

DETOXIFICATION TRAINING WITH DONNA GATES: CLASS #1

Heather Fougner: Welcome to Body Ecology's detoxification training program with Donna Gates and her team of top medical and natural health experts. I'm Heather Fougner, and I'll be your host for this training event. We're so excited to have you here with us in this training program, because Donna is gonna teach you one of the most important topics, not only for your own health, but also for the health of generations to come; and that's detoxification. I'm pleased to introduce Donna Gates, founder of the Body Ecology system of health and healing. And today, you're in for a treat, because when I look back at the first time I was trained by Donna, it was like opening-up a whole new world in natural health. So, Donna, thank you for being here with us to share your wisdom.

Donna Gates: Well, I'm very glad to be here. For a long, long time I've wanted to offer these trainings, so we're finally getting started.

Heather Fougner: Great. Well, let's get started, then, and I'm gonna – one of the first things that I thought everyone would wanna know, because it's so perplexing, is that every – every day, if you are a health enthusiast and you look at the news, there's something new about toxins; whether new toxins have been found in water, in fish, in beauty products. Wherever we look it seems like there are toxins. So, what happened? Where did we go wrong that we're so surrounded by toxins today?

Donna Gates: Actually, the problem began literally generations ago. The – for example, I'm a baby-boomer, and my grandparents were the first ones to really experience a barrage of toxins. They were – they began to appear on our food, chemicals. And then, of course, what a lot of people don't realize, and I'm sure a lot of people listening to this talk are baby-boomers, or they're the children of baby-boomers, but to end the world – the last world war, the atom bomb was dropped on Japan. And yeah, it ended the war, but it also – those toxins weren't just toxins from the bomb, you know, that just affected the people in Japan. Those toxins actually went all over the world, and even today on our planet we are experiencing toxins from that atom bomb.

Then, Chernobyl came along, and the same thing; those toxins, too, went all around the world. And we've had other disasters like 9-11, for example. About 10 months after 9-11 I was actually walking around in New York and had to stop and get some type of a handkerchief to put over my mouth, because the air was so incredibly dirty. And we are just getting more and more used to these – these dirty toxins. Our – the baby-boomers were really bombarded with toxins. Our parents believed in science. They

believed in the miracles of science. And science gave them a lot of freedom. For example, many, many baby-boomers grew-up with TV dinners that were cooked in aluminum trays. And I know my grandmother, if you went into her pantry, her whole pantry was full of aluminum pots and pans. And when the baby-boomers were starting to, you know, be of the age where they were beginning to have children of their own, there was a study that came out in Sweden where they found the aluminum was actually in the back of the brain. And there was a real concern for this, thinking that there would be a link between aluminum and Alzheimer's.

Well, of course, the other scientists at that time said, "That's ridiculous. There's no way." But, now we know that all these toxins are very much getting into the brain. And again, going back to those pots and pans in my grandmother's pantry, she had Alzheimer's and died from it, and her son died from it, and my mother had a touch of it, too; and she died, actually, of cancer. So, our parents, yes, our parents were suffering from this problem as well. Another biggie for the baby-boomers is Teflon came in. And this is this great, marvelous, you know – these pans – we didn't want our food to stick to the pans so our mothers wouldn't have to take a long time scraping off eggs from the pan, for example. But, Teflon will be on the planet for thousands of years to come.

Baby-boomers were vaccinated. And another biggie that people don't realize is that our mothers didn't want to go through the trials and tribulations of birth, so it was very – you know, like a big thing that all the mothers did is they just simply were put to sleep when it was time to deliver the baby. And so, mom woke-up and the doctor came in the room and said, "Oh, Mrs. Smith, you're the proud mother of a little baby boy, or a little baby girl." But, the drugs that drugged our mothers and got into our mother's milk – but, our mothers didn't breast feed anyway – but, the mothers – yes, our mothers were drugged, but the babies were drugged as well. So, baby-boomers started life drugged. They were not responsive. They slept all the time. And I guess everybody thought that was normal. You know, babies are just supposed to sleep.

But, today's babies who are born – many more people are, of course, are having their children with natural childbirth. I chose to have mine by natural childbirth, and they're so alert. Immediately, they're looking around the room trying to find their mom and their dad, and they're totally present, very anxious to get out of the womb and start life in this world. So, that's – that was a big – like

a difficult thing that baby boomers, you know, struggle – started life with. I mean, I don't even think about things like that. Nobody bothered to tell us this happened to us. Then, along come mercury, you know – well, actually, mercury has been around for a very long time. We've been putting mercury in our teeth for I don't even know how long, really. I should look that up. But, generations and generations.

And so, it's very interesting. I've been told recently that the American Dental Association is, within a very short period of time, about to make an announcement that mercury is a dangerous chemical and should not – it's actually a deadly poison, and should not be put in our teeth. Now, think about this. The teeth with this mercury, you know, it's in our head, and that's where our brain is. And the brain is a big lot of fat – fat – the brain is very much made-up of fat. And so, of course, the mercury is affecting the brain. And if you test, you'll see mercury in the brain. It's affecting our eyes. It's actually affecting every organ in our entire body.

But, when you chew gum, or if you drink alcohol or smoke, or even if you have a toxic digestive tract, and the mouth isn't – the pH of the mouth isn't correct, you're going to be out-gassing mercury from your mouth. And so, you know, we're – we have a lot of toxins, you know, just from that. Now, sadly, the toxins are concentrated in our little babies that are coming in. In other words, that means there are actually more toxins in these new babies than are in their parents. They've found over 250 toxins in cord-blood – in the umbilical cord blood of these newborn babies. And so, it's become a very serious concern, and righteously so.

One of the things I think people really need to know is that it's gonna take us a long, long time to fix this problem. These chemicals are gonna remain with us, some of them literally for thousands of years. So, what are we gonna do about that? I know this sounds like a lot of – so far, like a lot of gloom and doom, but this is where the principle of cleansing, one of Body Ecology's seven really important cleansings – seven really important principles, is this principle of cleansing. Because, it's a principle where we can learn – or we become aware that we need to purify ourselves. It becomes very critical, actually, to master this principle of cleansing.

Now, when you master something you start off first by being a student, and then you learn and you learn, and you practice and you practice and you practice. And then, over time, you become

really, really good at it; you become a master. And that's where I'm hoping this – people, by the time they've gone through the eight-week training here, that they'll feel very well educated about – about this whole process of, you know, detoxification, and what they have to do. I mean, right now, in this first class, we're talking about the problem of detoxification, but from now on we're gonna start talking about solutions; what to do; how to get rid of this problem.

So, that's what we're gonna be exploring over the next eight weeks, is – I really wanna empower everyone who's listening to this talk here today with real tools to help you, and help the people that you love and care about live – go through these times and be safer; because we're gonna be going through difficult times. But, we can go through them with some wonderful tools, and we can get through this difficult time. I like to say that, in a way, we're boarding Noah's Ark again. We really are. And there are lots of warning signs that it's time to start protecting ourselves. For the most part, we humans are absolutely ignorant to the peril that we're in. We have no idea how serious things are, how much danger our children are in, and how the human race is just close to literally being just – you know, the lights going out, here.

And we're kinda just going along acting like, “No, that can't happen. Somebody will come along and save us or something.” But, it's serious. We've got a serious situation. So, we humans, and in a lot – in many ways you could call us the most potentially dangerous predators on the planet. But, there's a lot of us here right now who are committed to being the solution instead of the problem. And we've also – besides starting to care for our own health, and cleaning our own body, we've gotta become very, very mindful of the earth and all the planet – all the other animals on the planet as well.

Heather Fournier: You know, Donna, what you said is really important, and it is kind of easy to think that, if it's in the grocery store and – or, if we've been given it at the doctor's office, that it must be safe, and it must be okay. You actually mentioned a few toxins already; mercury, Teflon, you know, toxins from the bombs. What – what are some of the toxins that are getting stored in people's body? What are – what would, like, the average person that went in thinking, “You know, I – I don't think I'm surrounded by too many toxins”, but what might they be surprised to find-out if they went in and got checked for toxins in their body?

Donna Gates:

Well, there are really toxins coming in from two main sources. There are the toxins that are produced inside of us, and they're called endogenous toxins. So, we make toxins all the time right down inside of us. And then, there's the exogenous toxins; they're the ones coming from the outside. The ones I mentioned so far really are the ones coming from the outside. So, the air that we breathe, the food that we eat, the water that we drink, the water that we shower in, when we brush our teeth, when we put make-up on our skin or other chemicals on our skin, when we take drugs in. Many, many people are taking drugs, and they're taking numerous drugs. Those are examples of exogenous, outside toxins coming from the outside.

But, I guess another good way to maybe categorize it is to – is to talk about, you know, the heavy metals. Like, you – aluminum, obviously. I talked about that. But, you know – that I mentioned it in cookware, but there's aluminum in antacids, and antiperspirants, the aluminum cans that so many soda-pops are put into, many of the baked goods that you get in a store, kitchen utensils I mentioned. Gosh, I'll never forget those in my – the awful things in my grandmother's pantry. But, paints have aluminum, and even the dental composites that I was talking about having mercury, they have other metal – heavy metals in them as well. So, aluminum is in dental composites, which we're now replacing mercury with these composites that now have got aluminum in them.

So, there's a – there's another one called antimony. That's a heavy metal that most people don't even know exists. But, they're found mostly in medicines and pigments. Arsenic is very common. You know, we have so many people being tested today, particularly the children with autism, their parents are really on top of this. And arsenic is a big one that comes up. And you'll find arsenic in well-water, burning coal, seafood. Shellfish particularly has arsenic in it. The treated lumber that you – we are building our homes with and decks with. Chicken has arsenic in it. There's pigments, dyes, wood preservatives, just – insecticides, even wine, believe it or not. Even wine has arsenic in it, so. And of course, arsenic is a poison, so.

Cadmium is another heavy metal, and you'll find that in your galvanized pipes in your homes. Evaporated milk, which I can't believe anybody is drinking today, but sure enough they still sell it so somebody must be. Shellfish, cigarette smoke, again pigments, air pollution has cadmium in it, and sewage sludge has cadmium. And then, we need some copper in our body, a little bit of copper

that – copper can also come – become a heavy metal, and in your copper plumbing, and again sewage sludge. Beer has copper in it. Swimming pools have copper in them. There's copper cookware. And again, dental crowns have copper. Then, gold – a little bit of gold is a good thing, but there's also – you know, gold is in our jewelry, so we absorb it through our skin. Sometimes people inject it in for arthritis, or again, it can be definitely used in dental fillings.

And then, again, we need a little iron in our bodies, of course. But, you've got iron in organic mineral supplements, in food. Too much, like, poor quality. It's in dyes and paints and pigments again. And manganese, it's a good mineral, but you get manganese in steel products and air pollution and ceramics, and a lot of medicines have manganese; too much manganese. I mentioned something – I've mentioned dental fillings for mercury, but you'll find – mercury is awful. It's in those – you know, vapor lamps and people – women are doing skin-lightening creams. Again, sewage sludge, vaccinations of course, you know, a biggie – big – really big with our autistic children. Parents are furious about the mercury that was put into their vaccinations, and they're not out, yet, either by the way. You can't trust the vaccines are really being – the manufacturers are being honest in what they're telling us.

There is tin in canned foods and even zinc. You know, of course we need zinc, but there's poor quality zinc in many of the supplement that people are taking, and then it becomes a toxin in the body. So, you know, I just – I guess that's a – that's the list of the ones in the heavy metals. Now, we get – we have all these chemicals around us. We have formaldehyde, and that you'll find in things like, believe it or not, NutraSweet and Equal, that wonderful sweetener that we've been using for decades, and then carpets and new building materials. You get a lot of chemicals. I don't know how many people, when they walk into a department store through the perfume department sort of feel sick. Well, those fragrances have a lot of chemicals in them and we're too sensitive.

There is, you know, hydrocarbons coming from exhausts, and the pesticides that are sprayed all over our food. You give us herbicides and fungicides and bug killers and weed killers, and so on. And those are – those are horrible. And we – we take our dry-cleaning to the – you know, to the laundry, to the dry-cleaners, and that's one of the most seriously dangerous chemicals that there are. There are new dry-cleaners popping-up that are starting to be clean dry-cleaners, and you wanna seek those out and support those. Of

course, we have tons and tons and tons of plastic in our world today. So, food and water packaging materials, bottled water that people often leave in the heat or out in the sun. We've got chlorine in our drinking water and in our swimming pool. We've got – oh, gosh, acetate; you know, women use nail polish remover.

Paint thinners, a lot of people that are in the construction industry are around these awful chemicals all the time. And of course, the – you know, we've got packaged foods, like, all of the preservatives that are in most of the food that you'll find in the regular grocery stores. So, I think the – a pretty exhaustive list, but basically, it's depressing; like, wow. You know? What are we gonna do about this? But, I promise you there are solutions coming and we can – we – there are – there's a way to get out of the mess that we've – soup, this chemical soup that we're swimming in.

Heather Fougner: And that's really great to know, and to know that we're actually gonna cover all of those in this program is gonna be great to sort of give people a protocol, and –

Donna Gates: Oh, and one thing, too, Heather, that I – I – just suddenly popped into my mind to tell people about is that there's endogenous toxins that are in – that we're producing inside our body. That's like yeast and viruses and parasites and bacteria. They produce toxins all the time, and they are some of the most serious toxins in the body. Yeast produce acetyl alcohol, a very dangerous, very serious toxin. So, that's what I mean by exogenous – and coming from inside the body. And also stress. You know, when we are stressed-out all the time – and who isn't today? – they – and we're gonna really cover that, and that's why I really wanna bring the whole concept of these core-limiting beliefs that our stuck in our subconscious mind, and they're driving us and making us very toxic. So, these are examples of toxins coming from inside the body.

Heather Fougner: Okay. That's really helpful, thank you. You had also – your newsletter has been great, because one of the articles that I found really interesting was about toxins in the home. And you covered a lot of them in the list that you just talked about, but what was so interesting was that 90-percent of poison exposures occur in the home. And one of the class participants asked the question about electromagnetic fields, EMFs.

Donna Gates: Glad you mentioned that. That is absolutely a great question.

Heather Fougner: So that would be a source of sort of toxic exposure as well?

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Donna Gates: Very, very toxic. I mean, we've got solutions to that as well.

Heather Fougner: Okay, excellent. You know, given that we have all of these toxins around us in our homes, out in the environment, one of the things is that – that we – everyone wants to know, why – you talked about why it's important to cleanse, but can you talk a little bit about some of the benefits of cleansing? Just so that – to help people understand how cleansing can help them rid themselves of these toxins.

Donna Gates: Well, if I had to sum it up in a nut-shell, I'd say you'll live a much longer, happier, healthier life. But, as far as giving some examples or details, you know, you – baggy, saggy skin that starts coming on our body, and loss of muscle tone, that's – we just think, "Well, isn't that just 'cause we're aging?" Well, no. Aging is really our body becoming undernourished and becoming too toxic. That's why we get old so quickly. And we – our bodies are really designed to live much, much longer than they're living now. We pride ourselves on how long our lifespan is. It's not that long, and it's not that good of a quality. I mean, tremendous difference in the quality of life as we do pass through the different decades of our life. We'll be much healthier, much happier, much younger looking.

You can look at a baby and you can see how pure and spongy and flexible, and how quickly their skin heals. They – they're pure. I mean, our children today are definitely full of toxins, but whatever their toxin level is when they come into the world they're gonna get more and more toxic unless, you know, their parents are mindful of helping them – protect them, and so on. But, traditionally, babies are much more pure, and you can see that in their – in their clean, pure-looking skin. Now of course, a lot of little babies today have severe eczema, and they're showing their toxins. We suffer much less, you know, there's less pain. You stay much more limber and much more flexible. Basically, every single organ in your body works more efficiently.

You've got two filtering organs, your kidney and your liver. They – they are – get very congested trying to handle all these toxins we're putting inside of us. And when they're not so congested, that again leads to a much longer, healthier life. For people who haven't had children yet, the good news is they can detoxify their body, and they need to. A young woman, young man wants to be a parent, you really have a responsibility to get these toxins out of your body. And so, that's a benefit. As a mom and dad, your

children would be much, much healthier. And their chance to live a long, healthy life in this – you know, during their lifespan, is greatly enhanced. The CDC has stated repeatedly that this generation of young parents are the first generation that will live – outlive their children, and I can't just even imagine the tragedy ahead as more and more parents, you know, have to bury or – bury their children, or if they believe in scattering their ashes. But, I can't think of anything more painful, so.

That's another benefit of – you know, you learn this, you learn these tools, you get healthier children, you won't – you'll just sidestep all that tragedy and pain that's ahead. We have to actually actively detoxify. You can't just, you know – I mean, we gotta be active, pro – very proactive here, and particularly if you're going to be a parent. And so, you know, why is it important to cleanse ourselves from these toxins? Well, you know, I guess really there's – like, for example, the city of Houston kind of pops into my mind. If you live in Houston you're surrounded by oil refineries. And so, that's a very dirty air quality. And if you live in L.A., or live in New York City, those cities are so filthy. Again, particularly after 9-11, the toxicity level in New York went way up, too.

And you know, I mentioned the atom bomb. You know, those things are still around, just still affecting us. So – but, again, the good news is the body is actually designed – it was created, really, to get rid of these toxins. And if the body has enough energy it will cleanse. So, we have to realize that there – we're never, never, in our lifetime gonna see an end to these toxins. They are around for a long, long time. And our scientists are seeing that all over the planet the animals, their babies, have even more toxins concentrated in them than in the parents. So – and we're not gonna see an end to this in our lifetime, basically. So, people attending this – our class here and learning all these great things and listening to our speaker are gonna have tools they're gonna be so grateful for, that they can use, and kind of make it through these times.

Heather Fougner: I think that's great. And one of the things that I noticed when I went on Body Ecology was that my moods got better. And it seems that, in addition to feeling better, and having better skin, and all of the things that you mentioned as benefits, the better moods and feeling – just feeling happier, even in the wintertime when people would normally get the winter blues, I found myself feeling buoyant and very – you know, very happy and able to experience winter without getting into that whole seasonal affective disorder

thing. So, what do you – what have you noticed in terms of detox when it comes to people's ability to think, people's moods, things like that?

Donna Gates:

Oh, there's no question that you're just simply happier, too, when your body is clean. And see, the toxins will be leaving our bodies slowly and steadily. As people learn these tools, they're gonna – there's no button on our body that we can push and, bang, they all just come out. Actually, that would kill us if that happened, 'cause there's too many toxins in our body. But – so we're gonna be going through a constant, on-going, the rest of our life kind of process of getting these toxins out of our body. And every – once you get through that initial detoxification period where there will definitely be times when your body is going through a cleansing where you actually feel worse at times. And we're gonna give you tools for what to do during those times as well.

And – but basically, you will definitely be happier, more resilient. I mean, stress, challenges are gonna come up in our life, and people that are not toxic can deal with these stresses much, much, much more effectively. Sadly, though, a lot of people are feeling depressed and feeling sad, and they don't tie that into toxins. And so, they go to the doctor, they get another drug, and they put another toxin in their body. So, we have a lot of vicious circles going on, and we wanna break that for people.

Heather Fougner:

You know, it's interesting that you say that. When it comes to – one of the things you mentioned was sometimes people feel worse when they start to detoxify. And so, I know that you've received a lot of e-mails at Body Ecology saying things like, "Boy, I started the diet, or I started taking fermented foods, and suddenly I'm not feeling very well." And if they don't know the difference between an illness and detoxification, they might give up. So, what would help? What are some of the signs of cleansing versus signs of an illness?

Donna Gates:

Well, that could be a little tricky, because, you know, you – our immune systems are so weak today for a number of reasons, including the fact that we're so toxic. But, because we have weak immune systems and our blood is toxic, and therefore acidic, we are walking magnets to attract pathogens. Like, we attract yeast and viruses and parasites right to us. And so, I think that's another benefit. You clean up your body and you won't be so delicious to these toxins.

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Heather Fougner: So, Donna, you mentioned that sometimes people feel worse when they start detoxifying. And if they don't know that this is just sort of the beginning part of detoxification, they might give up. So, how can people tell the difference between signs of cleansing and signs of an illness?

Donna Gates: Well, you might have attracted a virus or a bacterial infection or a yeast infection to you, because the more toxic we are the more – I mean, we're toxic. Our blood is acidic. And the environment of the blood when it's slightly acidic is just a magnet for these pathogens to dine on us, you might say. So, yes, you might – we are more likely to become infected today with pathogens, particularly with a weak – the low immune – you know, the weak immune systems that we have today. But, if you have started on a path of wellness, if you've changed your diet and you've begun doing things that increase energy in your body, you can be absolutely certain that the body is going to joyfully begin to push toxins out of every single cell that it – that every cell that gets a chance is gonna get rid of those toxins, because if it doesn't it will die.

So, toxins will come out if the body is – if you've opened those detoxification pathways, and if there's energy to push those toxins out, so. There are all kinds of signs of cleansing, and we can talk about those, too. But, if you – you know, if you start on a healthy path and suddenly get a rash on your skin, or you've got dots in front of your eyes, or your knees are popping and they weren't popping before, if springtime comes and it's that time of the year, 'cause that's a natural time when your body goes into a cleanse, again in the fall our bodies go into a natural cleanse and try to – and really actively push-out toxins those two times. If it's – first check and see if that's what it is, that my cleansing – and then, of course, as we go along we're gonna give you tools for what to do when your body starts to go into a cleanse.

But, if it doesn't go away, then you need to go see a doctor, and you need to get a diagnosis. And you wanna see a doctor who's totally mindful of the detoxification process. And we have a lot of wonderful doctors today that have gone more holistic. I'm a really big fan of the doctors who belong to Defeat Autism Now, because they understand that – because of the children, the autistic children being so toxic, they're really, really right on top of this problem. And they – they have a lot of tools, as well, that they can offer people. But, at least go to somebody who's empathetic and sympathetic to the fact that this may not be a virus at all. And of course, they can test and they can tell you, "You have an

infection,” or, “You don’t have an infection.” So, most of the time, though, I would say the body’s going through a cleansing phenomena. And so, don’t panic. Don’t think, “Oh, my goodness, I’ve been – I’ve got this – something’s wrong with me. I’ve gotta go out and get another drug.” ‘Cause again, the drugs are just as toxic as everything else we’ve talked about.

Heather Fougner: I think it’s important that you say that, because this period of die-off – I remember, if I look back to when I first started eating well on Body Ecology, and there were – one of the symptoms I had was fatigue. And I would say that, for about a month I felt fatigued. And it wasn’t real fatigue, it was kinda – I could still do the things that I needed to do, but there was just this feeling of fatigue. But, at the same time, other things were getting better. And I think it’s interesting that, in a – in a detox, you might experience something, don’t feel quite as – the same, but other things are feeling better. So, there’s that feeling of, “Something’s getting better here.” One of the things, for me, was better digestion. I knew that that already was feeling better. So, even though I had the fatigue, the fact that I was feeling so much better digestively was a sign that, boy, this must not be an illness, this is just a sign that my body needs to rest, and I need to let this detoxification happen.

Donna Gates: That’s a really good point. When they come, and they come sporadically, they usually come when you don’t want them to, that – you can’t make your body cleanse. It cleanses when it wants to, and we don’t have control over that. But, that’s the thing to do is to rest. It’s one of the most important things that you can possibly do. But, you know, it is cyclical. And some people, for example, start on the Body Ecology diet, and they feel fabulous because they’re not putting all these poisons in their body, and then all of the sudden, band, they wake up and they feel awful. Well, that’s because their body got stronger and healthy enough so that it grabbed a bunch of toxins and threw them out into the bloodstream. And if you’re detoxif – your detoxification pathways are not really open and functioning well, which again is something we’re definitely gonna get into as the course moves along, then you’re gonna have a back-up. Like, the toxins aren’t coming out. Smell the urine. There are too many of them that wanna come out, and your body can’t get them out fast enough. That’s when you’re gonna have that lousy kind of feeling.

So, an example, some signs of cleansings might be – well, a lot depends on where the toxins are. And for example, we are – as I mentioned before, the brain is a very fatty organ, so of course toxins are attracted there. And then, in our head, you know, we

have brain chemicals, they're called neurotransmitters. And so, this even effects our whole entire personality when the brain is out of balance and off-kilter, and serotonin and dopamine, and these important neurotransmitters aren't balanced and functioning the way they're supposed to. In the brain, we also have three very, very important glands. We've got the hypothalamus, and the pineal gland, and the pituitary. They get poisoned as well, and those are master glands. They're controlling all of the other organs downstream, the thyroid, the adrenal, the ovaries, and so on.

And so, you know, so many times we don't even have a clue that – that – I mean, that's not something you're gonna see an outward sign like you would a rash. But, even fatigue. Fatigue is a very subtle sign of cleansing. People think, "Oh, I'm so tired. I'm not sleeping very well right now." Well, we don't sleep well if we have toxins in our body. And a lot of people have labeled themselves, or have been labeled by a well-meaning doctor, that they have chronic fatigue. And to me, a person who thinks they have chronic fatigue is probably just a very, very toxic person. And one of the most important things they can do is – is get the toxins out of their body as quickly as possible, and as safely as possible.

Heather Fougner: Well, the idea is to stick with it, and you had also mentioned detoxification pathways. Can you talk a little bit about them and some of the reasons why they get stuck?

Donna Gates: Well, when we talk about detoxification pathways we're really talking about how to – the way that the – the ways toxins leave the body. How do they exit our body? Well, any time we've got pores or a way – anywhere where the body is opening up, that's where toxins can come out. So, in our eyes we have little tear glands. And so, the tears can be very toxic. And sometimes we have things wrong with our eyes, like spots dancing in front of them and conjunctivitis, pink-eye type things, just 'cause toxins are coming out. That often happens in the spring, by the way, 'cause the liver rules vision, it rules the eyes, the joints, the skin. So, in the spring you might have joint problems and eye problems and skin rashes and so on that just pop up.

As a matter of fact, if you do that's great. That means that you have enough energy to push toxins out. And when we lose that energy to push-out toxins, that's when we're on our way out of this world. That's when we're starting to die. So, you want to have a body that has the ability to cleanse. Now, the nose, obviously, is

an opening into the body, so you'll often have toxins leaving through the mucus in our nose, runny nose. Lots of little babies have runny noses all the time. And kind of today, children just have a – for the next – for the first few years of their life their nose runs all the time. But, their body is trying to get rid of those toxins they've inherited. The lungs, of course; we can cough-up all kinds of mucus. If it's yucky colored looking, yellow, greenish type stuff, you're coughing up some pretty serious, even infected material.

We vomit. We throw-up. There's even a little region in our brain – see, the blood/brain barrier stays mostly closed, but there are little places in our blood/brain barrier that are open all the time. And there's this one little region called the vomotis region, and it's there because if we happen to take-in poison, then that immediately gets registered in the vomotis area of our blood/brain barrier, and we react, we start to throw-up. Liver – gosh, liver – liver sends its toxins out through the bile, and this is a big one. We're gonna go a lot more into liver cleansing, and of course colon cleansing, 'cause that's the other biggie. Toxins are supposed to be leaving every day in our – through our colon, in our stool, and of course, in our urine.

And if you have a very foul smelling stool, that's a sign – or definitely if your urine – if you start cleansing, for example, and you go on a healthy diet, and one day you start to notice that, “Oh, my gosh. What is that? My urine smells really weird.” It's because you probably dumped a whole bunch of poisons. And you know, so many of the poisons that we were talking about really are the pesticides, the heavy metals and so on; they're not visible. You know, if you passed a parasite out in your stool and you saw it, you know, you'd say, “Wow. There goes something toxic leaving my body.” But, we don't see mercury leaving our body, when we do colon therapy, for example. You don't see all the drugs that have been packed into your body and are congesting your liver, and all leaving.

And then, another really important thing for women to understand is that young women who are still having their monthly cleansing, that is exactly what the so-called, quote/unquote “period” is. It's – it's a monthly cleansing. And, you know, it just kind of intrigues me that some time ago they – I guess when the baby-boomers started to be teenagers, they started coming out with these deodorant tampons and deodorant pads. We don't – a woman who's clean and healthy doesn't need anything like that. Her monthly – the shedding of the lining of her uterus should be very

clean. She's gonna grow a baby in it, so that's – that's important to – you know, for a woman to look at if she's gonna evaluate how clean her body is.

As a matter of fact, it's real interesting, but one of our most cleansing foods on the diet is the young coconut kiefer. And when women start to drink the young coconut kiefer, their – the blood just becomes very translucent, very clean and pure looking. Now, men too, we can't just talk about women. Men, in their sperm, the toxins leave a man's body in his sperm. Well, where is that sperm going? It's going into a – unite with an egg and create a baby. So, that's one way – you know, why we say women – young women and young men really have to clean-up their bodies today before they have a baby. The sexual organs system, the hormones in our body are very, very much affected by the chemicals. So, we really have a true serious threat to the human race right now.

And as I said before, we don't see it. We're completely ignorant to the – to what's coming at us all over the world. And one of the reasons for low sperm count, and for infertility, it now takes a young woman of child-bearing age about a year and a half to get pregnant. That was unheard of in the baby-boomers' generation. They didn't have any problem getting pregnant. But, this – the toxins in the body are very much affecting the endocrine system and the ability to reproduce. Like, many, many babies might be conceived, but nature won't let that conception actually develop into a fetus and a – because it's going to be deformed, and so the woman – you know, she'll have a period, and she'll never realize that she basically lost her baby.

Sometimes they're trying so hard to conceive because of the toxins in her body.

Heather Fougner: Donna, you talked about – one of the things you mentioned a couple of times is our brain has a lot of fat in it, and so the toxins would be attracted to that. Can you talk about how toxins get stored in weight, and just sort of excess weight, and how that would affect, you know, toxic exposure?

Donna Gates: Well, the – you know, toxins can get into our bones, material that we might tend to think is hard because – but they're not hard, they're actually very porous. Actually, our teeth are extremely porous. A tooth will have as much as three miles of these little tubules in it, and toxins can get in there and bacteria can get in there and begin to excrete toxins actually inside the tooth. So, we – but fat – fat is one of the favorite places for toxins to go. So,

think about some of the – even on a slender person, you know, our – women, our breasts is fat – very fatty tissue. For a man, the prostate and testicles and all; they have a lot of fat in those organs. And so, toxins are gonna go right there. And our lymph system, after the colon and the liver are getting more and more congested and toxic, the lymph is also getting toxic, too. And the lymph, we have a big pool of lymph cells at the top of our – well, I'll say at the base of our neck, at the top of our shoulder-blades there.

And then, just below that is breast tissue, fatty breast tissue. So, toxins love to get into there and then start to grow a little tumor and develop into – you know, into breast cancer, for example. They – and then, they do the same thing for the – for men, for the prostate, too. And then, there's a big – 'cause there's a big pool of lymph right at the top of our legs, and that's of course close to the prostate gland. Basically, one of the things that, you know, we are dealing with, too, is our bodies are too acidic. And when the body is acidic – like, toxins make the body acidic. And when the blood is balanced and slightly alkaline, toxins come out more easily. But, as long as the blood stays acidic like it is, toxins are being forced – I mean, the cells are being forced to keep the toxins.

So, you know, the toxins are in all the cells, everywhere in the body. If you take something like – let's say you have to have surgery for some reason, and you know, they'll give you anesthesia. Well, that completely paralyzes the body and stops toxins at a time when – like, I really think it should be a law that every hospital, after somebody's been through surgery and gone under anesthesia, that they put them on a colon therapy machine and open-up their digestive tract, their colon and so on, so the liver can start dumping its toxins. Because, the – but anesthesia paralyzes us, and then – at the very time that you need to start healing and recovering from that operation we're extremely toxic.

People don't realize this, but yeast – if you have yeast growing in your colon, they paralyze the gut wall. Now, one of the things that I have not been able to prove with any kind of research, 'cause it's just too much – too new of an idea, but I do know this – I know that when a baby is growing inside the mother, the first five months, the mother's – the amniotic fluid, the fluid that surrounds the baby during the pregnancy, that he swallows for example, that amniotic fluid is created from the mother's own blood. And if she has infections in her body and toxins in her body, then of course the amniotic fluid will have that, and the baby will swallow that. And if he's swallowing yeast, that's gonna paralyze the gut wall. I truly believe that is one of the reasons why so many children today

are born constipated, and their detoxification pathways are stuck, because it's literally frozen that whole detoxification pathway there.

So, you know, I have a feeling at this stage, people are thinking, "Oh, my gosh. It's so bad." But, we can't – we can't give up, and there are a lot of tools coming, I promise you. There are lots and lots of excellent tools coming for everybody, of every age. But, one thing to know is that when the body becomes overwhelmed with toxins, it just kinda gives up, and really that's one of the definitions of why we really get old, why we get sick, why we die; is the body is beginning to just become overwhelmed with toxins, and it just gives up.

Heather Fougner: You know, Donna, I'm glad you mentioned about the tools, because in next week's class we're gonna be covering all of the best ways to detox. And one of the things I wanted to ask you before we wrap-up today's call is, it seems like detoxification is so mysterious. There's a lot of information out there, but yet there are so many people going about it in ways that end-up being more harmful than helpful. Have you noticed any sort of – some of the mistakes people are making when it comes to detox?

Donna Gates: I think that there's just a ton of detoxification products on the market, and people have this naïve notion that buying one of those – you know, those products and taking that is gonna do the job. They don't even – we don't have a clue as to how toxic we are and how the toxins just keep coming at us. So, you know, the process of cleansing our body has to be slow, steady, consistent, persistent. Never give up. It's like that turtle versus the hare story. You know, the hare goes charging out really fast and then he burns-out before he gets to the end, but the turtle just plods along all the time, and the turtle wins the race.

So, one of the things people are doing today is they've been tested for having mercury in their body, and they're trying to get the mercury out. I think it's very, very important not to start using keyovation therapies, like EDTA or suppositories that contain – you know, that start the cleansing process, until the detoxification pathways are open. That's – you know, we have a principle; the principle of step-by-step. This is a perfect example of how that principle works; it's first things first. And you've gotta get your detoxification pathways open first. So, that means you gotta get your liver excreting bile, and that's one of the reasons the liver-mend into our line, because I understand how very, very important it is to increase bile-flow so those toxins can come out.

Bile then stimulates the paristaltic movement, so that the colon starts to eliminate better. We also – I’m a very big believer, as people will soon see, in colon therapy; home enemas and going to professional colon therapists at times. I feel like that’s a – they are just essential therapies right now when we’re so toxic. And so, if you take – like, for example, there are suppositories that are being used to clear mercury from the body, but if you – if your detoxification pathways are stuck, and let’s say you’re not eliminating, you’re not going to the bathroom and having a healthy bowel movement, or you very often need to go for a colonic or a home enema – if that – if that keyovation agent just kinda mobilized a lot of toxins into the bloodstream, but they don’t come out of the body, they just get reabsorbed again back into another place, or the same places. Then, you’ve got this vicious cycle that goes on and on and on.

So, we wanna kinda of constantly bring that subject up as we move along in our training. And then – and then we didn’t really talk about emotional cleansing, but you know, we have a lot of negative emotion stored inside of us. And guilt is one that I see all the time, every day. Because, in our work with autism, I can see the pain in our parents’ faces and how hard they try. You know? And they have so much guilt. And they sort of say, “Oh, my God, what have I done to my child?” when they see these test results coming back with all these toxins. There are just hundreds and hundreds of parents that would love to go back to the – start all over again and do it right. They wish they could go back and start again, ‘cause they love their child so much.

And so, this is a negative emotion. They feel so guilty, but they shouldn’t feel guilty. All of us right now are going through this time together, and we’ve made this mistake, and it’s a bad mistake, but we are going to be given lots and lots of solutions; even solutions that haven’t even shown up yet. I’ve got a bunch where – to share, and there’s a lot more coming that I don’t know about, or nobody knows about. But, one of the things I think is so very, very critical is the – if you don’t mind me throwing-in my own spiritual perspective of what’s happening – is that, you know, our souls, we come here, and we come into these physical bodies to train and hopefully grow stronger, into strong – and we leave wiser and stronger as souls. And of course, it takes courage to go through life, and somebody that, you know, doesn’t wanna address their angry or guilty feelings, or their feelings of sadness, they might escape into drugs, for example.

But, we have to have courage to live in this world, to grow stronger, to get through these challenges and difficulties that are in front of us. And there's gonna come a time when we have to leave our bodies behind, but the lessons that we learn – we take these lessons with us. So, right now, for a long time, we will be learning how precious it is to have a clean, pure planet, and how important it is to keep our air clean, and the affect that the toxins are having on the water and the oceans and the streams. We're gonna start to feel like we need to begin to tune-in with nature and live closer to nature, and follow nature's way, respect her ways.

So, ultimately, if you look at it from that perspective, our souls are really gonna be better for this, for what we're going through. And here's the bright side: When we begin to see the mistakes, we sort of have a heart of true, sincere apology, these solutions just kind of magically appear out of nowhere. That's why I know they're coming, 'cause I see the sense of apology. I – again, I work very closely with many, many parents whose children have autism, and I see – and I know many of them are listening on this – on our workshop, have joined our workshop here, 'cause they're so concerned about this problem. But, there are going to be solutions coming down this pike, and we will find ways to clean-up our water, and clean-up our air. And – and it all turns – it turns on the apology. It turns on when we realize – we start to reflect and make sincere changes in our life.

So, almost as a homework, what I would love for people to do for this week, until the next time we're together, if they can sort of reflect on this very thing that I'm talking about. Like, what mistakes have we made? And what can we begin to do to show we're sincerely sorry? Can we throw-out some of those chemicals under our sink and not buy the detergent that has, you know, the chemicals in it. Go find a healthier one at the health-food store. Can we not buy milk that hormones and antibiotics in it? You know, just start making little bitty steps. Take those re-usable bags to the store. You've got all these stores today, 'cause – you have Earth Day selling these great, strong bags that you can start taking into the grocery store. Don't use plastic bags anymore. Don't even use paper bags. Use the bags that you can use over and over again.

Just make little baby steps this week and show that you really are sorry, and watch and see the miracles that start to happen. It's just gonna be really exciting to live through this time, even though it's a difficult time. It's an exciting time.

DETOXIFICATION TRAINING WITH DONNA GATES: CLASS #1

Heather Fougner: I love that you said that, Donna, because one of our class participants had a question asking, “What is the best way to protect our families, the environment, and encourage our public leaders to implement plans to phase-out toxic resources in our food, water, and air?” And you really just gave us a solution right here in this homework, is to first of all – to become very aware, and instead of carrying guilt about it, to just be apologetic and to start moving forward in a different way; to respect nature and to come back to nature’s ways. And that’s when the conversations can start happening, when we can go out and articulately express ourselves to our public leaders.

And you talked about making different choices about products being brought into the home and things like that, and I think that’s so important. I appreciate you bringing that – bringing that to light, and I know we’re gonna talk more about these things as we go forward.

Donna Gates: Well, I’ve always been a huge believer that the power is in the people, and that’s where I’ve always done my work. Things that I’ve introduced into the U.S., stevia, coconut oil, and you know, fermented foods, you know, I’ve just gone right to the people and tried to teach and share with people the importance and how to use them. And then have people go to the store and basically vote with their dollar. I don’t want this junky, dangerous stuff anymore. I don’t want them for myself. I don’t want them for my children. I’m buying this. I’m paying a little bit more for it, but – and guess what? When you do that, it’s amazing, the money will show-up for that, too.

So, we have to support the companies that are bringing these cleaner, better products to the planet. And it’s gonna be fine, it really is. And we’re gonna learn a great lesson, and we’re gonna move forward. And we’re gonna live in a better world. And our children are gonna be better off for it.

Heather Fougner: Excellent. Thank you so much, Donna. That was great. I want to let everyone know that, if you have questions for Donna, right at the bottom of the page, if you scroll down a little bit further down from the page that you’re on right now there is a place where you can ask Donna questions. And we will be doing our best to cover those questions in the classes. And also, I wanna thank you, Donna, and I wanna thank all of you for joining us on this class. And also, I want to acknowledge you for the time that you’re taking to be here and to learn all of this important information. It’s an investment in your future health and your longevity.

DETOXIFICATION TRAINING WITH DONNA GATES: CLASS #1

For those of you in the basic training package, you're gonna be able to listen to this training again any time over the course of 24 hours, while the class is posted. So, that's 7:00 p.m. eastern time Wednesdays to 7:00 p.m. eastern time Thursdays. For those of you who've upgraded to the deluxe package, you'll be able to pick-up your class recordings tomorrow. You get to listen anytime. And you also will get a transcript for this class. And all of those details, if you scroll down on your page a little bit further, all of those details are there for you.

Next week, the topics that we're gonna cover are – we're actually gonna get into the solutions that Donna talked about tonight, the best ways to detox. We're gonna talk about detoxifying your liver and your colon, how to use Body Ecology principles to detoxify, and even more secrets to detoxification that will be covered in next week's class. So, again, thank you for joining us, and we look forward to next week's class.

Donna Gates:

Thank you very much. I'd like to add, too, Heather, that it's really an honor to me that people have signed-up, and I promise I'll give you answers that you've never heard before.

[End of Audio]