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Heather Fougner: This is Heather Fougner welcoming you to the Body Ecology detoxification training. This is our fourth class, and today we're covering more on the products and practices that help with your detoxification. We're also gonna be covering some options for how you can go green by making better choices that reduce your toxic exposure in your home. And today we have a special surprise for you; we have a guest, Dr. Allan Sachey, here to talk to you about detoxification of mercury. It is with my pleasure to welcome Donna Gates and Dr. Allan Sachey to today's class. Welcome, Donna; welcome, Dr. Sachey.

Dr. Allan Sachey: Good afternoon.

Donna Gates: It's great to be here. Heather, thank you. We got so many questions from people through e-mails about the heavy metals – particularly their concern of having metals in the mouth. But there is another part to this whole issue of toxicity, and that has to do with infections in the mouth too. So I asked my friend, Dr. Allan Sachey, to come aboard and give us some really great information. Remember, I think many people signed up for this detoxification workshop thinking they were just gonna get some information on how to take a few pills, or you know how to do a 30-day program to get the poisons out of your body, but this is not what this workshop is about.

This is much more in-depth; we want people to have a much greater understanding of the different types of toxins on the body, and these dental infections as well as the heavy metals are a big issue. So, Allan, thank you for being on with us today.

Dr. Allan Sachey: You're welcome.

Donna Gates: We really can't leave dentistry out of the equation for optimal health, so I think this is one of our most important classes, actually, and I'm really grateful that you're on. I've heard you say a number of times, "You're only as healthy as your GI tract," and you talk about dysbiosis in the mouth. So could you say something to us about that to get started with?

Dr. Allan Sachey: Sure. Basically, Dr. Mayo said – the original Dr. Mayo from the Mayo Clinic – that 80 percent of all disease starts in the mouth. Well, being a dentist we really didn't appreciate that in our training, but now that I've been practicing dentistry for almost 40 years I know that's very true, and especially when we include the

GI tract. And if you think about it, the mouth is really part of the GI tract and it's the north end of the GI tract. And if you have dysbiosis as an example in the mouth, which we're gonna get into in a few minutes, you probably have dysbiosis in the rest of your GI tract, and perhaps the other way also; if dysbiosis is in your colon and small intestine it could highly be contributing to periodontal disease and other issues of the mouth.

Donna Gates: Um-hm. Well, you know, I wanna be sure that people understand a little bit about your background too; that you practiced dentistry for years – I think when did you start practicing, in the '70s?

Dr. Allan Sachey: 1970.

Donna Gates: Okay, that's a long time. And then you stopped being a dentist – I know you had a very, very successful practice – and you stopped practicing traditional dentistry because of your own health problems. Can you just tell us a little bit about that, how that led you to be who you are today and to know all that you do know about holistic dentistry?

Dr. Allan Sachey: Sure. I became so mercury toxic that I was having such pains in my neck and in my lower back that I thought was back pain, but it was really kidney pain, and just had to rest so much when I would come home from work just to be able to try to go to work the next day that I decided to stop practicing. And it took me quite a number of years to find the right protocols and methods to detoxify myself of heavy metals, especially mercury, in a safe manner. There were many programs out there to aggressively do it, but if you're very, very toxic it could really hurt you and hurt your kidneys and other issues. And so if we –

Donna Gates: I think that's interesting, because a lot of people have problems around their back and they think it's a back problem, and really it's the kidneys and the adrenal. They're fatigued, so their adrenals can be aching and they're toxic with heavy metals. And you had even said to me one time that particularly the left kidney – in Chinese medicine the left kidney is a sign of heavy metal poisoning.

Dr. Allan Sachey: Absolutely, and the Chinese know that for a long, long, long time, and the kidneys and the liver are organs of elimination, which we'll get into in more detail further into the talk. So anyway, I had to stop practicing dentistry, and now what I really specialize in is helping my patients – which are mostly dentists and doctors and nutritionists, and I've been involved in nutrition for almost 40

years – help them safely detoxify heavy metals from their body. And we do this through very sophisticated blood testing and looking at certain parameters and certain tests that are not normally done to see if heavy metals are entering the brain and to see if some other issues that are not normally tested are occurring, and see if the person's healthy enough to actually go under a detoxification program.

Donna Gates:

Well, I've learned so much from you, and always still learning because you're learning and so much more is being understood by your group of colleagues, who I admire so much. But you told me about the free iron story in our body; would you tell us more about that, because this is something really important for people to understand. Most of the people that I'm connected with that follow the Body Ecology Diet, they have yeast infections and their body has either had them and now they've got this infection more under control, or they are really dealing with an acute case of yeast infection. And many people don't even of course know that they have yeast, but most of the people that come to Body Ecology are aware of yeast infections.

And I think it's important for people to understand the connection between the iron. Everybody thinks, "Well, isn't iron a good thing? Don't we need iron?" But what about free iron – could you just talk about that, because it's so important. It actually keeps the yeast infection alive and thriving, and we've gotta understand this one better.

Dr. Allan Sachey:

Sure. Free iron can and actually does cause damage to the entire GI lining, and because it's so oxidizing free iron is actually iron that's not bound to a protein, so it's called free iron. Iron should always be bound to a protein when it's being transported around the body and in the blood. And you get free iron – how do we come across this? Free iron we get from eating too much red meat over a long period of time, so red meat consumption is one way. Bread and bakery products that are fortified with iron – and now that I'm telling you this, when you go to the store, pick up any loaf of bread and you'll see it's fortified with iron, or it's also called sometimes ferrous sulfate.

And they've been doing this since the 1930s because people used to be there was such an epidemic of anemia during the 1930s that they decided in the United States to add iron in the form of ferrous sulfate to all breads and bread products, and it's even in pastas and things like that now. And also –

Donna Gates: Um-hm, but what does – how about the fact that we’ve got this free iron, many people have too much iron and it isn’t bound to the protein, and how do you test for that? And then how is that connected to Candida; how is that connected to these periodontal infections in our mouth?

Dr. Allan Sachey: Well, the free iron, we run several tests; it’s a complete iron profile in the blood chemistry, and that’s a little too detailed to perhaps get into. But we measure six different parameters and not just iron by itself, but I’ll just talk about one of them called transferrin – that’s a protein that is attached to the iron to safely carry it around. And when that is low – and most people seem to be low these days – then the iron can oxidize any tissue it touches, and it’s very common for it to cause oxidative damage in the GI tract, and it drives infections. Now how does it do this? Well, every cell in the body needs iron to multiply, but also all bacteria, yeast, fungus, cancer cells – basically everything – needs iron to multiply; it’s part of the process of how cells divide.

Well, if you have too much free iron around you’re gonna drive infections, but the mechanism is that these cells, these other forms of bacteria and so forth, do not carry iron on board because it is so, so oxidizing to them. So they steal our iron at the opportune time, multiply, and then give the iron right back to us. And they’ve mastered how to do that over thousands or perhaps millions of years, and so when you have free iron you’re gonna be driving infections. And whether that infection is in your mouth like periodontal disease, or whether it’s Candida. And we all know as practitioners when we’re treating Candida many times we can knock it down and make it go away for three months, six months, but then a lot of the time it comes back.

And that’s – if you check for free iron you’ll find out that’s what’s going on, and that’s why you couldn’t get rid of it permanently, because free iron drives all infections.

Donna Gates: Well, for years and years and years I’ve also constantly heard and read about the connection between yeast and fungal infections in the body and mercury in the body, too – this mercury-fungal infection connection. And one of the things I’ve kind of come to realize is that you’ve got to be working on getting the mercury and the heavy metals out of your body, and at the same time be dealing with bringing yeast infections under control, which means that you must be on an antifungal diet to do that. And that’s what our diet is – it was originally developed to help bring yeast infections under control. It’s become much, much more than that over time, and the

microflora play a great role in helping clean up the body of these heavy metals and so on.

But can you tell us more, Allan, about infections in the mouth, because this is something – I know some people understand this. There certainly has been articles written on it. But these infections in our mouth are really serious, and they can very much spread throughout the whole body affecting all of the body. I've read much on the connection between the infections in your mouth and the effect it has on your heart. Can you talk a little bit more about that to us as well?

Dr. Allan Sachey: Certainly. We – this field of dysbiosis, of course people know about dysbiosis in the GI tract, but as I said, the mouth is part of the GI tract, and we feel now that periodontal disease itself – infections in the gum tissue and perhaps the bone – is really caused by, is an example of dysbiosis in the mouth. Let me go into a little detail how that might occur. The heavy metals – a lot of this is connected with heavy metals, and most people are not looking at it this way, but this definitely goes on all the time. If you place heavy metals – I mean first place mercury fillings in someone's mouth, within two weeks of placing those mercury fillings what we call the bad bacteria, the very strong, powerful, anaerobic bacteria sort of take over the playing field a lot and the flora of the mouth changes drastically.

And there's over 400 species of bacteria that men have identified in the mouth; there's only 200 in the colon – different species, and there's many more bacteria in the colon, but in the mouth there are actually more species. And some of these are pretty nasty bacteria that can cause serious infections in the rest of our body.

Donna Gates: Well, Allan, if we've got all this free iron in our body, is there any solution to that? What do we do?

Dr. Allan Sachey: There's two ways to take care of that, and one is to donate blood at the Red Cross, which will bring down free iron if you have that situation, and it's not bad to donate blood anyway. The other is by taking colostrum on a regular basis. Colostrum kind of works its magic by soaking up the free iron with something called lactoferrin, and colostrum is very high in lactoferrin and lactoglobulins that tie up this free iron. And as we discussed already, you're gonna have a difficult time getting Candida under control long-term without controlling the free iron situation. The last comment on that is that free iron is also quite often present in

periodontal disease, which I'm trying to get everybody to understand, is just like dysbiosis, but in the mouth.

Donna Gates: Colostrum can be purchased from the health food store, and you can actually purchase lactoferrin, just lactoferrin, from the health food store as well. And you can get some fairly strong capsules – I think it comes in about 500 milligrams. But just read the labels, compare different products on the shelf. One of the things a person can do too, of course, is in the spring if they happen to be near a dairy farmer they can get colostrum from a cow, from a goat, and drink it. That was very commonly done back 50, 60, 100 years ago, because people understood how good the colostrum was for building the immune system.

But colostrum does have casein in it, and so many people are sensitive to casein that by just taking lactoferrin itself that would be an excellent tool for helping with this free iron problem. Can you talk a little bit about infections in the mouth spreading into the whole body, please, Allan?

Dr. Allan Sachey: Certainly. Donna, I wanna ask you a question: do you know about the Red Cross's 72-hour rule?

Donna Gates: Oh, no – huh-uh.

Dr. Allan Sachey: What this is about is that the Red Cross will not take your blood if you've had your teeth cleaned in the last 72 hours.

Donna Gates: Wow!

Dr. Allan Sachey: And the next time you give blood you'll see that's one of the questions they ask. And what does the Red Cross actually know that you don't know, and what does the Red Cross know that your dentist doesn't know, and what does the Red Cross know that your doctor doesn't know? And what's going on here is that bacteria from the mouth are entering the blood, and they of course go everywhere. And that slide we have there, that beautiful slide showing the dental-systemic connection, this is called a foci of infection theory developed by Dr. Price – and I know you're familiar with his work.

Donna Gates: Weston A. Price?

Dr. Allan Sachey: Weston A. Price, and the Weston A. Price Foundation, and the Price-Pottenger Foundation. You wanna comment about that a little bit, Donna, because I know you're very familiar with that?

Donna Gates: Well, I'm just a really big believer in people joining the Weston A. Price Foundation. Sally Fallon puts out a quarterly journal that has excellent information, and she is – that's her goal is to spread the work, continue the work of Dr. Weston A. Price. And everything that they talk about is validated with research, so yeah, I would love to see people if they don't know about the Weston A. Price Foundation absolutely looking that up online and becoming a member. They are supported by funding – you know, people basically subscribe and belong to the Weston A. Price Foundation, but for that you get this great journal which is just one of the most important things you can read all year long.

But also the Weston A. Price Foundation has a really important job of fighting to bring healthy foods back into our diets, real foods back into the diets. So yes, we all are big – we're very grateful to Dr. Price for what he did, and so this chart here is another example of his brilliant work, so I'm glad that you got to include it.

Dr. Allan Sachey: And this is also why – with that chart, why it's not good to have bleeding gums, and if your gums bleed when you brush your teeth or when you're flossing, you're contributing to systemic inflammation and perhaps infections in the rest of your body from the bacteria that are entering your body through the gum tissue. The gum tissue, as that slide shows, really becomes a superhighway for really very, very strong, sometimes deadly, bacteria are entering your body that make toxins and spread anywhere and everywhere.

Donna Gates: Well, would you talk more about heavy metals, why they're so toxic to the body? We know they're toxic, but specifically what are they doing?

Dr. Allan Sachey: Yes, and I know this is the main subject for today, so let's get into it. And why they're so toxic is for two or three reasons: they call tremendous oxidative damage to cell membranes, and this damage is continuous. Once it starts it's not going to go away unless you do something about it. And so this extreme free radical damage to cell membranes is really disruptive to cell function, and we can actually measure that these days with a machine called a BIA, which stands for Biometrical Impedance Analysis, and we're able to measure actual cell membrane health and cell membrane function. And when people have very low and poor numbers on that, we know they have some serious issues going on at the cell membrane level.

And as dentists, if we do other tests and find out they have heavy metals, well, that's probably the main reason. And it's common sense, really, that you're only as healthy as your cells, but as my favorite quote of Einstein, "The problem with common sense is that it's not very common." And the second reason that heavy metals are so damaging and dangerous is that they actually destroy enzymes and enzyme systems, and let us not forget that all the work in the body – all the 100,000 things the cells are doing every nanosecond – are all run by enzymes, controlled by enzymes. No enzymes, no life, so heavy metals are a major contributing factor to destroying whole enzyme systems, and those two reasons are really why they're so dangerous.

Donna Gates:

You know I love what you said about how common sense isn't very common. It's interesting to me because over the years so many times people have said when they've heard me give a talk or something, "Wow – that just makes a lot of sense!" It is common sense; you don't even need research necessarily backing it up; although what I say can be backed up with research, it just really is common sense. The other thing I wanted to throw into what you said just for clarity is that I love the word cell membrane – I love the word membrane, because brane – you know membrane is B-R-A-N-E, but actually the membrane of the cell is the brain of the cell, so it's really the B-R-A-I-N of the cell.

And if the cell membrane is hardened and oxidized – if the brain of the cell is hardened and oxidized – then the cell is gonna be very sick; the cell is toxic. So that's something just like a visual that I love for people to have when they think about cell membranes. You're always reading about cell membranes, people talking about them, but every time somebody uses the word membrane, as I said I always think of this little brain. Imagine what happens as our brains become more and more damaged – and they are quite damaged today. You said something to me that many of the dentists practicing today are so toxic because they're constantly dealing with mercury and heavy metals that it's affecting their thinking.

Dr. Allan Sachey:

Exactly, and as dentists a lot of what we're doing is making crowns, and to do that we're usually replacing a large, large silver filling, mercury filling, and removing that by drilling through it to remove it to do the crowns. So after many years of that we all become super toxic with mercury and other metals, not just mercury – but mercury is probably the worst one. And if we also have free iron going on the combination of those two is really disastrous to every cell in our body, potentially.

Donna Gates: Well, one of the kinds of things we could do is to stop going to a traditional dentists, because that would then if nobody went to them it would put them out of business or else kind of force them over into the other camp where they become educated, and this could save their lives. So it's a very kind thing to find a holistic dentist and support them and no longer support traditional dentistry. Can you talk about the principle of adaptive capacity? That sounds like a complicated term but we've discussed it before and I find it pretty fascinating. I'd like for you to talk to all of us about that.

Dr. Allan Sachey: Yes, certainly. This is one of my favorite subjects and it's another one of these Einstein things – it's so simple, but not very common; it's simple, yet very profound. And here's what it really means, adaptive capacity: when you can no longer adapt to something, then you can't handle it any more. It's like you can adapt till the day you can't. Now let's clarify exactly what that means. I means like one more little thimbleful of that substance, whether it's stress or mercury or whatever, is enough to throw you over the edge, and you can't adapt any more; you can't handle it. Your body can no longer adjust to that. You just can't keep up with it any more, and there's so many toxins in our lives now, in the food, the air and the water, plus mental stress and so forth, that the body has a tremendous job to try to keep up with all this, and eventually it just cannot.

And mercury doesn't just go away; it has to be removed from all the tissues in the body, not just our teeth. And so once you've exceeded your body's adaptive capacity to deal with toxins, you're kind of in trouble.

Donna Gates: Well, Allan, do you think that most of us are at that limit – we have reached our adaptive capacity?

Dr. Allan Sachey: I think that's very true if you live in the Western world here and don't live on a very remote, isolated area. But let's talk more specifically about the heavy metals – there's no one in the world that does not have lead in their body, whether they live in the Himalayan Mountains or near the South Pole or whatever. And everybody has beryllium in their body, and the beryllium came from the atomic bomb explosions; I think there's been over 2,000 atomic blasts above ground and underground, and years ago they were doing above ground. So nobody wants to talk about beryllium, but it's a toxic metal that does not come out of the body until you actually remove the mercury, it seems. All the metals don't come out in order and people that are real specialists at this

understand these issues to some extent, and there's a lot still to be learned about it.

But heavy metals are hard to get out of our bodies once they're in there, so everybody is dealing with this adaptive capacity issue, but we're dealing with it for all kinds of toxins, from pesticides to the toxins in our food, air and water. And the organs of elimination – the kidney and the liver – at some point just can't keep up.

Donna Gates: Well, on that depressing thought let's give some solutions to people. Let's talk about the importance of glutathione.

Dr. Allan Sachey: Yeah. Glutathione is the main antioxidant system of the body, and it's the number one way that the body removes heavy metals. We need adequate level or pools of glutathione, a reserve of glutathione, to have that happen, and glutathione is made up of three amino acids, cysteine, glutamic acid, and glycine, and they provide something called – this is a little technical. This is the only little technical thing we'll get into – provide disulfide groups or sulfur hydro groups that tie up the heavy metals and escort them out of the body. And in the people that we see – and don't forget, people are being referred to us because they had heavy metal issues a lot, or they're trying to find a safe way to get their mercury fillings removed or things like that – and we have a way of measuring glutathione in the body.

And most people are kind of low, and many, many, many people are very, very low, and if you're very low, you should not have your mercury fillings removed until you restore glutathione to safe levels or you're gonna very easily exceed your adaptive capacity all over the place in removing the heavy metals. So we think it's very important to build a person up and get their glutathione levels higher and get their energy levels higher before removing heavy metals.

Donna Gates: Well, that's important, and I've said this you know off and on, and I don't know if people really are getting it clearly, but these three amino acids, the precursors for glutathione, they work with ATP, which is energy. So I've said over and over always is first and foremost create energy; do things in the body that will create energy, even small amounts to get you started. But these heavy metals, of course, are one of the things suppressing our energy. Also today people will tell you, "I have no energy any more," so we've got this vicious circle going where we've gotta have energy to make the glutathione to get the heavy metals out and to be this master antioxidant, and yes we're low on energy too. But I love it

when you say and validate, make me look good, that we've got to have more energy, create energy in the body.

Dr. Allan Sachey: Absolutely, and that's why I'm into this whole field now and why I attract patients who have serious issues with this, including professionals, because I went through it and I had no energy. I mean I was so tired; once I had my adrenals tested properly I was in Stage 7 adrenal burnout probably for ten years, and maybe longer – I don't know. But life is painful and kind of a downward spiral when you don't have enough energy; let's face it, it's all about energy, but it's energy at the cell level. And without testing it's hard to say what's really going on. Just feeling tired is not the best test; it's not good to feel tired, but you could be tired just 'cause you didn't sleep well or things like this, or emotionally stressed.

But when you're tired at the cell level, well, that's a whole 'nother deal. Heavy metals just don't leave the body without doing something to get them out, and it isn't a problem that occurs on Tuesday and then Thursday you're okay. You're gonna just keep exceeding your adaptive capacity and probably exceed it more and more and get worse and worse unless some intervention is done. But it needs to be done safely, and actually glutathione is so important with this, but most people don't know how to take – even though they're interested in glutathione, don't understand that glutathione is totally destroyed in the stomach. And with our patients we found that liposomal delivery – that means through the skin – there's several companies that make a liposomal cream.

And it so totally bypasses the GI tract completely and gets into the blood through the skin. And we find in 30 days to 45 days – usually 30 days – we can restore glutathione levels to robust or at least pretty normal levels. And we really wanna get them to robust levels before removing people's mercury fillings, because even when you remove them safely, there's still gonna be some exposure to the mercury. And when you take the mercury fillings out, the mercury's still in the rest of the body and your organs and your brain and your liver, kidney, and many other places in your body.

Donna Gates: You know when you read articles today we're always being told to take antioxidants, and of course other vitamins like vitamin C and E are antioxidants always mentioned, but people rarely mention that glutathione is the master antioxidant. And the other ones don't even – vitamin C, for example – don't work as well without glutathione being present. And by the way, you had mentioned

lead earlier, but vitamin C is effective, very good, at helping to remove lead from the body. But one of the things that I wanted to say about glutathione, several things, is that high levels of glutathione actually are an excellent predictor of how long we're gonna live. So when they've looked at the glutathione of people who've lived past the age of 100, those people have high glutathione levels.

And again that means that their body has a greater ability to detoxify, so if you reduce anti-aging down to a nutshell, if you keep your body very well nourished like you would on the Body Ecology Diet, and if you keep your body free of toxins, if you've got a strong detoxification system in your body that is constantly eliminating poisons as they come in, you are going to be one of those people that live that longer and healthier life. So this is so important to like 78 million Baby Boomers are going to become a tremendous burden on our healthcare system and to the younger generations unless messages like this get out to people.

If the message, if the diet that we're offering people doesn't become the norm, fermented foods don't become the norm – because they're powerful cleansers, the fermented foods are, to these heavy metals and toxins and so on – then we're gonna have miserable old age for many, many, many people. So one of my – my very next book actually is on anti-aging, and so I want people to realize that we're gonna – you know, living a long time isn't – actually, Baby Boomers aren't even concerned about dying. They're more concerned about how they're going to die. How miserable will they be? Will they still have their mind? Will they be wearing diapers?

Will people be taking care of them, and they've lost their freedom; they can't drive cars any more, shop for themselves, for example? That's the biggest concern for Baby Boomers. So this information that we're giving out here and this whole workshop is so important, and what we're talking about today is so important. We use – again, I'm always trying to find what foods would people take to solve a problem – and whey protein, the type that we recommend, which is undenatured – that means it hasn't been heated, so the proteins haven't been destroyed – whey protein is a precursor to glutathione. It helps make more glutathione in the liver, and it's delicious.

So people can go to a website that we mention on the paper, OneGreenMom.com, and get the Vital Whey that we recommend. I'm very, very particular about the whey protein, because there is

just a tremendous amount of whey proteins on the market and they're all bad; and so be sure you get one that's undenatured. And a whey protein concentrate – you can get whey protein concentrate, whey protein isolates – I prefer the concentrates myself. And I want people to understand that whey protein is the predominate protein in human milk. When we are born and the first food that enters our body, 70 percent of that milk is whey protein and only 30 percent of it is casein.

When you're getting milk from a cow or goat or any other mammal, you're now getting 80 percent casein and only 20 percent whey protein. It's the whey protein part of the milk that's so special; there's so many things about breast milk that make it right for a baby. But again, our babies are being born with a lot of toxins in them today, and so breast milk, if it's high in glutathione and all these other wonderful nutrients that must be in milk – that would be in milk if the mom is on the Body Ecology Diet before, during and after her pregnancy – these babies are gonna have this strong ability to detox. Yes, they get the toxins. Yes, we feel really bad that babies are coming into the world today with all the toxins that are in them.

But there are answers and there are solutions, and so high levels of glutathione are really important, and babies have to have this very strong energy, this very strong ability to push out toxins, to cleanse their body of toxins, too, so we can really turn around this problem. It seems so gloomy and depressing to people, but I don't want people to leave with that message. I don't want them to feel that what we're talking about today, Allan, is just we've got a mess going on here, because we do have wonderful solutions for people as well.

Dr. Allan Sachey: Absolutely, and I take my glutathione every day twice a day, and I feel taking it before bed is a very critical time because the body's healing and regenerating at night, and so it's very beneficial to be taking glutathione while you're sleeping all night.

Donna Gates: You had said to me, "Be sure to rub it on the thyroid," and I thought, "Ah, yeah, that's a great idea," because I just hadn't thought about that. But I do – so many people have Hashimoto's, which is an autoimmune thyroid. In other words, you have low thyroid hormone, but it's because your immune system is viewing or seeing your thyroid as an enemy and it's attacking it. Now think about this – this gets back to the common sense that we were talking about: why would our immune system attack an important organ in the body – any organ in the body? Why would it attack

our joints, for example, and cause autoimmune joint problems? Well, the only reason – this makes sense to me – the only reason it would attack the thyroid is just that the thyroid has become filled with toxins, and it has for people.

I learned from Dr. Lee Kenealy that you can actually, it's a wise idea to put a castor oil patch over the thyroid to pull out some toxins as well too. So this is something I think could be very valuable for people to understand because a lot of people are suffering from low thyroid. They've either been diagnosed with Hashimoto's autoimmune or they haven't, but they have the problem – they haven't been diagnosed but they do have the problem. So the endocrine system is just so sensitive to toxins, and it's so damaged by toxins. Would you talk about inflammation, Allan, just so people have a better clear picture of inflammation? What actually is inflammation? It's the cause – it's present in every single disease or disorder in the body.

Dr. Allan Sachey: Yes, and most people don't know what inflammation is, and most of us as doctors I don't think really understood or understand inflammation. And it's frustrated me for many years, and we learn in school well, inflammation's around and involved in probably all chronic diseases. But what actually is it? And it turns out – by the way, before we get into the inflammation story further, the glutathione really helps reduce inflammation and reverse inflammation, so that's another reason to – and of course it's actually part of the aging process itself. The disease process and the aging process are really the same thing; we just gave it different names. But what's going on – what is inflammation actually is known now, or a lot more known about it.

It's free radical damage to the cells – cell membranes especially – and the mitochondria, the mitochondrial membrane where the energy is actually made – the ATP energy unit for every cell in the body.

Donna Gates: Back to energy again.

Dr. Allan Sachey: Right, it's all about energy. And I didn't know this until maybe 4, 5, 6 years ago when I read some article, and it's just so simple but I never – I just wasn't aware of it – that in this planet, Planet Earth, everything that's alive, whether it's a one-celled algae thing or complex human being and everything in between – plants, animals, everything – only make energy one way, no back-up system: ATP production inside the mitochondria, the little energy units, energy factories inside each cell. And there are about 200 to 5-6,000

mitochondria in every cell. Well, when I connected those two facts, the number one fact that everything on this planet needs ATP to run any cell functions and there's no back-up system, and number two, that every cell has hundreds to thousands of mitochondria.

And they're making these ATP molecules every second to do all work by enzymes in the body, well, it's all about energy. It's all about cellular energy. And I came up with a little analogy here. In the investment world people talk about ROE, which stands for Return On Equity. Well, our equity is our energy – and we're talking about cellular energy, because you're only as your cells; again, just plain common sense. And many doctors now use glutathione to help with chelating treatment, and they add glutathione – it's called an IV push – at the end of their chelation treatments. And also it's not a bad idea to be adding colonics maybe the next day, the next morning after chelation therapy and after mercury removal.

Donna Gates: I totally second that.

Dr. Allan Sachey: It may be important to also enhance the protocol by having a medical doctor add an IV glutathione push at the end of your treatment for chelation that day, and maybe the next morning after having mercury fillings removed might be a good protocol, and also adding colonic therapy after having heavy metal removal. These are all good things to get the metals ___ out of the body; really help push them out. But it's glutathione that sort of gathers them up, but they still have to get out of the body; that's why we need the organs of elimination working well.

Donna Gates: Well, you agree with me that slow steady is better for detoxification. I told the story in the second class about the turtle and the hare –

Dr. Allan Sachey: Right.

Donna Gates: You know the little turtle that's plodding along, step by step, day by day, wins the race, versus the hare who's kind of sporadic. Unfortunately that's how people are thinking of detoxification today; like, "Let's get a product. I'm gonna go on this product for seven days, or three days. I'm gonna get the toxins out. I'm fine." And that's just not how it's gonna happen, so I mean I know you agree with me on that completely.

Dr. Allan Sachey: Absolutely, and it's basically the toxins – the heavy metals and so forth – have been there for years if not decades. And so what's the rush about trying to get it all done in seven days and might really hurt yourself? And we see the disaster cases, and we see cases where the person's tired for the rest of their life after having ten mercury fillings taken out in one visit, which is not a proper protocol. And it's just – they were already tired, and then to subject them to that kind of trauma, it's just really a downward spiral for many of those people after that. So we want to prevent those kind of things, which really brings up the next subject, and that is that we really have to have an open bowel and good liver function and good bile production and a proper function in GI tract and have enough energy to detoxify.

And I know that you espouse this and teach this, Donna, and so why don't you comment on what I just shared there?

Donna Gates: Well, we're going to be having a guest coming up shortly who's gonna talk to us about colon therapy. That's a powerful tool in this day and age; it's an ancient tool that we've forgotten about and very valuable to bring back again. So we're gonna be talking about that. I've said this repeatedly over and over: a probiotic diet is an essential diet in this day and age. You know we have – when you are eating a diet that's rich in nutrients, and when you are digesting everything that you're eating because you're using enzymes and you're eating probiotic foods with that meal, then all the nutrients in a healthy food – like dark green leafy vegetables, eggs, all the many, many wonderful – the great oils and so on that we have in the diet, the quinoa, all those foods are rich in important nutrients like vitamin C and taurine and so on.

And the diet makes you stronger, and so you start to detoxify; and as a matter of fact sometime people think the diet doesn't work because they're feeling great for the first two or three weeks and then all of a sudden they start feeling really bad. And that's because their body's gotten so much stronger, so much healthier, that they're now at a cleanse – so a detoxification stage – and again that's where I think colon therapy is very important. But the diet is critical to this whole process because the nutrients themselves all play key roles in getting these toxins out of the body. It's just so magnificent the way the body has been designed. For example, take taurine, which is an amino acid; it's usually very deficient in people who have yeast infections because they urinate the taurine out – the yeast, actually.

But we have two articles on our website, part 1 and part 2, on this very subject, written by Dr. Leonard Smith, who's one of our upcoming guests, about taurine, and I'd love for everybody to go and read that. But taurine is deficient in people who have yeast infections, and so taking taurine as a supplement is a great idea. Eating animal proteins, that's where you'll get this amino acid, and you've got to digest those proteins well. But I still would recommend with taurine that people take about 1,000 milligrams twice a day. Taurine, though, increases bile production, so you can see that's how the liver gets the toxins out is through the bile. So you can see how important nutrients are, and so eating is an important tool for cleansing and detoxifying.

And we just have the very best system out there for – we've just got all the bases covered. And that's why there's nothing better than the Body Ecology Diet for this time and age that we're in right now.

Dr. Allan Sachey: I'd like to make one more just emphasis times 100 here, and that is to detoxify is just so energy-dependent; it's just the most energy-dependent thing the body probably does. And so we just need to make enough ATP to be able to detoxify, and to detoxify safely. Otherwise you're just gonna move – and have the organs of elimination open and so forth. Otherwise you're just gonna probably move a lot of the toxins, especially the heavy metals, around, and you may be driving them deeper into the cells and into the tissues, making it even more difficult to remove them later on.

Donna Gates: Yeah, that's really important to stress for people. I've seen people get in trouble because they do chelation, for example, and all they're basically doing when they do chelation is they move the heavy metals, mobilize them out of the cell. They don't get out of the body because the detoxification pathways aren't open, so those toxins just move around to a different place in the body. And very often – because these toxins can easily cross into the blood/brain barrier – they lodge into the brain and actually affect a person's behavior and how they think and feel is very much affected as well.

Dr. Allan Sachey: Yes, and we actually have a measurement, a blood test we do, called beta-2 microglobulin. It's a special immune marker, and if that is high, out of the medical range, then that means heavy metals are entering the brain and that the blood/brain barrier is failing or has failed to function optimally. And most dentists will have very high levels; high to very high levels. So that's one of the mandatory tests we like to see, and the American Medical

Association came up with an article in February of 2008 saying that measuring beta-2 microglobulin was the best predictor of how long you would live. And also that it should be tested in anyone over 60 once a year, and it's more important as an inflammatory marker measurement than C-reactive protein, which is a very popular test these days.

Not that you shouldn't do C-reactive protein, but beta-2 is even more important. So we incorporate that into our blood chemistries that we do.

Donna Gates: So you're talking about blood work here; these are things that can be determined by blood work.

Dr. Allan Sachey: Yes, these are very specific markers that are in the blood but not normally tested, and we have a very outstanding wellness profile that we test 55 things, and we have some extremely reasonable pricing from a very special lab in Santa Monica, California, to do that. The next subject I'd like to get into, Donna, is the story about haptens versus antigens, and most people are not familiar with this term hapten, but this has a lot to do with heavy metals. And an antigen is something that's alive, so something like a bacteria or a virus or cancer cell, and so the body's immune system is trying to attack and fight and destroy and remove those antigens. And when you have an allergic reaction the body's making a lot of antibodies to some antigen.

But a hapten is different; a hapten is something that's not alive. It's not a virus, a bacteria and so forth. And so heavy metals and petrochemicals and these types of things fit into the category of haptens, and when the body's trying to fight these things it gets worn out. The immune system exceeds its adaptive capacity; it thinks it's something alive; it tries to keep fighting it, but it can't eat it. It can't kill it because it's not alive, so it keeps fighting it for years and years or decades, and eventually the immune system gets kind of tired, and may get out of balance, which could contribute to autoimmune problems and so forth – but basically just wears you down. This is one of the reasons that heavy metals are so debilitating over time perhaps, because they just suck up your energy and sooner or later the body can't keep up.

Donna Gates: I said early on, in the very, very beginning – I think the first class – that there was a big announcement about to be made by the FDA, or by the Dental Association, I guess. Could you talk to us about that, because that's actually a major breakthrough for us – it's sort

of like the cigarette industry finally admitting that indeed cigarettes cause cancer?

Dr. Allan Sachey: Yes. This happened a little over a year ago, but the federal judge ruled in a federal court that the FDA could no longer say that mercury fillings were sort of okay and didn't hurt anything – similar to the tobacco industry claiming that there weren't any proof that cigarettes were bad for you. And so I think it's obvious that this year, 2009, that the FDA has to comply with this federal ruling and come up with a statement about mercury and warn the public supposedly. We're not sure how it's gonna come down, and we hope that they'll comply and not just ignore it. This has been going on for a 30-year battle, but it looks like we're finally getting near the end of it. And the leading gladiator on the no-mercury side – mercury-free – is Charlie Brown.

And he's an attorney, and he's been the head of this fight for 30 years, and you can go to his website. It's called ToxicTeeth.org – that's ToxicTeeth.org – and read about this. I just got a re-e-mail this morning from Charlie Brown going into some detail about one of the companies that is the leading manufacturer of the mercury filling material the dentists buy, and they actually went to the board of directors meeting of that company and put in a proposal for them to stop making the mercury. And many of the shareholders are very interested in this, because otherwise it's going to – if they don't solve this in some manner it's gonna wind up being some pretty ugly lawsuits that will go on for years like happened in the asbestos industry, perhaps.

So we'll keep everybody abreast on this, if you would like, Donna, and we could have maybe update once a month with a little corner on your website somewhere about the current status of this.

Donna Gates: Well, dentistry is so important that I'd like to actually have many more articles in our newsletter on this subject. So as long as people are subscribed to this free newsletter that we offer each week we'll keep them updated that way; I think that would be great. The important thing just is that finally the truth is coming out. It makes me so angry, because people are still saying – not people, but businesses, big businesses are still saying, "Well, the toxins are in such small amount they're really not causing us any problems." But there was a factory – it was in China, and they closed it down in 2005, I think the government just closed it down.

And then researchers went in and began to study the effects that the children that were born while the factory was still open; they

discovered that they weren't as intelligent, they had smaller brains, and there was a lot of signs that prenatally, as fetuses, they were actually damaged by the toxins in the air. And then the government shut the factory down, and just within a couple of years, the children being born in that city were more intelligent, and their head size grew. And so there's a lot of excellent research out there showing that these toxins are extremely dangerous and damaging, and the awaking-up that we're going through right now is the first step. And then because we want change, we will start to put that vibration out in the universe and then solutions are going to be coming.

We have a lot of solutions now; we're offering a lot of solutions in this workshop, and you've given us some great ones today, Allan, but we have still a long way to go. And some of the toxins that we have on the planet are gonna be here with us for a long time, but it is also amazing how quickly nature can clean up herself. And it may be a few generations before we really truly start to give birth to truly healthy babies again, but the first step is awareness and that's what's exciting about this whole thing with the mercury issue and the FDA, that the truth is finally being told. Now one of the things too that you've got to share with us about is about tartar on your teeth and how to prevent it for the rest of your life, because I know you've got a great solution there for people.

Dr. Allan Sachey:

Yeah, I consider this – I have two bonus subjects to discuss here. One is the tartar on your teeth, and most people never thought about this, but where does the tartar come from and kind of why is it there? And some people, as dentists we clean their teeth or a hygienist cleans the teeth, and ten days later we're seeing the patient for something and they have a whole bunch of tartar back on their teeth in like ten days. Well, how is that possible – where'd it come from? Well, it came from the saliva, the calcium precipitating out, but what's going on here is that they have something called free calcium. They have an excess of calcium and it's dumping on the teeth, but it's also perhaps dumping in other places that are not too good, and this is the systemic dental connection again.

If it precipitates out in your eyes you could get cataracts; in joints you have arthritis issues. In blood vessels it's contributing to the plaque, the calcification of the plaque in the arteries. In prostate cancer they're finding calcium nodules in the men, in the tumor. And in women when they do a breast scan, a mammography scan, what are they looking for – a mammogram – what are they looking for? They're looking for calcium nodules, and free calcium it turns

out tends to get involved in most chronic diseases, and it is involved in cancer – but not just cancer; many, many, many things. And so free calcium is not a good thing, and we're able to determine this on a blood chemistry, and the reason somebody has free calcium is they don't have enough phosphorus. There's a ratio between calcium and phosphorus to keep the calcium in solution.

We don't have time today to go into detail on this and show you how to measure it, but free calcium is not a good thing. In the future hopefully we'll get to do a little talk on that.

Donna Gates: Microflora play a real key role in helping to keep that free calcium from occurring in the body too, so once again I constantly come back to the fact that they're essential to have in our gut.

Dr. Allan Sachey: Many times people when we test this are low in vitamin D; about half the population is low, and about ¼ the population is very, very low. And when you're low in vitamin D you're probably gonna be severely low in phosphorus, because vitamin D is necessary to absorb phosphorus properly. It isn't because we're not eating phosphorus; phosphorus is in all meats and it's in all vegetables – that's not the deal. We're just not absorbing it in sufficient quantities, and most people are not sitting in the sun too much any more, especially our children. When I was a kid you couldn't get me to come inside; now it's hard to get kids to play outside they're so glued to the computers and so forth, and so that's a major problem.

The last thing I'd like to shed some light on today – and we're gonna provide you with some pictures here, I think – and that's a subject called tongue diagnosis. And this is another example of the connection between the mouth and the rest of the body, and you see there's a couple of slides we're going to put up here. And one shows indentations around the side of the tongue, and not everybody has this problem but I'll bet you about 30 or 40 or 50 percent of the population does, and you can look at your own tongue and if you have these indentations of the teeth around the edges of the tongue that means you're probably mineral-deficient. Another picture shows the tongue with grooves in it and cracks and so forth, and this is usually B vitamin deficiencies.

And there are many coatings that appear on the tongue in different colors – brown, yellow, gray, thick coatings, mucous-y coatings, and these all mean specific things. Or the tongue having a very reddened tip. So perhaps in the future we can give a course on this, or we have an excellent book on this called *The Tongue Never*

Lies, and it's an exciting subject. And as a dentist – this comes from Chinese medicine, and most dentists are not versed in this subject even though we're looking at the tongue all the time. And once you get educated on it it's kind of fun, and you don't have to be a dentist to look at your own tongue; anybody can do that if they have some knowledge of what they're looking at, what does it mean.

Donna Gates: Well, we would love for people to have access to this book. It's fascinating and simple – really simple to understand, and it gives you some great information. Can you imagine just looking in the mirror and noticing that you've got these little scallops along the outside of your tongue, and then you know you're deficient in minerals. But not everybody can get blood tests done, so this is a great book and we're gonna make this available to people.

Dr. Allan Sachey: And this is an example of how the mouth is a window, an actual window, to the rest of the body without doing surgery or scoping people or something like that. And my last closing message, Donna, is it's all really about prevention. And dentistry seems to be about the only profession that paid attention to prevention, but medical intervention is just too expensive these days, and so where possible we need to get educated enough so that we can take advantage of things that exist and protocols and so forth to actually be highly preventative in the way we lead our lives, in diet and lifestyle.

Donna Gates: Well, thank you so much for being our guest!

Heather Fougner: Thank you, Dr. Sachey, thank you, Donna, and thank all of you for joining us for the fourth class in Body Ecology's detoxification training. Next week our special guest, Dr. Darren Weissman, author, speaker, and creator of the LifeLine Technique, is going to be with us. In next week's class Dr. Weissman and Donna Gates will be talking about how you can detoxify your body and mind from emotions, but not just any emotions. Donna and Darren are gonna talk specifically about the emotions in your subconscious mind, and those are emotions that are actually below choice, so we don't even know we have them. We're gonna learn how those subconscious suppressed emotions affect your health and well-being. This is a class you're not gonna want to miss.

We've received a lot of questions about making better choices in your home. Some of the questions had to do with cookware; some of them had to do with plastic storage, like Tupperware and things like that, and a lot of questions are asking what products we

recommend. And so I talked with Donna and the Body Ecology team and we put together a list that we call the go green list – *Body Ecology's Go Green Guide*. And you will all have in your handout this *Go Green Guide* so that what this does is it takes you room by room through your house and helps you understand some of the better choices you can make with respect to products and some of the tools that you're gonna use. Some examples if you're in your kitchen are pots and pans – we get a lot of questions on the pots and pans that people should use.

While stainless steel is a great option, an even better option is enamel-coated cookware like Le Creuset cookware. Also for food storage there are so many wonderful options, like Pyrex bowls which are made of glass; they have plastic tops on them, but your food is actually sitting in the glass so it's much better for you. The other thing you can do is you can use stainless steel bowls, which also have plastic tops; we do prefer the glass bowls, though. If you're on the go I mentioned in an earlier class that I used to take breakfast, lunch and dinner to work when I had a really busy corporate job, and I would take things in Tupperware because I simply needed something that was light enough and also would be safe for me to carry it around.

So there are some things that you can do if you're gonna have to use plastic. One of the things that you can do is make sure you understand the type of plastic that's safer, that's slightly safer. And if you look at the bottom of a plastic storage container it will say a number; sometimes it's in this little triangle, and there's a number on the bottom. That number will give you a guide as to how safe that plastic is, so when you look at the bottom if you see something that says "plastic number 3", which is PVC, we recommend that you avoid that because it has toxic DHEA. It's also this plastic number 3, it's not often used in plastic storage, but it is often used in plastic wrap, so we would recommend that you avoid that.

Also we'd recommend that you avoid plastic number 7, and that's the hard and clear plastic. Remember the hard green Nalgene bottles? That would be an example of that hard plastic, and that is polycarbonate which is known to leach bisphenol A or BPA. Safer plastic options are the ones that have number 1, number 2, number 4, or number 5, so those are the ones you would look for if you happen to be needing something to store things in plastic. The other thing we wanna recommend is please don't microwave in plastic, because that's – when you microwave plastic it can actually leach toxins into your food. As we move to the living

room and family room we know that these are places where your family spends a great deal of time.

And so some of the things that were new to me when I was starting to study detoxification and toxic exposure, I didn't realize how many toxins were in the home. In fact indoor air is more toxic than outdoor air, and there are over 150 chemicals in your home. So if you imagine yourself in your living room, one of the surprising things might be that furniture is actually toxic if you pick the wrong types of furniture. So for example, if you have furniture with fabrics that are stain resistant, wrinkle resistant, inflammable, these are fabrics that have been treated with toxins. There are also woods and wood particulate that's been treated with toxins which can off-gas volatile organic compounds, or VOCs, like formaldehyde, for example.

These VOCs can vaporize into the air and enter the atmosphere, so if you have new furniture there are a couple of options. One is to buy green new furniture, green in quotes, where the fabrics and the woods are all natural; natural, sustainable woods and all-natural fabrics. And we give you some options where you can find people who offer those in case you're in the market for some new furniture. Other people, what they'll do is they'll purchase furniture and leave it outside for anywhere from several days to several months, which can actually help with respect to the off-gassing, if green furniture doesn't fit into your budget. Something that fits into almost everyone's budget is vintage furniture, which you can get at second-hand stores, or maybe at antiques markets.

Recycling furniture is a great idea because it keeps the landfills from filling up with old furniture. It's also much more affordable, and either the off-gassing has already happened or these pieces of furniture were made prior to adding all of these wrinkle resistant toxins and flame retardants and things like that to the furniture. As we move into the bathroom it's important to know that your bathroom is full of toxins. When you think about beauty and personal care products – shampoos, lotions, toothpaste, soaps, things like that – if you're not using all natural products or not looking at the ingredients, there may be many hidden toxins in there. And these are our beauty products; these are our personal care products.

We want these things to help us be young and beautiful, and yet many of them are contributing to the aging process. So when it comes to soap we've given you some solutions for soap and some ideas for some of the least toxic soap on the market, like Dr.

Bronner's Liquid Soaps, for example. And cosmetics, make-up, Larinum is a great 100 percent pure mineral make-up. And for moisturizer we recommend that you actually use unrefined organic oils, so for years I've been using sesame oil, on my hair, on my face, and it's a really wonderful moisturizer that helps your skin absorb really great vitamins and essential fatty acids. You can actually even use unrefined organic olive oil or almond oil, even coconut oil.

And if you like you can put some therapeutic Great Essential oils into these oils and make yourself something that smells really great and has some healing properties as well. If you think about the overall household, one of the major contributors to toxins is cleaning products, and it would really be wonderful to think about how you can replace any chemical cleaning products that you have with safer, toxin-free cleaning products. Ecover and Seventh Generation are a couple of options that tend to be right in your health food store or grocery store; you can also purchase those online. One of the things I love to do is to use about a cup of vinegar and a cup of water, and then I put some peppermint or lavender essential oil, or even lemon essential oil, about 20 drops.

And since these therapeutic Great Essential oils are all antiviral, antifungal, antibacterial, they do a really wonderful job at cleaning things up in your bathroom, in your kitchen – wherever you might need to do cleaning; and they smell great, too. So those are all some options. We're also gonna provide you a link to an article that we've written in the past which talks about some other home remedies, like baking soda and white wine, that can actually get out stains and help you clean your home. Something that many people may have only heard about a little bit are electromagnetic fields, or EMFs, and those create chaos in the environment and sort of can contribute to many different symptoms that people have, like insomnia, joint pain, fatigue, depression, and many others.

So we're gonna give you some information in your handout about electromagnetic fields as well as a couple of really great options that have been tested by some of our moms at home who have children with autism. We have some links in your handout to some really great products where you can actually test the level of electromagnetic fields in your home and also protect yourself from electromagnetic fields with filters that will help keep those electromagnetic fields really low so that you won't be so subject to them. Other things to consider are air filters to clean the toxins out of your home – volatile organic compounds, radon, nitrogen dioxide, sulfur, asbestos – air filters are really great for this. But

maybe you didn't know this, because I didn't realize just how powerful plants were.

NASA actually did a study on how plants clean air, and they were found to be incredibly effective at reducing volatile organic compounds and other toxins in your air. Things like aloe vera, bamboo plants, Boston ferns, Chinese evergreens, date palms, and peace lilies, among others, are really wonderful at getting toxins out of your air. So not only do they make your home beautiful, but they make you healthy as well. When it comes to paint that you use to paint the interior of your home, there are some really wonderful low volatile organic compound or no volatile organic compound – low VOC or no VOC paints – that you could consider for painting your home. And carpets, the same thing – there are better choices for carpets that are all natural and don't have all the glues and chemicals that can contribute to toxins in your indoor air.

Another thing that not all of us think about it are things like your lawn, and I remember years ago before I really knew anything about natural health, I had a lawn service called ChemLawn coming to keep our lawn green. And you know that all-important green lawn was something that everybody in our neighborhood thought was really important. But it wasn't until after I started doing some research that I realized that the chemicals in the lawn not only could affect the health of anybody outside walking around in the yard, but also could seep into things like a well, into the water in your well. So think about – there are actually some organic, really much safer lawn care products that you can purchase.

And if you're using ChemLawn there are even services that you might be able to find in your neighborhood that would come and use these organic approaches as well to keeping your lawn green and beautiful. So we've given you a couple of resources in your handout that will help you find some better options for that as well. So we've covered a lot of things in terms of how you can go room by room through your house and think about making better choices for yourself and for your family, but one thing I wanna remind everybody is Donna's principle of step by step. Just like when you're doing step by step in your detoxification program, in your diet, in your health program, when you think about your house go step by step as well.

Think about maybe going one room at a time or even a section of a room at a time, and educate yourself little by little as you go and decide what you wanna do differently. It's so much better than

getting overwhelmed by all of the changes that you could possibly make. For those of you in the basic training package, you'll be able to listen to this training again any time for the next 24 hours, from 7:00 p.m. Eastern time Wednesday to 7:00 p.m. Eastern time Thursday. For those of you who upgraded to the deluxe package, if you scroll down to the bottom of your page you'll see where to pick up your class recordings, which you can start doing tomorrow, and you'll also be able to see how to download your transcripts.

Remember, for all members, at the bottom of your page you can ask Donna Gates questions for the next class. We appreciate your questions and the time you're taking to look and feel your best. See you next week!

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