

Heather Fougner: This is Heather Fougner welcoming you to Body Ecology's Detoxification Training. Today we're having a special bonus for all members: a question and answer class with Donna Gates. We got so many excellent questions, so we're gonna do our best to get through as many as we can today. And now I'd like to welcome Donna Gates to today's class. Welcome, Donna.

Donna Gates: Welcome, too, Heather. Thank you for being here for us again.

Heather Fougner: Great. Well, let's get started. We have a number of different questions, and one of the – a lot of the questions that we got actually were really interesting because they were about the – one of the biggest and most important piece of Body Ecology, which is fermented foods and drinks, so we're gonna cover that today, as well as other types of questions on colon cleansing, how to detox, and particularly with your liver. Where I'd like to start today is with some of the liver questions, 'cause it's kind of where we got started with this training. So, Donna, one of the questions we got from a participant is, "What specifically are the best foods to eat that support your liver?"

Donna Gates: We have a handout in, I think, class two where we go into this, so people can go back and check their notes. But the most important, most valuable foods are the fermented foods, cultured foods, and especially like the cultured vegetables. They're easily made with cabbage, kale – you know, members of the cruciferous family. Other members of the cruciferous family like broccoli and cauliflower and _____, all of those – Brussels sprouts – those – that entire family is a very – is a family of cleansing vegetables. And when you take, say, cabbage and kale, collards and so on, and put them – shred them up and get them into fermented – into cultured vegetables, they're even more potent as a cleanser. So they're phenomenal for cleansing. I would love to see the world change into a place where it was normal for us to always have a serving of fermented cabbage or vegetables with every single meal. They're doing that in other parts of the world, like in Korea. They always have kimchi with their meals.

Now the other food that's a powerful cleanser for Body Ecology is our young coconut kefir. Coconut water by itself has always been known to be cleansing for the kidneys and the heart and the blood and the liver, but it's too rich in sugar. So what we recommend is that you ferment the coconut kefir, and then you undo the damaging part of the coconut while you still get this powerful cleanser, but actually it's even much more powerful as a cleanser

when it's fermented. So, you know, fermented foods are at the top of the list.

And then the raw foods diet – the way we do it, Body Ecology style – that means we don't eat a lot of fruits. You know, we stick with the very sour fruits like lemons, limes, pomegranate juice is very sour. So stick with the very, very sour fruits and keep them to a minimum. And we do a lot of vegetables but always fermented. See, a lot of people can't digest raw vegetables, and some vegetables shouldn't be eaten raw anyway, like the cruciferous family. Cabbage and kale and broccoli and so on should never be eaten raw. They should always be at least steamed, and fermented is best. Then they're digestible. Otherwise they suppress the thyroid and bring the energy of the body down. So, you know, raw foods diet, the way we recommend doing it, is the diet to do when you're going through a liver cleanse. Or if it's springtime, which is the time of the year when the liver naturally goes into a natural detoxing phase anyway, that's when you want to move into raw. Summer is a really good time 'cause we're still cleansing through the summer, sweating and so on, so staying more raw, which is naturally gonna keep our bodies cooler and more comfortable in the hot summer months.

What you want to do, too, though is avoid alcohol, drugs – medicinal and recreational drugs are very damaging to the liver. Lots of people are on lots of drugs today, and anytime you take a drug it's always gonna be harmful to the liver. Sugar is harmful to the liver. Stress is harmful to the liver. And of course, bad oils are very damaging to the liver, and that's what we've been surviving on for generations, are these really bad, refined, overcooked, bleached, deodorized oils. And so we've been damaging our liver for generations really, and babies even in the womb have – struggle with a congested, damaged – their liver isn't as healthy as you would want your baby's liver to be.

Leafy greens are very powerful, and there's all kinds of herbs. We have a product called Liv Amend that's a powerful, powerful liver cleanser, dandelion, milk thistle – the earth is covered with all types of special plants that really help cleanse, cleanse the liver, and also build energy. And remember – I've said this a million times. I always say this over and over so people eventually really get it. First and foremost, you've got to create more energy in your body, and that will then allow your body to cleanse better.

Heather Fougner: Okay, great. And one of the other questions that we got was, “What if you are – you want to do a liver cleanse, but at the same time your body’s craving fat?”

Donna Gates: Well, the body craves fat because it needs fat. You know, we don’t make healthy hormones without fat, and our brain certainly needs fat, certain fats. I think that a lot of the reason the older generation is dealing with Alzheimer’s now is because they switched from, you know, butter – real, raw butter that they were raised on – to margarine, and that’s an important fat for the brain, but so is the fat that you find in fish oil. So we need to be eating fats, and fats are important for the brain, for having beautiful – just beauty, period – our hair, our skin, our nails have more moisture in them. Vision – a lot of fats are important for vision, for heart health, and so on. So you’re gonna crave them if you’re deficient in them, and if you don’t have the ability to digest them, that’s what you have to fix.

One thing you can do, is you can – if you really, really have a congested liver, it’s probably a very good idea to start off by resting the liver initially for a couple of weeks, so just pull all fats out of the diet completely, give the liver a break. But you can do things like rub fats into your skin. For example, coconut oil rubbed into the skin will still nourish your thyroid. The coconut oil is good for the thyroid, so rub it into your skin. It’s a great conditioner for the skin. You can rub it into your scalp. In India, they rub it into their scalp to make their hair grow thicker. So some people have even, you know, recommended putting it on your eyelashes. It’s an amazingly healthy oil to put in our body, and then it bypasses the liver and goes right in. At least you’re getting one nice fat that will give you – it’s a plant saturated fat that will give you energy, but without having to go through the liver. And so that’s one possibility.

But when you begin to eat fats again, when you add them back in, _____, the fermented foods, if you start in the fermented foods first, they’re going to correct your digestion tremendously. And so when you begin to add fats back in slowly but sure – you know, just add a little – you know, be kind of adding in gradually, and add in easier ones, like olive oil’s an easy one, coconut oil’s very easy to digest.

Your cooked saturated fats are the fats that are gonna give you a problem, like the fats you find in cooked meat are the hardest to digest. If you make yourself a broth, be sure you put it in the

refrigerator and take all that – the saturated fat will harden and you want to skim all that off, so that you will always want to avoid.

But you'll slowly introduce these good, healthy fats that we recommend on the diet into your body – and fish oil's another good one to begin with from the very beginning. So just start with small amounts. Let your body get used to this new – this fat you're putting back into it. But you've already done some things to correct digestion.

And of course use digestive enzymes. They – particular pancreatin, ox bile, and the enzymes that have lipase in them – those are the enzymes that are particularly excellent at helping digestion of fat. You can buy those in the health foods store. We also have two great digestive enzymes that have a significant – a source of lipase, and then – because, of course, you know, to me digestion is everything, and we're – I do feel that people are – they are using tons of supplements they don't need, but the – there are some that are really valuable to keep on hand and spend your money on, and digestive enzymes are a must. Some people have had their gallbladder removed so they will always have trouble digesting fats. The gallbladder is supposed to – the body is supposed to eventually learn to compensate for that, but I don't think it does very well. You can tell because you can look at people's hair and skin and they just look very dehydrated. But I think that's – that's when I usually recommend to people who have had their gallbladder removed to always use pancreatin and ox bile when they eat fat. So ox bile is replacing the bile that your own liver and gallbladder would have made – liver would've made, gallbladder would've stored, but now you're gallbladder is removed.

So just – there's a lot of things that you can do, but those are some really basic, must-dos.

Heather Fougner: Great, and everybody, like Donna said earlier, you can go check your handout number two and handout number three, and there will be a lot of good information there to help you with this.

Another question – you did talk about standard liver cleanses or those liver cleanses out in the market. This participant wants to know about the liver cleanse where you drink apple juice for five days, then on day six you do a glass of Epsom salts and water, and then, you know, before going to bed you drink about four ounces of olive oil mixed with six ounces of grapefruit juice, and that's

supposed to get rid of stones. So what are your thoughts about a cleanse like that?

Donna Gates:

Well, first of all, those globules that come out are – it's very questionable. Some people doubt whether that really is – that isn't just the olive oil coming back out in the toilet that you find. But I think these kind of cleanses are dangerous. First of all, can you imagine surviving for five days on apple juice? You would have a quite acute yeast infection by that time. Most everybody that we work with, you know, has had or is dealing with a yeast infection, and yeast – if you've had a yeast infection, it can always be reactivated very quickly in your body, and doing something like this would definitely reactivate it very quickly. It's just too acidic, it's too sweet, and it's – so maybe you – you know, somebody thinks it's a good idea for cleansing the liver. Why? Is it giving it break or something? But from eating – there are far better ways to cleanse the liver than this one.

I guess people are looking for quick – you know, quick answers, but that's not the way you clean a congested, dense organ like the liver. It doesn't – it's designed not to let toxins out quickly. If it did let the toxins out quickly, we would die from all the toxins suddenly coming out. And so it's designed to let toxins out slowly, surely, steadily, and we have to begin to understand that and slowly, surely, steadily cleanse the liver.

So I think things like this are not good to do, but also are even dangerous to do, and I hope – you know, especially in that second class – that I made that really, you know, crystal clear so that – I mean, of course, if people don't want to believe me, that's fine, too. You know, find out for yourself. Don't just believe in anything I say. But I really tried to make that clear, is that it's a very naïve understanding out in the world right at the moment that we can just go in the store, purchase a liver cleansing product, and take it and, “Good our liver's cleansed,” in ten days or something. It's just not how it works.

Heather Fougner:

I think that was a really important point, Donna, thank you. And now we're gonna move on to a series of questions on colon cleansing. One of the participants has said that they have a colem board and they want to know if they should do professional colonics in addition to colemas or is there a benefit to – you know, both, or one or the other. What would you recommend?

Donna Gates:

I think – well, I usually recommend in the beginning, if someone has never been to a professional colon therapist, it's a good idea to

find a good therapist. Ask around. Find a therapist that – you know, even call the therapist up and interview her and make her – and make sure that you feel comfortable with them. But when you are – it's a new procedure, you know. Most people are not comfortable with cleaning their colon and they have all kinds of reasons – you know, fears and concerns. But going to a professional colon therapist who do the – they clean the colon all the time and they know it saves lives and they're, like, medical – you know, they're like nurses practically, so they're very nonchalant about it, and you'll feel quite comfortable, you know, going. So that's what I usually say to people. Go for a professional colonic in the beginning when they're new to colon therapy.

If somebody's reached the point where they've purchased a colema board and they're comfortable with using that, they probably don't need to necessarily go for a – if they're doing it properly, they don't need to go for a colonic. That's the nice thing about a colema board. You'll spend \$350.00 or so, and if you've got a whole – several members of your family that are needing colonics, then it's gonna be much more economical for you. But no, you wouldn't have to go for a professional colonic if you're using a colema board. In the colema bucket, you've got about five gallons of water. In a professional colonic, you have about ten gallons of water, so you would just be able to fill your bucket up twice, and relax – you're in your own bathroom, you're maybe feeling more comfortable. But at the same time, it's more convenient for a lot of people just to go in, spend an hour with their colon therapist and leave feeling great.

After a colon therapy session, you always want to rest and let the body use the energy for healing. And the other thing is, I think it's very important with – and this is a plus to the colema board or doing home enemas, is you can put things in the water that are very good for you, like minerals for example. In the water, minerals help stimulate peristaltic movement. The professional colon therapists are not allowed to put anything inside of a person by law except for pure water. They can't do implants. Now you can go to a colon therapist and then come home and do your own implant and put in really – a cup of very nourishing, liquidy – you know, like water, young coconut kefir or a tea that you've used with minerals in it, and wheat grass or vitamin C or whatever – you know, just something that you know would be really good for your body. You can put into the – things that you would normally take by mouth you can also put into your implant as well. That might be more convenient to do at home.

So there's a plus and minus to both of them. I wouldn't say – fortunately we have both available to us.

Heather Fougner: I think that's a good point, and we also – for anybody that wants to learn more about the difference between colemas, colonics, and enemas, Donna's website, BodyEcology.com, if you go to the articles archive you can do a search for colema and you'll find an article and learn more information on that.

Donna, one other question that we got is one of the participants is wondering what causes watery diarrhea after eating a meal. This person says that they seem to have very loose stools all the time. So can you just – we addressed diarrhea in the call with Pam Craig. Could you give a little bit more information on that?

Donna Gates: Well, it would really be impossible to say, but I would want that person to do is to take a stool test from someplace like Genova Diagnostics. They would be able to identify if she was dealing with pathogenic bacteria or parasites. That's – they're not always 100 percent accurate, but they're surprisingly accurate, and at least you wouldn't be guessing what's going on in there.

And then a lot of times diarrhea is actually constipation. Water – the body is trying to get around a _____ or mass of fecal material, and it's keeping the _____ in a watery stage to get it around and out of the body. So diarrhea is often constipation.

I would also recommend a person do home enemas or go for a colonic and see if that is, you know, their problem, and then of course, you know, colon therapy can also rinse away pathogens in the gut. And if you're then heavily repopulating the gut with good, beneficial bacteria, you're going to – you need a lot of them, because if you've got a really virulent pathogen in there, the little good guys coming in may not be able to fight against this pathogen that's maybe had a stronghold – you know, been in your gut for a while and is living there, thriving there. The new guys might not be able to knock out the bad guys, so sometimes it's good to rinse out the colon and begin to heavily populate the new bacteria, really potent new bacteria like you'll find in the foods young coconut kefir, cultured vegetables. _____ liquids we have a really, really super potent, first strain, first generation good guys or beneficial bacteria and beneficial yeast, and they – that's what you want to populate your gut with.

But it's hard to answer a question like this without more information.

Heather Fougner: Okay, and I think that's a good point that you made there, Donna. We did get a lot of very specific questions from people about the specific symptoms that they were experiencing or health conditions, and it can be difficult, outside of a consult – a consult with Donna or a consult with one of the Body Ecology coaches – it can be difficult to answer these questions because no one has your full health picture. And it would really do you more of a disservice to answer the question without having that information. So for anyone that sent us those questions, we thank you for them and we'll do our best to answer maybe more at a general level. I think the point that you made about getting tested, Donna, is really great. And for anyone that wonders about Genova Diagnostics, if you go to your handout from class number six, there's a link there because Dr. Leonard Smith mentioned it. So you'll see a link right in your handout. You can go there and check that out.

So, Donna, we have another question from a participant who's asking, "If you're naturally detoxing with the Body Ecology diet and doing – you know, taking some extra supplements and digestive enzymes and things like that, why would it still be necessary to do colon cleansing with enemas, colemas, etc?"

Donna Gates: Well, I always say – people ask me all the time, you know, "How many do you do? When do you do them?" and so on, and again, that's another difficult question to answer because it's an individual – each person is an individual, and I always believe that you should do it on an as-needed basis. There are some people that don't need them. We have, for example, in our work with children with autism, some of them respond immediately to the probiotic foods and the diet, and their bowels start to work really well. They go from having gut disbiosis to having healthy stools, and they wouldn't need to do colon therapy. And of course, with a three year old, four or five year old child, it's more difficult to do – well, you certainly – it would be more difficult to take them to a professional colon therapist.

But their mothers – the mothers in our BEDROK group – Body Ecology Diet Recovering our Kids – do enemas with their children all the time on as-needed basis, even with the little _____ babies when they become constipated, and they know how effective they are. So – but that might be – the autism community is a good example of some parents are finding that enemas are useful, and some are finding that they're not needed.

Same with us, as adults. Some people may not need them, but if you do need them – even the person who's, like, kind of breezing along, and they're on the diet, and they're just feeling great and getting better and better and all their – you know, lots of symptoms are clearing up. Almost everybody kind of comes to a place along the path where their body has become so much stronger, so much healthier, that the body wants to do a rather strong cleanse, and it'll push a bunch of toxins out, or want to push a bunch of toxins out and the normal elimination – like having a bowel movement every morning or even twice a day – isn't enough. The body is really, really ready to let out a lot of toxins – I mean, really would like to dump a whole bunch of toxins.

So if you use – do an enema or go for a colon therapy session, or even a couple in a row – two, three, four days – you're smoothly, you're just sort of breezing through this intense period of cleansing and eliminating what's in your colon and putting the water in there, which is very hydrating. The body is triggered, then, to know that it can continue to let out – the cells can let out even more toxins.

Now every major – you know, around the world where people are having like retreats, or centers where people can go that – if they have cancer, a lot of detox centers around the world, they do colon therapy, you know? And why would they be doing it if they didn't find that it really helps people kind over this difficult period? So look for that. Be on the lookout that you hit one of those periods and then, you know, consider going in and visiting a colon therapist. This again is _____ for new people who are uncomfortable and not ever done anything like this before. That's where you want to go to your colon therapist, you know, do a series of maybe four close together, and see if you don't feel so much better – if your eyes aren't brighter and your skin isn't clearer and, you know, you just have much more energy when you get through this process.

But, you know, there – so again, the answer really is as needed and when needed, if at all.

Heather Fournier: Great. And there's a naturopath who was asking – saying that, you know, there are several naturopaths who believe that colonics or enemas should – they don't really believe in them and they'd rather try all over methods before resorting to a colonic or an enema. They feel like detoxification should go with the flow of the body. So she's asking, you know, do you recommend an

alternative if somebody doesn't believe in colonics, enemas, or colemas?

Donna Gates:

Well, there's the group of people that don't believe in them, and then there's a certain group of people that are just simply gonna always be uncomfortable with them. In Chinese medicine they did not use colon cleansing techniques. They were used all the time in *Ayurveda* medicine, which is even older than Chinese medicine. But this other system of healing, Chinese medicine, used herbs instead to make sure the bowels were always moving as a person was going through their healing. Whatever they were working on with that person – maybe they had a heart problem or some kind of disease or, like, an infection or something – then they would make sure that in the herbal formulas they gave them, that their bowels were moving. So they used herbs. So that would be your other alternative.

In Naturopathic Ecologies, however, colon therapy is taught, and so I find that, you know, most naturopaths are very open to colon therapy, and a number of them have a colon therapist in their offices with them. But again, there's always gonna be some people who are uncomfortable with them, and they're the ones that would want to try to find – use the herbs.

And herbs have a back to them, too. Everything has a positive and a negative side to them, a front and a back. The back side to doing professional colon therapy or even colemas boards or enemas – anytime you're rinsing out the current material that's in the colon at the moment, you've emptied the refrigerator, so to speak, and your body is going to get nutrients out of the colon, like B vitamins and hormones, and all kinds of things are still down in the colon, and the body's absorbing those nutrients. So now all of a sudden you've rinsed your colon out and it's empty, so there's no food in the refrigerator, so to speak.

Well, there's some coming because there's food up in the small intestine that, in a few hours, will have moved down into the large intestine. But for that period of time, you know, it's like the cupboard's bare. And so that's why I always tell people after you've cleaned your colon to be quiet and still and restful, because particularly the adrenals go looking for B vitamins, vitamin C and minerals from the colon, or from the nutrients in the colon. And so if you're running around madly, picking up your kids from school or going back to work or something, you'll be demanding your – you'll be pushing your adrenals, and they won't have the nutrients

there. So after colon therapy it's very important to be quiet and still and let your body –

And also that's why I think implants are valuable, because you're gonna implant – minerals and B vitamins and vitamin C can go back into an implant. That gets absorbed up into the body, into the bloodstream, and gives this nice boost of energy to the adrenals – nutrients to the adrenals so that, you know, in a couple of hours, as I mentioned before, the food's begun now to move from the small intestine back down to the large intestine.

Some people – I know somebody had asked a question about this, too. She had gone in for a colonic and then didn't have a bowel movement for a couple of days afterwards. That's not unusual, 'cause it can take another day or two for a new stool to form in the colon, and so – particularly if you've had a very thorough release and cleansing of the colon. But I don't know. Does that answer the question well enough, do you think?

Heather Fougner: Yeah, and what happens if – in that scenario where somebody didn't have a bowel movement for a couple of days, what happens – have you noticed or heard people talk about situations where it changes their bowel function and they might, for even a month or two months, start having issues with constipation?

Donna Gates: Usually when that happens – I just remembered I didn't finish answering that question. I had a feeling I was leaving something out. I'll come back to that in a second. But usually when that happens, the person – that's a sign the person really does need more colon cleansing. Water, when it goes in, will begin to soften certain material and begin to move that material. Some of that material will just be softened and it won't go anywhere. There's just not enough muscle tone, not enough peristaltic energy to move out what's in many people's colons.

A couple of days ago I was at a big event and lots and lots of people were walking around, and I was just shocked at the number of people – particularly 'cause this was a health event – men in particular, that just had enormous bellies. So they – I just was shocked, actually, and that's not a beer belly, or that's not because they've been eating, that's because they haven't been eliminating. And there's years of bowel movements that they didn't have collected in that big belly, and so that doesn't come out so easily.

Water needs to soften that material, which is why, in the beginning when people go for colon therapy, I think they need to make a real

commitment for at least four close together, and then maybe spread out after the two weeks, let's say if in the first week you've had four close together or the first two weeks you've had four close together, then _____ maybe every five days for a while. See what starts to happen. You have to read your own body. You have to do what's right for your own body.

But for some people there's just so much impacted in the colon that – and the peristaltic movement is too lazy still, and that healthy peristaltic energy is gonna come over time, when you build up the adrenals – the adrenals control muscle tone. As they get stronger and healthier, then you will have better muscle tone or better peristaltic movement in the colon, and then the body can do a better job. It's really a process, and again, that's why working with a professional is a good idea, because they know. I mean, thousands of people have – you know, one colon therapist might see 1,000 people in a year's time, so obviously they have a lot of experience with a lot of different people, a lot of different problems, and a lot of different colons, and they know what's kind of normal _____ can guide you when you have simple questions like this.

The other part of that question – I knew there was something else. When I was talking about everything has a front and a back, herbs have a back side to them, too, if you decide to use herbs. It doesn't mean you don't use herbs. Sometimes you use a combination of both, but again, it's finding a program that works for you.

Herbs have a tendency – some of them very much so – to really weaken the adrenals. They are irritating to the colon. They work by irritation, and they expel the – you know, the material that's in the colon, and they also weaken the adrenals in the process of doing that, and that's exactly the opposite of what you want. You want strong, healthy adrenals to produce the muscle tone, to have a healthy peristaltic movement.

If you do use herbs, you want to use them cautiously. And I know some people try senna. Senna is probably the worst, the strongest. So anything – I usually tell people, “Completely avoid senna altogether.” It's just so harsh.

And then the most gentle of all the herbal laxatives out there is triphala – T-R-I-P-H-A-L-A, triphala – I think I spelled it right. That is an Aravitic herb. It's actually three different herbs that are together, and they are – they have a tendency to tone and improve the health of the colon. So the Aravitic people really had a good

sense, I think, of colon health, and so you might want to read more about *Ayurveda* medicine and about the _____ and so on and their methods of cleansing in Aravitic medicine.

The triphala, though, it's good – Planetary Formulas has a nice product, and you want to take enough of it, because it's so gentle, even safe for children to use really, that you find it's not effective, and that's only because aren't taking enough on a regular basis. So you'd maybe need four three times a day, four – they're like tablets and you take them three times a day. Just find that – a special formula for your body.

The other thing is magnesium, particular magnesium citrate, which – there's a product called Calm, C-A-L-M, which is a powder that you can use a small amount of that in some hot water at bedtime and see if that doesn't help your bowels move. Or a combination of the magnesium citrate and the triphala would be a wise thing to do.

But the other common – aloe and rhubarb, they're not as harsh as senna – aloe is not as harsh, rhubarb is not as harsh. But they are more irritating to the colon. And again, maybe just a very small amount, or use the aloe, for example, if you're traveling and you find that your bowels aren't moving. Then you'd, you know, use it in a particular moment like that. But you wouldn't want to use these products on a long-term, everyday basis.

But the goal ultimately is to have – get your colon back to a really healthy – you know, just it's producing maybe two stools a day. And there are – even, for example, a water that has recently come available called Watt-aha – W-A-T-T dash A-H-A – hard to get, difficult to – it's expensive. You know, it's expensive to ship water around the country and it's not distributed yet, but it's very, very good for constipation. So we're gonna have, I think, a lot more – and so that is also an excellent product for getting toxins out of the body. It's very detoxifying, and so I usually tell people to, you know, use it slowly – I mean, start on to it slowly, 'cause it causes – it's so effective at detoxing. But I'm always looking for the most gentle, natural, tuned-in-with-nature ways to get toxins out of the body, and I think as long as we keep that intention, we all want that, all kinds of answers are gonna keep appearing for us.

Heather Fougner: Excellent, so we're now moving on to some questions around how to detox. One of them is – one of the participants asked, "If I'm about to start my own detox program, can you give me a step-by-step on how to do this, including the vegetarian diet, the Liv

Amend, the Passion Fruit Biotic, and Vitality Supergreen?” So what they’re – I think what they’re asking – in the handout in class number three, if you will go to the Body Ecology detox diet in that handout, Donna actually went through all of the things to include in your diet and gave you some guidelines around how to do that. So that’s all outlined in handout number three – handout class number three.

I think specifically, Donna, what we didn’t cover – we did cover Liv Amend but we didn’t cover how to start bringing in specifically Passion Fruit Biotic and Vitality Supergreen, even though you talked about the products. Can you talk a little bit about if someone was gonna do this detox and they were gonna go on the Body Ecology detox diet, how would they start incorporating Liv Amend, probiotic liquids like Passion Fruit Biotic, and Vitality Supergreen?

Donna Gates:

Well, those are not just things you do on a – you know, for a special cleanse. Those are things you’d want to do on a daily basis as part of your regular diet because, you know, really everyday the body wants to be doing nourishing, easy-to-digest foods that are never toxic. So we have to stop putting toxic foods – the hamburger, pizza, Coke kind of diet that – you know, and the terrible fats and oils that are _____ in our diet. We have to stop that. If you just stop that – I mean, if that’s all people did, already you’re on great – you know, gonna make a significant different in their health.

But these other things are, like, wonderful things to do that are extra powerful things to add in to support your body becoming – doing – just being healthier, being more powerful, being younger, and so on. So Vitality is a nourishing, easy-to-digest – it’s got protein and everything, all of the nutrients – minerals, fatty acids, and all _____ in this – food basically. It’s kind of like a – you know, the products like Ensure, these meal replacement plans, these are – Vitality, particularly if you put it with a whey protein concentrate, like one of the raw _____ whey protein concentrates, like Renew Pro for example, those – you have literally a meal replacement plan, you know, a substitute for Ensure, when you do something like that, a far superior one.

But the fact that the Vitality Supergreen is green – green things cleanse. Green things cleanse the liver. So you definitely want a green drink your day everyday. And if you’re doing a special, you know, three-day, weekend, or ten-day, whatever, cleanse, you’ve gotta have – you’re gonna be eating less, you’re gonna be drinking

a lot more fluids, but you still need to be nourished through the cleanse. As a matter of fact, you've got to have energy to cleanse. And so something like the Vitality does give you a lot of energy, and yet it's so easy to digest. So that's the way we need to be thinking during a cleanse, but it's a good thing to eat anytime.

And then as far as the – all the fermented fruit liquids, the Passion Fruit Biotic, the Coco Biotic – any of those are just adding more bacteria to your intestines while you're going through the cleanse. Now what do the bacteria do? We mentioned that in another class, too. They're intelligent beings, and they're communicating to the gut wall. They know what's going on in the body, and they will help you orchestrate the healing and the cleansing of your body. So you always want to have fermented foods and liquids with these tiny, little, unseen microflora in them that are going to be down inside of you doing their job, which is keeping your body clean. They have many, many jobs, things that they're doing down there, but one of their most important jobs is to keep their world clean. And if that world is clean, then your blood is clean, cells are clean, organs are clean, everything's clean if the intestines are clean, and that's what they do, so you want to definitely always have those. And of course, during a cleanse, even more so. Just take even more of them.

Like you could – you know, take – if you had – for hopefully anybody that starts on a cleanse, a three-day cleanse or something, that they get prepared beforehand. You didn't just wake up this morning and say, "Okay, I'm gonna do it," and not have the things around you that you need to do that cleanse with. So, you know, plan for the cleanse and get these things around you that you need, and then, you know, just do of them, and then you don't eat as much during a cleanse. You give your body a – you give your digestive track a rest from normal foods, like animal proteins for example. You would never eat breads during a cleanse. You want to have the cleanest, purest foods of all, and those really come from the plant kingdom, so you're gonna be eating _____ foods. And then these – the Passion Fruit Biotic is giving beneficial bacteria, the Vitality Supergreen is cleansing and proteins that you need.

And then _____ take supplements like Liv Amend during this time, you know, three, three times a day is a very, very powerful cleanser. Maybe, you know, you wouldn't take as much during – maybe you just would take two with every meal or one with every meal. We have had so many people over the years report that even just two a day lowered their cholesterol, and we've just had

amazing reports come back from people using Liv Amend. But if you're going to go through a cleanse, you might want to do three, three times a day so that you're getting a lot of the power of those four herbs that are in there, specifically targeting the liver and helping the liver, 'cause that's what the cleanse is about. It's helping the liver become healthier over a period of time.

Did that answer –

Heather Fougner: Yeah, that's good. Thank you. And one of the – we got a couple of questions from participants around how long does this take, and so one of them is – this participant has been eating body ecology meals for a month and still feels like they're full of toxins and wondering, you know, how long does it take to detoxify.

Donna Gates: You know, that is another one of those individual questions. I mean, it depends on the individual because some people, their body naturally lets toxins out easily, and other people, their toxins are just more stuck. If it's summertime and somebody is out sweating a lot, riding bicycles and taking walks and, you know, actively walking or doing some type of exercise program where they're really sweating, even in the winter, they're going to be detoxifying faster than the person who's still sitting at the computer all day and doesn't have any time to exercise. And so it's a really, really individual thing, but if you're detoxification pathways are stuck, in other words, your bowels are not moving and so your liver is not able to get the toxins out, you're not sweat effectively, 'cause you don't have enough energy to sweat even. Your body is gonna hold on to the toxins more. It's gonna take you much, much longer to, you know, get those toxins out. So there's things we can do to assist our body in getting rid of its toxins.

Heather Fougner: So, Donna, one of the other questions about timing is – this participant says that they didn't understand whether you would do a detox for one day, four days, etc. This is when you sort of go vegetarian and do the Body Ecology detox diet. They're wondering how long you should do it and also they're saying – you know, I think you had said that it would take months, but they're not quite sure on the timing.

Donna Gates: Well, it's an ongoing process. I think people – it's difficult to measure how many toxins have left your body. The water that I was just mentioning, when people start drinking that water, they would go through period where their stool may have a really strange odor to it, like mothballs. Or their urine, for days and days

on end, will have a really unusual smell, almost – maybe a mechanical or chemical like smell to it. So you know you're cleansing, but you're – I mean, that is a sign of the toxins leaving the body. When you go for a colon session, you can see – the colon therapists have a little tube that – and you can sort of see what's leaving the body, but you can't see mercury leaving a body. You can't see the drugs from the last medical procedure that you had leaving the body. But they – because they're invisible, but they do leave. And that's why it's – I know people would love to have measurements. You just have to – like I think – it's difficult to say, “Okay, X number of toxins come out over X number of days.”

You just want to think in terms of for the rest of your life, be looking for things that you can take on an everyday basis to keep your body pure and clean and healthy, and then use those tools. Vary them from time to time; you know, use some for a while and then you might be introduced to another tool that's good for cleansing, so you'll switch over to that. There's going to be many, many, many options coming that haven't even been introduced to us yet because we're beginning to want to detoxify. We – people didn't want that, you know, five or ten years ago. I've been doing this work for over 20 years, and I can tell you nobody was talking about detoxification the way they are today. So since so many of us are wanting to get these toxins out of our body now that we know that we have them, there are going to be so many answers coming, and so you want to find the ones that you can afford and that feel right intuitively to you. And just keep using them and do that for the rest of your life.

That's what I'm trying to get people to understand, is that it's an ongoing process. We clean our teeth everyday, and we take showers and, you know, we are very fortunate to live in a time where all this – you know, we have hot showers, we can take them, fortunately. Well, you know, that was a big problem, why people didn't live as long, you know, 100 years – didn't live as long 100 years ago, because they didn't have the sanitation we have today. Well, this is another form of sanitation. This is sanitation deep inside ourselves, and so I'm just hoping that people, you know, have now got this idea kind of locked in their mind, is, “I'm gonna _____ spend the rest of my life getting toxins out of my body, and detoxing, and help my body stay as clean and pure as it can.” And we're living in a time where there are lots and lots of toxins in the world, so we are – we're gonna have to be mindful of this.

And the people who are mindful are the ones that are gonna make it through this difficult time, their children are going to be healthier. And this is something especially we have to watch out for children as we grow up. When they get to the age where they're children, they're gonna have the healthy children. Everyone else is gonna have the children that can't reproduce, or that will have a baby that – they'll miscarry all the time, or if the baby's born, the baby's got something wrong with it. We can – we can't go there. We have to prevent that kind of a nightmare scenario from happening. And the people who will prevent that are the ones that are understanding this cleansing principle, the principle of cleansing.

Heather Fougner: So I think that's – it's important to note, too, that you know, you've talked about slow and steady wins the race, and the idea that you could be on the Body Ecology diet, and then you could take maybe one day per week, or even up to ten days at a time to follow an actual detox diet, that you might do that with the seasons, or you might do that at different times in your life. And then in handout number three, you'll be able to see those guidelines along with the foods that Donna mentioned to follow. So if you're doing these things and then, you know, using some tools like Liv Amend and Probiotic Liquids and Vitality Supergreen and herbs and things like that, that you will be able to, you know, constantly detox. And sometimes you're doing it by having a healthy diet like Body Ecology, and sometimes you're doing it by really sitting down and saying, "I'm gonna take X amount of time, and I'm gonna do an intentional detoxification."

Donna Gates: Mm-hmm, exactly. And the diet is a strengthening diet and healing diet, and so the stronger you get, the more your body's gonna have the vitality and energy to naturally cleanse anyway. And then you are going to bump into moments where, all of a sudden, your body has hit a cleansing mode, big time cleansing, it really wants to – it's strong enough now where it wants to dump out a bunch of toxins at one time, and that's where you – maybe you get out your enema bag or go to see your professional colon therapist, coloma board or whatever. And then, you know, you – you're just – like, I am 63 years old almost – a few more months – and I hope this is true, I hope people aren't just being complimentary, but they tell me that I don't look my age. And I think – I know that there are certain reasons why I don't, and, you know, definitely the fermented foods are very anti-aging, and – but also I have been a believer in cleansing, the cleansing principle, for 20, 30 years now. And so the sooner we begin to cleanse and understand this principle, begin to use it as a healing tool, it's

absolutely one of the most important things we can do to stay young.

And of course the years go by – like you’re 50, then you’re 60, then you’re 70. Obviously years are going to keep – you know, that’s something we have no control over, but how do you look at, say, 70 or 80 or 90? Are you 90 years old? The fastest-growing population right now is actually the centenarians, people who have crossed over 100. But then I look at them – you know, they’re 103, 104, 107, and I think, “But look how tiny and wrinkled and unattractive and unhealthy they look.” Yes, they’ve, you know, passed the test and crossed over the big 100 mark, but they don’t really look so healthy to me. I’m talking about having a whole bunch of us cross over that line and we still have no – you know, we don’t have wrinkles in our skin, we still have our muscle tone, and our hair isn’t gray any longer, and we have our teeth, for example, our bone density is strong, our bowels are moving right. Now, that’s the process of being able to master – is having this knowledge of detoxification and being able to understand that the body must cleanse. It’s a phenomenon in nature that we have to honor and tune in with. We’ve got to do it, too.

It’s raining outside and it’s snowing outside and it’s blowing and hurricanes are coming up out of the ocean. You know, the earth is always purifying and cleansing itself. We have to do that, too, and with our intelligent brain, we should be able to do that very, very well, very, very naturally, and anything we come up with has to be tuned in with nature.

Heather Fougner: Donna, one of the questions that we got is, “How do I know which of my detoxification pathways are open and which are not?”

Donna Gates: There’s kind of a hierarchy of the way toxins leave the body. For example, the colon has to be eliminating or even a couple times a day completely and thoroughly. And so first of all, say, “Are my bowels moving well?” Not just, “Are they moving? Are they – do I have diarrhea?” Some people say, “Oh, no, I go a bunch of times a day. I’m fine.” That’s not what I’m talking about. They would have a very healthy and complete elimination at least once or twice a day, and they feel empty and energetic.

Okay, if you have that going on, then your liver will have naturally been able to eliminate its toxins, because remember, the liver makes bile and stores it in the gallbladder. That’s what’s in the stool – bile is in the stool, so as the stool leaves the body, so goes

the bile, and the toxins are coming out of the liver. So that whole process is designed to be a very smooth flowing process.

But if – you know, if that’s stopped up, and your bowels aren’t moving – now some people’s bowels aren’t moving because they’re under stress all the time. Their life is stressful, and they hold on, you know, to – they’re tightened, the whole abdominal region is just tight. They may not even know it. So they’re not going to the bathroom everyday, or they’re not eliminating thoroughly. Then we can be sure that their liver is congested.

I would say even in a newborn baby, mothers need to look and say, “How are my baby’s bowels moving?” Newborn babies should drink his mother’s milk and then shortly thereafter, you know, have a bowel movement. And then you know the toxins – even if he inherited toxins from his mom and dad in the womb, there’s a good – this is the opportunity for the baby to get – for those toxins to come out, for the baby to be healthy in the beginning of his life.

So that’s probably – you know, so there’s this hierarchy. And so then if the liver’s congested and the bowels aren’t moving, you can be sure that the blood is full of toxins and every single cell in the body is full of toxins, and they can’t go anywhere. They’re stuck. So that’s just – if you can kind of see that _____ the cells are holding on to these toxins, they really want to get rid of them, ‘cause they are gonna die with the toxins in them, so they wish they could push them out. If they could they would push them out, but even if they do push them out, then they’ll _____ liver and _____ and colon are all blocked – the lymph, too.

I don’t want to leave the lymph system out. And the lymph is really important to move the body – that’s the main thing about the lymph. You have to move for the lymph to clean itself. And so doing something like bouncing on the mini-tramp, and we recommend the _____ Rebounder, which is a little more expensive, but it’s a phenomenal mini-tramp. And if you just bounced on that five minutes a day, that would be huge for people to help cleanse the lymph.

And so these poor cells are stuck with these toxins, and they try to dump them out. Next thing they know, they’ve got another set of maybe different toxins coming from somewhere else in the body that just got dumped out. They couldn’t leave, so they just got redistributed. Now they’re maybe back in the brain cells or something. So this is what’s going on in our body, and this is what we have to stop.

Heather Fougner: And I've heard reports from people, Donna, that – like somebody will come to me and tell me, “Well, you know, I don't sweat.” And while women sometimes would think, “Oh, it's a good thing I don't sweat very much,” but actually they might not be sweating for a reason. That detoxification might be closed, so –

Donna Gates: Mm-hmm, right, _____ they have an underactive thyroid, because again, low thyroid, a low energy, not enough energy to sweat. So usually the lack of sweating is coming from a lack of energy, which is adrenals and thyroid, weak adrenal and thyroid.

Heather Fougner: Okay, great. One of the questions that we go is, “Where do I get the Glutathione Cream that Dr. Sachey was talking about in class number four?” And for anyone that has that question, on your member page there's a phone number where you can reach Dr. Sachey, and he actually sells that cream. So he would be happy to send that to you if you call him and make a request – right on your member page in a gold box. You'll see it right underneath where the recordings are.

Donna, you've recommend a whey protein powder. Could you tell people which protein powder you recommend?

Donna Gates: Well, there's a company called Well Wisdom in San Diego, and they make their own protein powder called Renew Pro. But they also provide protein – their Undenatured whey protein powder to several other companies. And so if you see Undenatured on the label, that's what you're looking for. And be really – you know, be mind – you know, I hope everybody isn't – these companies aren't unscrupulous and start to say Undenatured, but true Undenatured whey has not been heated and is much, much easier to digest. It makes all the difference in the world. People that are sensitive to whey is because they're using cheap, pasteurized whey, but I think whey is – the raw Undenatured whey can be a powerful detoxifier.

If you get fresh whey from, say, the Amish farmers, the problem – that's very fine for many, many people, to get that fresh, right-off-the-farm kind of whey. You know, whey is a byproduct when they're making cheese or they're making – well, usually cheese. Actually it comes from the cheese making process, and it's the leftover. The cheese is the protein and the fat, and then you get whey, which is kind of liquidy, clearish. But a lot of times that particular whey that comes from the Amish, they haven't cleaned it

enough of the casing, so it still has some casing in it. And for people that are casing sensitive, they're gonna react to that.

But this Undenatured whey protein that I'm talking about has – is just whey protein concentrate, and it does have miniscule amounts of casing, but only trace amounts, and people don't usually react to that. They may – there may be somebody out there ____ having said that, but most people are not. We work with children, again, who are very sensitive to – they're on a gluten-free, casing-free, sugar-free Body Ecology diet, and they have autism, and they're very sensitive to it. But we do is we don't introduce the whey protein concentrate until down the road a ways, when we know that they've had a lot of the young coconut kefir and cultured vegetables and probiotic liquids. So their gut is in much, much better shape and they can easily process food like this whey protein concentrate.

And then it becomes a – it increases glutathione, it helps with beautiful muscles. I think it's an important food for the brain – we're gonna be talking about brain in an upcoming workshop as well. But the brain has glutathione, and little girls actually have more glutathione than little boys do in their brain, which could be one of the reasons why more of these little boys become autistic, ____ possible, 'cause glutathione is a protector and helps get toxins out of the brain – a very important thing to do is get your toxins out of your brain.

So I am a big believer on whey protein concentrate and I hope, you know, people can try it and it's a good product for their body. But who knows? You know, we're all so unique and individual. There are gonna be people that will not be able to take the whey protein concentrate.

Heather Fougner:

And for anyone that was wondering about the brand that Donna mentioned, if you go to handout number four, there's a link to the Well Wisdom products, and you can take a look at that and click right on the link. For anyone that's in another country and they can't get the Well Wisdom products for any reason, just take a look at some of the things that – in this Well Wisdom product you'll see some of what they talk about, being hormone-free, antibiotic-free, etc. Undenatured – you can take a look at some of those aspects of the product and compare that with the product that you're able to get in your country, and that might help you determine if the brand has what you're looking for.

Another question that we got, Donna, is about digestive enzymes. There was someone that has been taking them, but noticed that every time they take them there's a rash on their face, so – and their face becomes dry and itchy. So that's why – so they ended up not taking them anymore. Do you have a sense of why somebody might have symptoms after taking a product like digestive enzymes?

Donna Gates:

Well, again, I'd have to know a lot more about that person. That's not enough information for me to be able to give an answer, but I would say that if she's having that reaction, then – when people have reactions like that, I always think it is a sign that their colon needs cleansing. I would encourage them to go for colon therapy sessions, four of them, and find the foods that they can eat on the diet. They must be – they may be very sensitive to a lot of other foods, too. And then also, you know, find the fermented foods that work best for them, and just start on a new, good, healthy program, and then go ahead and start to reintroduce the enzymes again, because that's a temporary thing. We, again, see that all the time with our children. You know, they're very, very sensitive to everything, and so we just have to find out what works in the beginning, but as long as they have eliminated the things they were doing that were bad for them, they take those things out of their diet, and then they add in the fermented foods, it isn't long before the world widens out for them. A lot of new foods and a lot of new supplements and products that they couldn't use before, they're tolerating them very, very well.

So this sounds to me like a person who's just kind of in the very beginning stages and they're in that super-sensitive stage where their body's reacting to everything, so they just need to get started on the fermented foods. They're so magical, these fermented foods, in helping to balance out the body and restore the gut. And then the diet is just amazing for – you know, the body responds so quickly to this diet, and – you know, and just don't worry about these little things. Just, you know, stop them all together for the time being, and then introduce them later and see how you do, 'cause I would be amazed if this person stayed sensitive to digestive enzymes. There's something else going on, and they're just –

The other thing, too, that often happens when somebody starts doing something that's actually really good for them – it looks like a bad thing but it's something good. Did you say that they got a skin rash from the –

Heather Fougner: A skin rash, yeah.

Donna Gates: Skin rash, yeah, mm-hmm. Skin rash is always a sign of blocked detoxification pathway – I kind of missed that when you first said that, when I was listening to you. But absolutely that person needs colon therapy, because their detoxification pathways are stuck and it's coming out through the skin. So the enzymes are trying to help but can't do their job effectively.

Heather Fougner: Okay, and, you know, I'll just share my story, too, 'cause it relates to another question about probiotics. When I first went on Body Ecology, I was living on an island, and I wasn't quite ready to start making fermented foods and drinks. The mail wasn't very good, so I couldn't really order a lot of products. And I went on just the diet alone and was able to get rid of Candida that way, not even having fermented foods and drinks. But when I returned to the United States I knew that I wanted to add them after hearing so many great stories from people I knew and people I had taken class with.

And what I found out when I first starting them was that I was very sensitive. I actually had to stop with fermented foods and drinks. And apparently this happens to about 15 percent of people out there, where I was too toxic to take the fermented foods and drinks. I had certain bacteria – I had gotten rid of the Candida, but I had certain bacteria still in my system that needed to be dealt with before my body could even tolerate the fermented foods and drinks.

Today – I would say after about another six months or so of cleansing, just being on Body Ecology, I was able to tolerate fermented foods and drinks. And today I have a lot of them, and I find them to be one of the most important things for my health. So there maybe be people out there, you start taking something like digestive enzymes or fermented foods and drinks and things like that, you may notice symptoms. And it might just be that you have to, like Donna said, back off a little bit, you know, do what you can, and then reintroduce them as you start to feel better. And I knew – my sign that I was ready to do it was the last bits of symptoms I was having started to go away, which were based off of the bacteria that I had in my system. Those symptoms started to go away, and that's when I experimented by adding the fermented foods and drinks back in.

Donna, you know, that – my story kind of relates to a question that a couple of people had about Stage 1 and Stage 2 of Body Ecology.

When is it appropriate for somebody to transition from Stage 1, which is the stricter part of the Body Ecology diet, into Stage 2, where they can start adding more foods back into their diet?

Donna Gates:

Well, you want to make sure that all your symptoms are gone, that if you, you know, had skin problems or digestive problems or anything that you – you know, that _____ a sign of the yeast being really – you know, the infection being more acute or severe. All those signs are better, and then you're ready to move, then, into Stage 2 and that allows you to add some foods. But, you know, you wouldn't just suddenly move into Stage 2 and then widen out. You just slowly but surely, gradually, step-by-step – there's that principle of step-by-step – you would find something else to add, and then see how you do with that. Add a small amount and three or four days later try it again.

If you introduce it to your body, often after having this healthy inner ecosystem in place – and, you know, also, by the way, what we – the microflora in our gut determine what we digest. So if you're gonna introduce a new food for them, you have to let them adjust to it slowly. So that's why you'd want to, you know, start a small amount going in, maybe a little bit everyday, but a very small amount, or a little bit every three or four days, if you think you're that sensitive. And then the microflora are getting used to this new change in diet, new food that's coming in, and then they adjust, you know, accordingly and learn how to digest it. And then you'll find that, you know, you're fine with that, and go on and add something else. So it's – even the process of moving into Stage 2 is step-by-step.

Heather Fougner:

And I think that's a good point, and it's also a principal of uniqueness. And for me, I was on Stage 1 of Body Ecology for about a year before I moved into Stage 2, and that was just more my choice, and _____ felt like, "Okay, now I'm ready." And I felt like, you know, I was feeling really good and really healthy. Other people much sooner than that – after three months or six months or something like that, but that's where everyone – Donna has mentioned several times to really tune in to how you're feeling. And, you know, you may be working with a healthcare provider or naturopath, someone that's helping you, which is great to get that extra advice. But definitely if you're tuning into your own body, you'll know when it's time to start introducing something, and go with that. Because as you've always said, Donna, people can tell you whatever they want, but your body's gonna be the one that can tell you the best.

Donna Gates: Mm-hmm. And I think – I know for a fact, actually, that the better we eat, the more sensitive – we become more sensitive to our body. And there's a communication between us and our body, and you do just know that, "I need – I'm thinking about this right now, I'm craving this right now." Maybe you're a vegetarian and you have been for a while, and you notice that you get around other people eating meat, and all of a sudden the smell of it, your body is kind of craving it. You may need to have it, even for a short while, to strengthen your body, and then if you want, maybe go back to vegetarianism again. But I think it's really important that people – or the opposite way. You know, you've been a big meat eater and there's something telling you to go more vegetarian for a while, or go on more of a cleansing program for a while. It's really important to begin to listen to your body, particularly as you get healthier. You can trust what your body is saying to you.

Heather Fougner: I think that's a really good point, Donna. And we've heard from a lot of people on Body Ecology that as they cleanse and their digestive system gets healthier, and as they do colon cleansing, there is more of a clarity of mind. I mean, and of course, gut health and brain health are so linked that there's more of a clarity that makes it almost feel like you're much more in touch with your body and your intuition. So right now, if anyone's not sure what that feels like, I would just suggest to trust that it's gonna show up, because it did with me. And I know that everyone I know who's been on Body Ecology has mentioned that it gets easier and easier to understand what your body needs and to trust that.

Donna Gates: Mm-hmm. If you really, truly try to master the principles and check in with them and – you know, they also will often answer the questions for you. When I started to look at autism seven years ago, I didn't really know what autism was and I didn't have answers for parents yet. But I wanted to help, and I just used the principles to find the answers that have helped so many children recover. I didn't – you know, we always start off with not knowing, but these principles are universal and they are the answers that we need if you just – so mastering the principles, like really practicing thinking about them, taking one at a time, and trying to get a deeper understanding of it, they're priceless tools.

Heather Fougner: Donna, we had a question from someone about how to ease the transition to changes in the diet, especially for children, who might be reluctant to accept cultured foods or young coconut kefir or something like that. Like, do you have any tips for parents or even for anybody that feels like it's hard for them to transition?

Donna Gates: For the children you mean?

Heather Fougner: Yeah.

Donna Gates: Just for the kids? Well, I think they're very, very fortunate, because we have our BEDROK parents who are experts in these – in getting children well from probably the most difficult thing of all, autism. If you have other issues where your child's digestive track isn't working well, or they're failing to thrive, or they just have attention problems in school – hyperactive or whatever, we absolutely can offer them excellent answers and solutions. But I think, you know, with parents, again, this is a step-by-step program. A principle is that you can't take everything that we offer people and grab it and use all the tools we have and start, you know, practicing it right away. You need to go step by step. It's a process of changing your family over, changing your children over.

So I encourage people to join the BEDROK group even if you don't have an autistic child, and get all that wonderful coaching. There's years of great information archived. You know, they have written each other back and forth, and I've written answers and solutions and given them tips and things to do, and they're just amazing women, and so I don't know of a resource as rich as the BEDROK resource for parents today. Most people don't even know it exists or they think it's just for – they only stumble upon it if they have an autistic child, but it just has incredible information. And one of my next books will definitely be on this very, very subject, 'cause it's a problem – issue close to my heart is preventing illness in our children.

And the truth of the matter is if we are gonna make it through this difficult time with all these toxins, that our children – this generation of young ones are paying a heavy duty price, and so they'll never be as healthy as – the baby boomers' parents and grandparents, especially, were the healthiest generation. If you go and look at the war movies and the real documentaries showing these incredible, you know, people in the Army and the Navy, you know, you actual see the soldiers themselves, what good-looking, young, fit, handsome people these men were. And it's very difficult to find a good-looking, healthy person like that anymore, and it's going to become more so as each generation is getting weaker and weaker. So we're physically not even as attractive, and certainly we don't have the beautiful muscle tone and nice healthy bodies. And, you know, the children, their eyes are getting closer together, their teeth are not fitting in their mouth because

their jaw bones are shrinking – these are all signs that we are deteriorating, and so we have to stop this right this minute. We have to turn this around so that the next generation is stronger and the next generation is stronger, and we have super-healthy people again.

And so this has to be done right this minute, and I strongly encourage all parents to go to this information that's archived there. I think that's why we got into autism, so we could show the world how incredible our work is and how effective it is. It's had a huge impact in the entire autism community, and what is now common knowledge and being practiced all the time really came from Body Ecology introducing new concepts, new foods to people. But that's the place to go to learn how to get your child well. Go to the BEDROK – if you go to our website, you can click on – you know better than I do, Heather. Like, how would they – on the website, can they just click on the program for autism and then that leads them into BEDROK?

Heather Fougner:

Right. Right on the right-hand side there's several different links, and right underneath the articles archive is a link called "Autism and ADD." If you click on that, there's a whole page of information, including BEDROK calls that Donna has done in the past, and those that Dr. Leonard Smith, who is on our class number six, you're gonna be able to hear Donna and Dr. Smith talk about all the aspects of healing with Body Ecology. And also, for anyone that – there's videos that you can watch and different types of downloads, but there's also – in the newsletter section, for anyone that has not yet signed up for the Body Ecology newsletter, you can sign up by going to that same area, the right-hand side of Donna's website, BodyEcology.com. Click on "Newsletter Signup," and you can get this newsletter every week which will have several articles in it.

If you go to the articles archive, there are many articles about autism and what you can do to prevent, treat autism and other childhood disorders, as well as tips from parents who have worked with their children and what they've done and the successes that they've done. So you can get a lot of tips for how to transition in your own diet or in your children's diets just by looking at the newsletter.

And what we're gonna be doing going forward is – since you had so many phenomenal questions and we have really already gone over a little bit in our time here. We know that your time is important, and so what we're gonna do is take these questions and

we're gonna use them as article topics so that we can continue to bring you free information through the newsletters. And then – we got probably about 40 to 50 questions just on fermented foods and drinks alone, with respect to how to make cultured vegetables and how to make young coconut kefir. And what we want to do is offer another program on fermented foods and drinks specifically to answer all of those questions and give you detailed information on how to do that, because this is so new to so many people. And so many of you clearly want to do it right, and want to make sure that you have the best probiotic-rich fermented foods and drinks that you can. So stay tuned for that, and we'll definitely get you information on these classes that are coming up.

And then look in the newsletter. If you're looking for some free information, we've got several articles on how to make young coconut kefir, how to make cultured vegetables. There's even some articles on how to tell if the cultured vegetables have been made incorrectly – you know, some disasters in cultured vegetables that have happened with our CBEs and people who have a lot of experience in making them. So please use that as a resource as well.

Donna, I want to thank you so much for offering this program to everyone tonight. This was a free addition to the detoxification training program. And I know that we were able to get to so many more questions as a result of that, so thank you so much for agreeing to come on and answer all these questions.

Donna Gates:

Well, of course I loved it, and loved having a chance to explain Body Ecology to more people and in more detail. I look forward to doing more trainings like this. I hope people have enjoyed them and found them valuable and will come back for some of the other things we've planned, particularly I'm excited about the upcoming one on brain health. And thank you, Heather, for being a great emcee for this whole thing.

Heather Fougner:

Well, you're welcome. It was my pleasure. And I want to thank everyone for joining us in our first ever online training. We appreciate your participation so much that we'd like to offer you a special discount of 20 percent off on our next online training program. Donna just mentioned it's on brain health. You're gonna learn how to improve your moods, your memory, behavior, and how to keep your brain young and strong. And in this program, Donna's gonna have some of the world's best-known experts on how to have a happy, healthy brain. So stay tuned for

an e-mail with more details on that training, as well as how to get your 20 percent discount.

For deluxe package members, you can pick your class recording and your transcript by scrolling down to the bottom of your member page, and you'll see all the details on when those are gonna be available. And again, thank you all for joining us. We hope that you'll continue to apply what you learned in this detox training, because as you've learned, detoxification is a lifelong process and something that can help you feel happier and healthier. So we hope that you'll take these and continue to apply them, especially throughout the summer months that are so ideal for detoxification.

Donna Gates:

And, Heather, I'd like to add to that – very well said, of course – but I'd like to add my own thank you, very much, to everybody that's taken the time to listen. Please share what you know or what you've learned with many other people around you. I personally do not think that the world is going to change through government or leaders like Obama, as great as he is – as hard as he's working. It's really gonna change into the kind of world we want it to be through tribes, and we have a great tribe in Body Ecology, caring, wonderful people who are making a difference in their own worlds.

I'd like to recommend a book called *Tribes* by Seth Godin, G-O-D-I-N. It's a phenomenal book that will really get you to see the power that you have as an individual to make an enormous difference in the world around you.

And thank you very much for being a part of the Body Ecology way of life. I hope to hear and see more of you in the upcoming trainings. Thank you.

Heather Fougner:

Great, thanks Donna, and we'll look forward to seeing you next time.

[End of Audio]