but we'd all argue a position and you'd walk out more confused than ever. So look at the research and especially two great books are The Paleo Diet and The Primal Blueprint. The Paleo Diet by Laurent Cordain, Primal Blueprint by Mark Sisson.

But just ask yourself how do you feel because I've yet to see someone that I've moved into this type of diet off of everything from just the normal crappy American diet, to a vegan diet, from a vegetarian diet, you know I've yet to see someone who hasn't told me oh my gosh I feel so much better. I haven't found anybody.

**Jackie:** yeah, and my personal experience because I was eating at least 80 percent vegetables, and I was eating a much lower animal protein diet just to give you a little perspective. Again we all know Dr. Fuhrman was an Olympic athlete, he is still very much an athlete, he has tons of energy he feels really good but

when he goes out to a restaurant or when he's at home he makes a triple serving of salad you can't even imagine how big his salad is.

It's so big that I've never actually seen anyone else that I've worked with have anything even close to that.

He loads it with beans, and seeds, and nuts and so many things. It literally looks like something that is three times the size of what most people are sitting down and eating. So for him he tends to be very satisfied because he has so many things going on there. There's so much vegetables, so much beans, so much seeds.

Now you have to look at what you're doing, if you are making a for lack of a better word normal salad the chances that you're going to feel full if you're not putting loads of beans, loads of seeds, loads of nuts, and all those things in, and satisfied and what J.J. is saying are very low.

So it really depends on what you are going to do for your own lifestyle and what I've seen has been easier for people in peer trainer is if they do put the animal protein in there because what happening is that they are feeling more satisfied because they're not going to go to those levels of constantly eating all these seeds, all these beans, all this vegetables all the time. So just to underscore again what J.J. is saying is really notice how you're feeling.

One thing J.J. I love that you say is, that it is really not this bank account, it's a chemistry lab and you do have to go in the ways that you feel. I have more energy now that I eat a little bit more salmon, a little bit more grilled chicken it works a lot better for me. So just really pay attention to how you feel.

**JJ:** Well and it also is and this is where I got, I found this out through default. I've been a vegan, a vegetarian, I've done macrobiotics I mean you name it I've done it, right. I've done my own genetics to see what my best diet is.

Genetically, there were no vegetarians in the wild they would have died of nutrient deficiencies we know that's clear. But genetically I do better on the lower carbohydrate diet. There's no way to eat that low of an animal protein diet and not eat a high carbohydrate diet.

And understand if you're eating a high, because you can't eat a low low low diet, you know it can't be there's no such thing as the 30-30-30 diet or the 10-10-10 it has the all equal up to 100 percent. So if you're eating a high plant based diet sorry but spinach isn't high in protein its high in carbs and it's got teensy bit to protein.

Beans are not high in protein they are high in carbs, nuts are not high in protein they are high in fat. You can't have something that's 80 percent fat they be 80 percent protein. It's just math, right?

**Jackie:** if you do look at the way, if you really dig into the way Fuhrman eats, he's eating about 30 percent protein per meal. But that's what I'm trying to say his portion sizes are huge and that's what I'm trying to

**JJ:** I just wonder if they really are though. My guess is it a little lower than that because you can't get, if he's eating it from nuts and beans it's not possible. Because you look at the percentages right, with nuts being from 10 to 20 percent protein, and beans I'd have to look at it it depends on the bean lentils are way higher but they are still not 100 percent protein, they are not 50 percent protein, right.

So when you start to look at this you realize that you're going to get a much higher carbohydrate load. And if you're getting a much higher carbohydrate load it may work if yours hugely athletic although it would be hard are free to hold onto and build muscle. But if you are not it's going to drive up sugar and it's going to drive up insulin and it's going to make it harder for you to burn off fat.

**Jackie:** Yeah and I do think for many people, for example like Rip Esselstyn will eat like that but again he's eating ridiculously large portion sizes. When I say ridiculously, not ridiculous for him but I'm saying most of these people were not out training for a Ironmans or doing this stuff they are just not eating the, when you try to go all plant based many people end up supplementing with so much fruit, so many other things because they're not eating the types of portion sizes of these kinds of things that would ever make them feel satisfied.

Because what's happening I see a lot, is that people just want to be satisfied. They just want to feel good and so when they're eating something and they don't feel good they say ah I got to have something else with it will.

**JJ:** They want to eat more, it's like just have a cookie, right.

**Jackie:** Exactly, and what I see is some of your recommendations for people, peer trainer and people beyond is that it gives them a way to feel a lot more satisfied. You are still eating these great vegetables, and you are still getting, you're so focused on the nutrients.

**JJ:** Believe me, I want you following, I love Dr. Fuhrman's recommendations man. Eat more vegetables, are you kidding. Eat more vegetables. Please do that, do that big time. When I go and speak, I saw him speaking at medical conferences. These are people in the integrated conferences. People are trying hard,



and none of us are getting enough vegetables, everybody needs to eat more vegetables, across the board.

**Jackie:** I'm going to reiterate it to this group too, somebody in the last one was really dissatisfied by day six. She said, "I'm just so hungry. I'm just so hungry, I can't deal." It turned out she was really portion controlling the protein, portion controlling, the fat, portion controlling, the vegetables, even not as much as JJ was recommending.

I said, "Just today, just go out and eat in the same category groups we're talking about, load up on the vegetables, eat a little bit more avocado. Eat a bigger version of protein. Suddenly she was..."

**JJ:** Just watch the carbs. Don't watch the rest.

**Jackie:** Right, she came over and she said, "I'm not hungry anymore. I didn't understand. I didn't understand." Again, the most important, the key concept here is really pay attention to how you feel. It's got to fit with you, and when you start to experiment a little bit with this stuff, and you look at it a little bit like this lab, you do start to see, "I can get lots of energy from here," and you're going to want to keep doing that more.

**JJ:** I want to say one more thing, because you just brought up something so key. It's really interesting. You know how you can eat a box of cereal and then you're not full?

**Jackie:** When I used to eat cereal, I would eat half the box.

**JJ:** Yeah, and you're not full, you're not full.

**Jackie:** Please, give me just a bacon, egg and cheese sandwich now, exactly.

**JJ:** If you eat a bag of nuts, you're full for the whole day, and you're like forget it. I don't even want. When you eat fat and protein and fiber, it's going to fill you up. You could eat Captain Crunch forever, and it's never going to do it. Just be aware of that. Feel free.

First of all, go crazy on the non-starchy vegetables. Never limit yourself there. If you're going to eat a little bit more, have a little more protein, it's very satiating. It's not going to create a problem. There was this study that just drove me crazy, I was talking to my writer going put this on Huffington Post now, please.

They just did this study where they overfed people to see how much weight they would gain. It was, I think a six or eight week study, where these people volun-

teered to be in a place and live, and get overfed. Who would volunteer for this? I have people. They fed them either low protein, medium protein, or high protein diets, and I guess they all gained the same amount of weight. And they said see, everybody gained the same amount of weight.

The interesting thing was how they gained it, it was totally different. They said in fact, we noticed at first, the high protein diet seemed to be gaining a little more weight because they were increasing their lean body mass, while the other people, because nobody was allowed to exercise during this time, the low protein diet people lost muscle mass.

I'm going wait a minute, you're telling me, and they showed the difference, and it was a significant difference between the low protein and the high protein. High protein gained muscle mass, and low protein lost it. They're going see, everybody gains weight the same. I'm like no they didn't! No they didn't, what a difference that makes.

**Jackie:** Especially muscle, you can't say that's the same, it's not.

**JJ:** I know, it's just like the stuff that makes me insane.

**Jackie:** I think we've answered that question, and we can move on. I'm sure it'll come up again, and we'll continue this discussion, because I know that people are extremely interested in it.

The next one, what is it about this cleanse that makes the body give up its stored toxins, so that the protein can escort them out? I think that's hard to put in your initial.

**JJ:** When you look at it, there are two stages of detoxification, phase one, phase two. We can put the whole... did I send you guys the chart to put up?

**Jackie:** This was in the first, this information has been accessed, but we'll do that, we'll do that too.

**JJ:** There's a really cool chart, it's like you won't look at it and go please. It takes you through everything you need to go through phase one, which is basically freeing up the toxins. Our body, when we get toxins, which we get every day, part of looking at detoxification is you want to do two different things.

Number one thing you want to do is reduce your exposure. Anywhere where you can possibly reduce your exposure, reduce your exposure. The number two thing is you want to get these puppies out. Everyday we're getting toxins in and getting toxins out.

Let's face it: our pathways were never designed to handle the load we have now. Our pathways were designed hundreds of thousands of years ago. Look at what's just happened over the last 50 years with all the genetically modified foods, it's horrid.

By the way, aside from genetically modified foods, another reason you want to avoid them is they've been chemically engineered or genetically engineered so they can withstand way higher pesticide spray. How ridiculous is that?

Anyway, we're being assaulted by way more toxins now, which means we can't get rid of all of them, which is a huge thing. They've got to go somewhere, and they love fats. They store in fat, basically organs and neural tissues. Fat especially, that's one of the reasons we know that this is an area of weight loss resistance, because our body will store in our fat, and then it will hold on to it, because if we start to lose fat, we free everything up.

The bottom line is we first need to free them up, and then we need to get them out. In order to get out, a lot of people have good, what we call phase one nutrients. What I tell people is that's why this idea of doing these master cleanses with maple syrup and cayenne pepper and lemon juice is so ridiculous, and fasting.

The whole detoxification process, phase one and phase two, is very nutrient dense. It's not a time to say hey, do nothing. It turns out things like juice, cleanses, fasts, all that kind of stuff, speed up this phase one. For a lot of people, phase one works fine, it's the phase two, the get them out phase, that's the problem area.

The issue is if you speed up phase one, and then you don't have a commensurate increase in phase two, you free up the toxins in your body, but they can't leave. What happens is you create a lot of oxidated stress. They're roaming around in your body. It's better off to leave them in place then to get them out of the fat cells, and then not get them out.

The thing that takes them out is protein. Phase two is amino acid dependent. You don't have enough amino acids, you slow down phase two. In fact, we know that juice cleanses and fasts slow down, if not shut off, phase two. Protein, clean protein, animal protein.

**Jackie:** Another quick question that was just passed in front of me. The instructions say to take Bio-Gest digestive enzymes, one to two with each meal, not necessarily with the shake. Am I assuming I just take it once per day with one meal, correct? What does this do for me? I'm asking if I should take one or two.

**JJ:** Wait a minute, say this all again.

**Jackie:** One more question. The instructions say to take Bio-Gest digestive enzymes, "one to two" with each meal, not necessarily for the shake meal. I'm assuming I just take it once per day with one meal, correct? What does this do for me? I'm asking if I decide if I should take one or two.

**JJ:** Start with one and see how you feel. The way I generally dose enzymes is I have people take one, and if they don't notice anything, take two. I'd like you to hydrate up anywhere from one to three of those with a meal. Generally, you'll know if you've overdone it, because you'll have the mildest discomfort, which means you've got too much, and then you back down one.

**Jackie:** Perfect. Just to jump in, do we have any other live calls before we go to the next question?

**Moderator:** There are no further questions.

**Jackie:** OK, great. The next question we have is when I started out on Dr. Furman's plan several years ago, my hair started falling out, and we don't really know what the plan in execution, it can be completely varied. Could that have been from not getting enough protein?

My dermatologist said I had borderline low keratin, wanted me to take iron, but hemoglobin was good. Doctor F. always cautioned about not taking iron, it's toxic, so I didn't take it.

Anyway, my hair is still thin after several years and falls out too much. Any thoughts? I sure hope it will grow again? By the way, I'm 55, and the dermatologist didn't think it was a male pattern type.

**JJ:** Here's what I don't know: is this a man?

**Jackie:** Unfortunately, I don't know either.

**JJ:** Let's talk both sides. Man or woman, very different.

**Jackie:** I didn't know either. The last thing, when they said male pattern type, suddenly I thought it's a male.

**JJ:** I'm thinking it's a guy. Here's the thing with these questions: the more info the better. Give us as much information as possible, because it's so different if it's a man versus a woman. That's the first thing that I would say, because if it's a man, I've got to tell you, first off, if it's a man, I would still do a total iron panel and

look at that. It's so rare for a man to have low serum ferritin so I would dig deeper on to that one, and I think you need to investigate that.

If it's a man, also I don't know if at 55, male, I don't know if you are eating a lot of red meat, and then when you went on Dr. Furman's plan, you didn't. I'm struggling here, because I don't know if he's done something like put soy into your diet. I don't know what all has shifted. If it was a man, what would we look at? We'd look at something shifting with your testosterone metabolism, which you can go to your doctor.

This is where we've got now that doctor referral network that we're building, where they can look at your testosterone metabolism to see if there's been a shift there that's impacted your DHT and causing your hair to fall out, or if it's a nutrient deficiency, that if you moved into a more vegetarian diet, and your B vitamins went down. Maybe that caused it. You could look at it there.

If it's a woman, stress is the key one there. Nutrient deficiency is there too, low protein level. There's just too much here I don't know, unfortunately. Biggest one here would be I don't know if you're a man or a woman.

**Jackie:** If you're listening to the Q&A, write us back, so there's a little bit more information that we can get, and then we can go from there. Next question...

**JJ:** By the way, if the person wants to write in, and be very clear about it, I've got a woman who specializes in hair loss who we could have talk about it, or I could bring one of my men on it, and we could just have them answer the question in writing.

**Jackie:** Perfect. Next one is for JJ it's all about poop so I'm getting right to the point. They're using more green from all the spinach that I eat in my spinach, and well formed of a fiber consistency. Since I've been on the cleanse, they float, they're much more slimy, tar-like, is this because of trapped toxins just now coming out? I know it's gross, but I'm very curious, thanks.

**JJ:** Here's the other thing I would need to know from you guys too. I'm hoping that most of you are getting the cleanse deluxe package, the plus. I don't know if you're taking berber caps probiotics or not.

**Jackie:** You know, a lot of people are not. A lot of people do, and a lot of people don't. I'm not sure what...

**JJ:** That's information I don't know. I would really, I can't emphasize enough honestly. That's why we put it together to be a better deal. We really want to motivate people to do the plus. Do the plus, that's the better one. The only reason

we have the kits separate from the actual cleanses is for our out of the country people who don't have a choice.

We have two choices, the basic and the plus, and we really put it together to do the plus.

**Jackie:** If you want to do the plus right now, if you're listening, we do have that in [shop.peertrainer.com](http://shop.peertrainer.com). We just call it plus. It's also GI support, this is what we're talking about here, and you can just upgrade. Just order that, if that's something you need to do.

**JJ:** Because what I don't know here is, yes, it can be some of the stuff, and what we say is, better out than in. I mean, some of the things that can happen is, you start to detoxify, especially because you're using the detox powder. I know, now, we're going to start moving into people who want to do more intense, the detox cleanse powder. Also, you're using the detox packets now.

As you're using these products that help improve phase one and phase two detoxification, you are pushing toxins out. And when you push toxins out, you're going to pee them out, poop them out, sweat them out, right?

So, what, generally, you'll see is, I know when I very first, the first time I ever started detoxing, I got, like, lumpy zits. I was certainly like "Man". But, where I'd never gotten them before, like, on my jawline. It was really bizarre.

A lot of people will get rashes across their belly, or they will.

**Jackie:** My husband has gotten that. My husband got that, right, almost where the intestine is.

**JJ:** Wow, interesting.

Another thing I see is, people get abdominal rashes, acne, those are key, and weird poops. And that's just because we're getting the stuff out. If you're using things like berber caps, there's all sorts of stuff you might see in there, because it's killing off the microbes. So, poops can get very interesting, right?

So, most likely, what you're going to see here is, yes, stuff coming out of your poop. Again, the more of these things you're using, the more you might see in your poop, because you're getting stuff out, and that's one of the best ways we eliminate.

**Jackie:** OK, you'll never guess, I was just passed this by our staff. "I'm the one with the hair loss question." She's a woman.

**JJ:** All right. So, what we can do with the hair loss woman is, OK, so, is she on the phone? Or has she got more information?

**Jackie:** No, she's asking how she can call in and the instructions are there, so, hopefully, she'll join us. But we can't dial her, actually, in. She has to dial.

**JJ:** OK, if not, if, for some reason, you don't get in, hair loss woman. What we can do for you is, my girlfriend, Dr. Eva Queenar, who is amazing endocrinologist, who's actually developed an incredible hair loss formula, and works with women's hair loss, can discuss with you.

But, I mean, I would tell you, if you're a woman, you're not bleeding right now, but you're low serum ferritin and maybe your protein's low. I don't know what your diet was like before, I'm hoping you're getting on the phone, so you can give us more.

**Jackie:** OK. So, hopefully. And let's ask our moderator if anyone has a question, so maybe she dialed in.

**Moderator:** OK, you do have another question from Amy. Amy, go ahead, please.

**Amy:** I am sorry, ladies, but it seems like I'm the only one asking questions. But I think there were other people interested in this, too. It's a little premature, but will you give us some guidance about how to, as we finish up this cleanse, move on to a next phase? And what would that [inaudible 54:41]?

**Jackie:** Yeah, that's class three. It's a long class, and JJ goes step by step by step, including a sustain package for after you have moved through the detox. So, it's very detailed and it's all class three. So, that class three happens, you know, you had class one was on Monday, next Monday, you have class two, and so, then, you've now gone through your two weeks.

Then, class three actually starts at the end of, that following Monday, so, you've gone a full two weeks with the cleanse.

**Amy:** OK, thank you.

**Jackie:** Absolutely. So, the next question we have, and, you know, stop in a few minutes, hopefully the hair loss woman will call in. "Jackie and JJ," this is so great. "I'm in my second week of cleansing. I joined your December 5th cleanse, but didn't start myself until December 28th. I didn't know life could be this good. I actually feel quite full after the meals. I can go four to six hours without a binge panic sensation." I've had a lot of people write us and say that, too, JJ.

"When I do get hungry."

**JJ:** I believe dairy and gluten are making us binge. There are triggers in there, there are drugs and that's what I think is going on.

**Jackie:** I think a lot of people also take it seriously, like, they have a real breakfast, they don't just grab something and then.

**JJ:** Yeah, which changed everything. I will tell you, yesterday, I got off track with my eating. Like, I eat three meals and sometimes I'll have a snack. For some reason, yesterday, I guess I was just trying to just do this so I could emphasize and share the story.

I did a weird, you know what it was, I bought some hummus. And I got into that hummus at, like, 10 in the morning, and I ate little pieces of chicken and hummus, vegetables and hummus all day long. It was just a mess.

Like, I was just, it was just ridiculous.

**Jackie:** I've had days like that, too. Almost invariably, I didn't sleep well, and then, I didn't have a big breakfast. Just for some weird reason, something happened.

**JJ:** Isn't it amazing?

**Jackie:** And so, she was, this person, "I was a carb sweet eater as my main focus. I thought I had major psychological problems, because I could never sustain compliance with the nutritional advice with calories in, calories out," which is actually wrong. "I had a paradigm shift by reading Gary Taubes, 'Why We Get Fat, and What To Do About It.' Which, coincidentally, I found right when I was doing your cleanse. The book, plus your direct advice, recipes has allowed me to do this.

"I have one question, which I know Peer Trainer continues to offer advice about. But my fear is that even this, as different as I feel from any other time, to eat healthy and lose weight, I'm going to fall off the wagon in the near future. I'm panicked, because it's a classic story, right?

"Even with this new paradigm, I heard two women in my weight management group therapy say how they've done this. They struggled to stay on it, they're still in my group trying to figure it out. So, super excited about my experience with the cleanse. But when I heard that, I worry that even this is not sustainable."



You know, basically, she's asking, how am I going to stay, is it possible for me to stay with this?

**JJ:** Of course it is. Now, you know what, here's the big mindset shift. So, what we've done, and again, you've said this, Jackie, and you're so right. What changes on something like a diet, because we say, you can't eat the stuff for three weeks; it's just off the table. And in a diet, you always cheat, don't we?

**Jackie:** Yeah.

**JJ:** I mean, I know I am not unique here, but you put me on something and say, you can't have something, and it's like, the minute you tell me I can't have something, or can't do something, or you know, I'm like, ooh, you know, or I have to limit this. But when you know, hey, you're taking these things out for three weeks because we're going to test for detox and we're going to test and see how you react to them. So, you know you have to be off them, because otherwise, it won't work.

It gives you three weeks to go, wow, I feel so much better, which she's already at. But then, we're going to rechallenge, and you're going to see whether they work for you or not. When you find out that a lot of these things actually don't work for you, like, most of the people that I see, they go back to trying dairy, go, wow, I feel like crap when I eat that.

**Jackie:** Or I have a pimple, or I'm bloated. That's been a big thing. My belly pooches out, literally, five minutes after I'm finished eating.

**JJ:** Yeah. So, I mean, once you notice that difference, it's a very different shift than going, "Oh, I'm just going to eat a little bit more today." Right? And also, so, I'm almost concerned about this group you're in. I read that.

**Jackie:** No, that's funny, I know.

**JJ:** Jackie, when I read the question, I went, I'm not sure this group is helping you. That was my feeling.

**Jackie:** Because you're seeing, yes, because your peers can be everything. Look at Peer Trainer, look when you're in a group that's supportive and people are focused on what's working and how they can move through each day and get new ideas.

You get inspired, versus being in a group where people are like, I just still have these issues and these problems and I'm so upset. It can almost snowball into

something so much worse. I mean, many, many times you have to be very mindful of who's around you and their attitude.

**JJ:** Oh, sure.

**Jackie:** Two people can bring a group down. I've watched it happen. Just as two really positive, incredible attitudes, sharing ideas, can bring a group up. So, actually, I'm glad you pointed that out.

**JJ:** Well, it was the thing that jumped out at me, was, I thought, you need to get in a new group. It reminds me of my, I used to have, my ex-mother-in-law was part of a divorce recovery group. And [inaudible 01:00:04], she wanted my ex-husband and I, when we were married, to come, like, hang out, we're having a barbecue.

I swear to god, I was ready to slit my wrists, it was so depressing. I thought, how is this helping? It's like they're all mired in the past, and like, who screwed them over and what they do. I'm like, "Jeez, wow. Get me out of here."

**Jackie:** Yeah, you're almost getting more mired. You're not necessarily sharing ideas of how you're going to sustain things, you're sharing ideas of, oh, no, it's, you know, as the victim.

**JJ:** Right. This is going to help, like, you're already worried about failing. I'm thinking, well, what if that question got taken off the table? Because, you know, your mind's going to naturally go to the question you asked. So, if your question is, how I can succeed at this, when work long term, you'll get the much better answer.

So, that was what jumped out at me when I read this whole thing, was like, oh. New group.

**Jackie:** Good point. I mean, how many times do you hear the quality of your life is dependent on the quality of your questions? That's a really low quality question, of, what if I fail? Versus, OK, how am I going to succeed today? How do I want to feel today?

Because almost invariably, if I have a meeting, there's no way I would go get a slice of pizza, because I know exactly how that's going to make me feel, versus how exactly how salad's going to make me feel. So, JJ, that's just excellent, excellent.

**JJ:** So, that's what, so my big advice to you is, I absolutely know you can do this and get yourself in [inaudible 01:01:31] you need to be able to do it.

**Jackie:** Absolutely. So, the next question, and I'll do the history if you want, because sometimes I, you want me to, but I'm just going to jump into it. Can autoimmune disorders be healed through proper nutrition and gut function?

**JJ:** OK, so, autoimmune's genetic. You flip the switch or not, right? So, it's funny, because people can have the genes for autoimmune and never flip the switch. Now, can you heal something? If you've got damage from multiple sclerosis, can you undamage yourself? It depends whether you've fried the egg or not, right? So, it depends on what the damage is.

But there was an amazing TED talk by a woman with MS, who actually went to the Institute for Functional Medicine and learned about diet with MS and nutrients, and she went from being in a wheelchair to walking and going back to her life.

So, with autoimmune, I mean, it is amazing, the information that's not out there with autoimmune. If you've got any risk at all, and I think we should all look at our A and A levels, like, when we're born, and we should all look at genetic propensity towards, you know, do we have the genes for autoimmune?

If so, you would never touch gluten or dairy, ever, because those are the triggers. That, plus stress is a trigger for autoimmune, right? And you'd have your vitamin D levels tested, which everybody should, anyway. You'd optimize vitamin D, you'd stay off gluten and dairy. It would make a massive, massive, massive difference.

So, whether you can heal the damage, it depends what kind of damage it was. But, you know, it certainly is going to shut off and continue going, right?

**Jackie:** And my, I don't know how to pronounce this, bilirubin count.

**JJ:** Oh, yeah, I have no clue on this one, "Is my low bilirubin a sign of?" OK, so, here's what I would tell you on this one that, "Is my low bilirubin mean that I have low toxicity?"

Well, one of the things we see with high bilirubin in babies is that they're not functioning well, not eliminating their toxins. OK. We're not babies, and so, if you have a low level, doesn't mean that you're not, you have low toxic overload. I've never seen, I don't know where that came from. I don't, I would say, no.

If you, here's the challenge with, are you toxic? First off, if we went to the most pristine places in the world, and looked at, tested the water and the air, there's toxins. There's nowhere, now, in the world that there are not toxins. It's just not possible. So, that's sad truth number one.

Number two, we all have toxins in a toxic, it's whether it's impacting our health and at what level it's impacting our health at this point, OK?

So, how do you know your toxic load? Well, you know, there's really, you can test for petrochemicals, you can test for PDCs, you can do a bunch of tests to look at all sorts of things, everything from heavy metals to organic chemicals. But the challenge is, you're never going to see everything. Because we don't even know how to look for everything at this point. So I almost think we're better off.

Because I used to look at a lot of heavy metal tests. And I still will have someone go and get that tested if we're really stuck with weight loss. But the problem is, a lot of times it's not actually the mercury or the lead. It's, say, maybe the phthalates. I think we're better off just all assuming, hey, reduce the load. Increase the excretion. And do that forever. Because you are going to be confronted by toxins daily. You just are.

**Jackie:** We talk about this really in-depth in class too. So next Monday you'll hear a lot more. You go pretty in-depth with this.

**JJ:** Yeah. It's just, this is just the sad state that we're in. And why we focus so much on food is because food is, I think, our number one source of toxic exposure.

**Jackie:** And the thing you can control the most. I mean, there are many people that aren't going to give up their deodorant. They're just not. Or other kinds of things.

**JJ:** I know, I won't give up mine. I tried, but then I ended up toxifying everyone with my sweat.

**Jackie:** I just wanted to ask the moderator, if you could just tell everybody how they can get in the queue again. I was just passed a message about the hair loss participant.

**Moderator:** Of course, ladies and gentlemen, at this moment, if you do have a question, please hit star zero, I'll collect your name and place you back onto the call. Again, that's star zero. And we do have a few questions waiting.

**JJ:** OK.

**Jackie:** Great. So we will go right into them.

**JJ:** And by the way, if we don't get everything answered, because I see we still have a lot more questions, we will have another one of these. We've been doing these once a month, right?

**Jackie:** Yes. And we'll have another one. Usually it's great to have a Q-and-A after you've really gone through this a little bit and you have some of your questions answered. Because you're the lab, and then you figure it out. So a lot of times we have a Q-and-A after people are through this particular stage. But exactly, we'll have another one. And yeah, let's move onto the live questions.

**Moderator:** OK. The next question comes from Cymbaline. Cymbaline, go ahead please.

**Cymbaline:** Hello.

**Moderator:** I think I mispronounced the name and killed it.

**Cymbaline:** Hi. Hello?

**JJ:** Hi.

**Jackie:** Hello.

**Cymbaline:** Hi. I was just wondering, I started the cleanse on Monday, but I didn't have any of the detox supplements. I just did the basic, and I got a rice protein, rice-pea protein blend, and the raw fiber blend. And I was just wondering, what is necessary to actually detox?

I have felt better, but I don't know if I'm actually detoxing, because I haven't taken any of the detox support supplements. And I've been looking at others, at health food stores, and they have some of the same things, but what do you recommend...

**JJ:** First off, please don't go to a health food store.

**Jackie:** Are you in the United States, or are you calling from outside the United States?

**Cymbaline:** Yes, I am.

**Jackie:** You're within the United States. OK.

**JJ:** Here's what I would tell you with all that. The only reason we give off options is because we had to do it for the people internationally, and it just creates a

pain. But honestly, you're not going to find anything at the price that we offer it at at the health food store with this quality. It doesn't exist.

**Cymbaline:** I was just looking at them, and even the ones that are similar, they have the magnesium stearate that you were talking about.

**JJ:** Yeah, that's sort of like going... And Walter Crinnion, who is one of the top detox experts in the world, put these products together. You're not going to get that from a consumer brand in a health food store.

**Cymbaline:** OK.

**JJ:** So what I would tell you is, this is really good stuff, and at incredible prices. So I really wouldn't waste the time and effort to... I wouldn't even understand the rationale for trying to get it at a health food store. Because you're not going to get it any cheaper. And you're not going to get as good. So it doesn't make sense.

**Woman:** OK. So is there a way to basically upgrade to the Plus or whatever, without...

**Jackie:** Yeah. We have that at [shop.peertrainer.com](http://shop.peertrainer.com). And you can absolutely upgrade. We'll point that to you, and especially at our help desk, they'll help direct you to any of this stuff. So it shouldn't be a problem at all.

**JJ:** I want to give you a couple more, though. What was your name again?

**Cymbaline:** Cymbaline.

**JJ:** Cymbaline. What a pretty name. OK, so I want you to understand too, though, right now, what you're doing is fantastic. And you say I don't know if I'm detoxing yet. Let's say that you start everyday and you ate a bagel, and you switched from a bagel to a pea rice shake, that's detoxifying. If you are having a soda everyday and you switch to a glass of water, that's detoxifying. You see what I mean?

**Cymbaline:** Yeah.

**JJ:** So what I tell people is, detox is a continuum. And any time you reduce your chronic exposure or do anything which, a lot of things that we do initially are like, let's pull out things that are creating a toxic exposure for you.

Then let's look at things that can help improve our body's ability to detoxify, everything from having the poops you can be proud of, sweating more, improving circulation, giving better nutrients, supporting good fat and protein digestion, all those things improve detoxification.

And so getting off to a great start by cutting out those things in your diet and adding the shake in, that's huge. That to me is the most important thing of all. Then you start to add these things in. And it's great. But already the fact that you feel better makes me thrilled.

**Cymbaline:** Well, I've done two shakes a day, and then a meal. I've had a few snacks that are like vegetables or prunes. I ended up eating after my workout yesterday, because I worked out really hard, but I hadn't had an extra snack. So I'm not sure, is that OK?

But I generally have eaten pretty healthy, and eat a lot of vegetables. I just was overeating, especially around the holidays, I ate a lot more sugar. So I wouldn't start the day that badly, but I do feel much better having cut out dairy and bread and stuff.

**JJ:** And what I'll tell you, you're recording what you're eating, right?

**Cymbaline:** Yeah.

**JJ:** Because one of the big mantras that I have is, too much healthy food is not healthy. And for me, I don't eat crap. But I have to watch myself. Because I find that as I really pulled out, because I really don't eat gluten, dairy, soy, corn, peanuts. Very rarely eggs, they tend to react to me. I don't eat sugar, I don't eat artificial sweeteners.

And so there really isn't a whole lot. I can get myself in trouble with almond butter, as anybody who's ever listened to me talk knows much better.

**Cymbaline:** Right.

**JJ:** I literally can't bring it in the house. It's like I'll sit down with a spoon. And then I'm like going, OK, JJ, remember, too much healthy food's unhealthy. Right? So that's where tracking really helps. And for you, what I would tell you, if you work out really hard, you could save one of those shakes for after your workout. So you can have three meals and one good snack, which, a great snack is like hummus and cut-up vegetables.

**Cymbaline:** Yeah, well, I ended up having a banana and a couple slices of turkey and some coconut water. And it was almost like a meal. Because I was really hungry afterwards. And I had had my shakes and I had a big salad before. But I was hungry all day. And I don't know if I was supposed to make my shakes bigger, or...

**JJ:** Well, just make sure... I make gonzo shakes, I will tell you. I mean, my shakes have coconut milk. I do a heaping scoop of chocolate VegaLite. I put in MediBulk, and I put in a big thing of chia seeds. And I put in, right now I'm going through blueberries. So I do a big shake that I make so thick that I eat with a spoon and a bowl.

**Cymbaline:** I have, I think it's Life Store's [?], the rice pea blend, it's the vanilla unsweetened, and it's a little less calories. And the raw fiber, I don't know if it's exactly the same as the MediBulk. And they have a lot of seed powder and stuff in it. So I don't know if that makes a difference.

**JJ:** Yeah, I don't know because I'm not familiar with it. You want to get at least 20 grams of protein in, 25 probably better, so look at what your product's got there. And then bring the fat up, coconut milk, add some extra chea or flax.

**Cymbaline:** I do do the coconut milk and the berries as well.

**JJ:** So just kick that. And then I'm not that big of a fan of bananas. I prefer apples and berries. And make sure with your salad you're getting in some lentils or garbanzo beans, you're getting in the healthy fat, you're getting in enough clean, lean protein.

**Cymbaline:** I had a little avocado and some turkey and shrimp.

**JJ:** OK. Well, great. Just monitor it, and that's where writing down really helps, and monitor. I don't know if you're trying to lose fat or not. Are you?

**Cymbaline:** Yeah, because I was really thin, but then I've gained it over the last few months. So yeah, I am trying to lose some fat.

**JJ:** OK. Then let's ping that. Banana, if you're a really athletic person and you're not trying to lose weight, OK. But if you are, then let's ping them, and go for the lower-glycemic fruits. OK? And then just monitor it.

And if you're eating healthy fats and protein, lots of fiber, appetite should really settle down here. Green tea in between meals, up your fiber with your meals, keep bringing that up, but titrate it up, and see how you feel.

**Cymbaline:** OK. And just one more question. If I do work out later in the day, and I do work out hard, I always heard you're supposed to refuel within 20 to 30 minutes after you work out. And what if I've already eaten my three meals?

**JJ:** What time are you working out?



**Cymbaline:** I took classes that went until 8:30.

**JJ:** Ooh. Do you have to do it that way?

**Cymbaline:** Yeah. My day was full until the evening.

**JJ:** OK.

**Cymbaline:** I mean, I could probably do something in the morning if I get up earlier, but...

**JJ:** Yeah, it's never ideal to do it later at night, because it can be more stimulating. But hey, the best time to work out is when you will. I'd almost say to you that you might be better off thinking about four meals instead of three, which still has the same amount of calories.

But what I would probably do is something more like a shake for breakfast, and then the vegetable protein-healthy fat split like lunch in late afternoon, and then a shake after your workout.

**Cymbaline:** OK.

**JJ:** And that's probably the way I would split it. So it's still factoring it all in, but with the way you're working out, it's going to be a better way to do it. Because really, there's like a 60-minute window in there, the sooner the better. It's like a door slowly shutting.

**Cymbaline:** Right.

**JJ:** With protein and carbohydrate being the way that you really want to focus. So a shake's always my favorite for that.

**Cymbaline:** OK. Thank you very much.

**JJ:** You're welcome.

**Jackie:** And we have the next live call. I believe there's another one.

**Moderator:** Yes. The next question comes from Laurel. Laurel, go ahead please.

**Laurel:** Hi, this is Laurel. I'm from Pittsburgh, and can you guys hear me?

**JJ:** Yes.

**Jackie:** Yes, nice to meet you.

**Laurel:** OK. Thanks. You guys have been really helpful, and I'm not sure if you answered my question in the prior question. But I'm on day three of the cleanse, and I've been doing really well. Today I had a lunch that I had to attend. And I didn't plan in advance, and I didn't bring anything along. And I knew that this wasn't the greatest restaurant.

But I was able to order a salad with... And of course, I asked if they had spinach. They did not. I had romaine lettuce and it also had iceberg, which is, totally, I know, non-nutritional, and then I had turkey, roasted turkey, and some other few vegetables. I even noticed, the carrots were not, they weren't organic. I could tell, the taste. So I ate it. I put lemon and a little bit of olive oil on it.

And then I came home to get some other stuff, and I came home to do this call. I was like starving. I was listening to you, and I thought, "I have to eat something."

**Laurel:** So I had all these roasted veggies leftover from dinner last night, and a lot of them are starchy veggies. I know you're saying have the shake in the morning. Then wait four to six hours for your next meal, and I'm thinking, "Did I mess that up because I ate and then two hours later..."

**JJ:** Tell me first of all. Here's the thing, Laurel.

**Laurel:** Yes.

**JJ:** You do the best thing you can in the situation you're in, which it sounds like you did. So first of all, yay for you. Congratulations, OK? We're really good at kicking our own butts.

**Laurel:** OK, yeah. Tell me about it.

**JJ:** So it sounds like you probably just didn't get enough to eat at lunch, and I've got to tell you. If I go to eat a lunch, what I tell people when they live by the plate is get that clean lean protein in. Get some healthy fats. Get a load of vegetables and a little bit of a high-fiber starchy carb, and I so often notice if I miss that little bit of a high-fiber starchy carb, I'm just like, "Oh, missing something."

So that's probably what happened at lunch, so coming back home and eating more vegetables and a little bit of a high-fiber starchy vegetable was probably the perfect solution.

**Laurel:** Oh, good.

**JJ:** OK? The big thing here is to really keep the gluten, corn, soy, peanuts, eggs, and dairy out during this time period.

**Laurel:** Correct, yes.

**JJ:** That's critical. Hey, if you're starving, eat and always look back if you're starving as to... Because to me if someone is starving a couple hours after eating, their last meal wasn't adequate. Something's missing, so probably there wasn't enough protein in that meal. There weren't any high-fiber starchy carbs, so yeah, you were hungry.

**Laurel:** Right, and that's what I thought. First of all I didn't like the turkey. It didn't taste right, so I'm thinking, "I'm blowing it here. It's not organic turkey." So it was...

**JJ:** You weren't blowing it.

**Laurel:** OK, I wasn't blowing it.

**JJ:** You were stuck and you made the best choice you could under the situation.

**Laurel:** OK, that's a better way to frame it.

**Jackie:** You're going for the B+. I mean really, so much of the time you get stuck and then beating yourself up, and there was really nothing you could do.

**JJ:** Yeah, you just have to do the best you could do. Blowing it would be, "Screw it. There's nothing here to eat. I'm having the lasagna."

**Laurel:** Right, right. You're right. That would be totally non-productive.

**Laurel:** One other question. I was going to have some tea yesterday, and I was at a person's house. I went, and I was reading the tea bags. One of them had soy lecithin in them. Is that in everything and why is it in tea?

**JJ:** I have no idea why.

**Laurel:** It just shocked me.

**JJ:** Now I'm going to look at my tea bags, OK? So soy lecithin is not something you need to worry about.

**Laurel:** Oh, it is not? OK.

**JJ:** No, you'll see it in a lot of supplements. Unfortunately, it depends on how it's processed. Like I know when it's in Thorne supplements it actually comes from non-GMO soy. It didn't become a trans-fat, so it's OK. But I'm looking in my...

**Laurel:** I thought we had to remove all soy. That's why I...

**JJ:** The reason we don't have to worry about soy lecithin is because it's not the soy protein.

**Laurel:** OK, OK.

**JJ:** It's fat. It's just like you could use ghee because it's clarified butter so it doesn't have the milk protein solids in it.

**Laurel:** Got you. OK, that makes sense. It was actually some form of stash tea.

**JJ:** Weird.

**Laurel:** I know, I know.

**JJ:** That's amazing. I can't figure out why they'd need it in there.

**Laurel:** I don't know either. Actually I'm glad you distinguished between soy lecithin and soy protein because I wasn't really clear on that. No, you've been very, very helpful. I know I had like 1,000 questions before, and I can't really think of them.

**JJ:** And now they've slipped out of your brain.

**Laurel:** Right. Of course. So you should let someone else go, but thank you.

**JJ:** You're welcome.

**Jackie:** Great. Well, thank you.

**Laurel:** OK, OK. Bye.

**Jackie:** OK, next question.

**Moderator:** OK, the next question comes from Barbara. Barbara, go ahead please.

**Barbara:** Hi. I'm a hair-loss person.

**JJ:** OK.

**Jackie:** Good. Oh, glad you made it.

**Barbara:** Yeah. I couldn't remember what to punch on the phone, so...

**JJ:** OK, so what was your diet like before you went on the Fuhrman diet?

**Barbara:** Before I went on the Fuhrman diet I'd have to say it was just your standard American diet, just the fad diet. I ate meat and refined carbs and probably unhealthy.

**JJ:** OK.

**Barbara:** Then I went more vegetarian when I was listening more to Dr. Fuhrman and wasn't eating that much animal protein, but I was eating a lot of vegetables as I recall. This was actually three years ago, so I'm trying to think back.

**JJ:** And when did you notice your hair falling out?

**Barbara:** Well, I'm not sure how long it was after I started Dr. Fuhrman's programs. I'm going to guess several months. Maybe a year, I'm not sure.

**JJ:** Is there anything else? Because a whole year after the fact would be tough to say, "OK, it was what you changed in Dr. Fuhrman's program." You know what I mean?

**Barbara:** Yeah, unless it was like long-term not getting enough protein or something. I really am not sure how long it was, but I do know it was a pretty stressful time. I've read that that can make your hair fall out, too.

**JJ:** Yeah, that definitely can make your hair fall out. It's huge for making hair fall out. I guess it comes from this longstanding... Someone will go on a supplement and call me and go, "I feel terrible from the supplements." And three days later they've had the flu. You know what I mean? So it's challenging because it's never like you did one thing in isolation.

Definitely nutrient deficiencies, a low-protein diet, those types of things, especially a vegetarian diet, low protein, not enough B vitamins and stuff could exacerbate hair loss. However, going into menopause, low thyroid function, which happens very classically around that time, reduced iodine in diet due to that shift in your diet, and stress could all play a role there, too.

So I don't know if all of a sudden you went into a very stressful time, and that's going to shift your hormone cascade. That could absolutely do it.

**Barbara:** Yeah, the stress has been pretty ongoing, just really long work hours, which is still going on but at least I don't still find hair in the shower. It's just in my brush.

**JJ:** So the things that I would tell you are try seeing what happens as you increase protein intake in your diet and taking enzymes. Again, you've got to get that three months. The biggest thing though that I would do I would go get a total iron panel and look at ferritin. Are you menopausal? Post-menopausal? Where are you in all that?

**Barbara:** Post.

**JJ:** OK. Well, go get those levels done and see where you're at with that, but I would check my thyroid function. That's the biggest thing I would look at because that would be the most classic. Of everything that I've heard what I would most likely point to is thyroid.

**Barbara:** Well, you know I talked to my doctor about, "Should I get my thyroid checked?" He's like, "No, you don't have any of the symptoms."

**JJ:** You have hair loss.

**Barbara:** OK, so that's a symptom. OK.

**JJ:** Sure, that's a huge symptom of thyroid problems. Do you have elevated LDL cholesterol?

**Barbara:** No, no. Well, let's see. How was it? No. No, it wasn't.

**JJ:** OK, so let me just ask you a couple... Any problems with fatigue?

**Barbara:** Not really.

**JJ:** Brittle fingernails?

**Barbara:** Yes.

**JJ:** Dry skin?

**Barbara:** Not really. I've always had oily skin. I've had a few itchy places on my scalp, but...

**JJ:** OK, so let me just go through some of them just for everybody on the line, some classic thyroid issues. Then actually Jackie, I have to be on another one at one thirty. I hate to tell you this, but...

**Jackie:** I know. Well, we'll keep them for the next Q & A. We'll schedule it and get it out.

**JJ:** But I think this is important for everybody to hear because you know what? I totally disagree with that doctor. You need to run a thyroid panel because you already have two once [?] you've described to me, and I want everyone to understand what you should run for a thyroid panel.

Then again, I'm going to say, Jackie, you might want to get Dr. Alan Christianson on the line to talk about thyroid health because one of the things that really can screw up your thyroid is stress.

Women are so much more likely to have thyroid disorders than men. One of the challenges is due to poor iodine status in our diet. So fatigue, sluggishness, increased sensitivity to cold, constipation, pale, dry skin, puffy face, hoarse voice, elevated blood cholesterol level, unexplained weight gain or difficulty losing weight, muscle aches, tenderness, and stiffness.

A slightly yellow tinge to the skin if you're eating a lot of beta-carotene rich vegetables, loss of the outer third of your eyebrows, pain, stiffness, swelling in your joints, muscle weakness, heavier-than-normal menstrual periods if you're still menstruating, brittle fingernails and hair, hair loss, depression, mood swingy.

You make sure your doctor orders all of these, and don't let him push you around. Get a thyroid stimulating hormone. Get a 3T3 and T4. Make sure you get the 3T3 because stress...

**Barbara:** Hang on. I'm writing that down. What was that again?

**JJ:** TSH 3T3 and T4.

**Barbara:** 3T3...

**JJ:** 3T3 and 3T4, and tell them you want a full thyroid panel, including a 3T3. Then depending on what that looks like, you might want to do thyroid antibodies. Thyroid disorder is way more common than anybody realizes. My buddy Dr. Alan Christianson wrote "The Idiot's Guide To Thyroid Disease."

Anytime I see any of those symptoms I'm sending people in. I catch it all the time, and then don't go with the norms that the doctor says. Look for a TSH between 0.5 and two is optimal, not outside of that range. But with hair loss, it's the first place to look. It is the first place you should be looking.

**Barbara:** OK.

**JJ:** OK?

**Barbara:** Thank you for that.

**JJ:** And you need a doctor who understands the role, how stress and your adrenal glands and your thyroid play together because they are intertwined. So if your doctor doesn't get that, you need to get a new doctor. Where are you located?

**Barbara:** North Carolina.

**JJ:** North Carolina. Which part?

**Barbara:** Piedmont, Salisbury.

**JJ:** I've got some very cool doctors up there. In fact I've got to remember. Will you remind me, Jackie, about Jade and Keoni Teta to get them into your referral network?

**Jackie:** Yes.

**JJ:** OK, cool. We're working on a great referral network so that you guys are covered, but also I do have a doctor who will do a phone consult. Then you can get that information to your other doctor because sometimes it's hard to get. Thyroid's way more complicated than people realize.

**Barbara:** Right. Well, how can I get the names of those doctors again?

**Jackie:** We'll be putting them out in a doctor referral network through PEER-trainer and through a couple things. So we'll be sure to follow up with you.

**Barbara:** OK, that would be great. Thank you so much.

**Jackie:** OK, great. Well, I think we're going to wrap up this Q & A. Do we have anybody that's been waiting in the line though for this entire hour and a half?

**Moderator:** At this moment there are no further questions.

**Jackie:** Oh, good. OK, so we will announce the next Q & A. Don't worry if you sent in your question. We have them all organized. We just were not unfortunately able to get to them in this hour and a half. We'll also be talking about a couple of the things that we said, how you can upgrade, how you can get a couple of things that JJ mentioned.



We'll also just be sure to send out the information of when the next Q & A is. If you have more questions, you can get them in but we certainly have a lot of them in the queue.

**JJ:** Ahh!

**Jackie:** JJ, have a great day. Thanks.

**JJ:** Thank you.

**Jackie:** It's always so informative. I learn half the time as well, so thank you and we'll see you next time.

**JJ:** Alrighty. So email me and we'll find a date, honey.

**Jackie:** That's good.

**JJ:** OK.

**Jackie:** Have a good day. Bye.