

Summit Chat From Live Q&A

Marlene

46:52

I cannot seem to figure out how to heal enough to control my blood sugar spikes. I have hasimotos, adrenal insufficiency . Working on detoxing mold and heavy metals. Woring on optimizing my hormones. Eat 100 grams of protein daily. Exercising 3 days a week. Have had genetic testing to know what not to eat. And even do food combining to reduce the spikes. At night it sometimes goes way low into the 40s. Can someone help me regarding the blood sugar?

K Chauve

48:34

I'm having problems with receding gums, they look healthy, no bleeding or inflammation and despite several cleanings per year they keep receding. Maybe I have a mouth biome issue. Any answers about what to do?

Marlene

49:44

I already wear the cgm but am not even pre diabetic

K Chauve

51:54

will snacking on a whole fruit spike your blood glucose?

Marlene

54:01

Post meno

K Chauve

55:32

what happens if you have a night job? 7pm-7am

Michelle Hernandez

58:07

Marlene, celebrate that you are aware and making changes. Keep going. You got this!

❤️ 1

Dr. ritamarie loscalzo

58:46

@k chauve we can discuss that next - there are ways tp test and adjust

Marlene

01:02:28

Thank each and everyone of you for your input. Ive been listening to summits for years and and am aware of most of these protocols.BUT ive never been able to find a do tor who will really help me. Without doctors like you i would be much worse than i currently am. I live in the Houston texas area. Can you tell me how i can find someone who will walk beside me?

👍 1

Holly Niles, MS, CNS, LDN

01:03:11

@Marlene many practitioners work via telehealth.



K Chauve

01:03:21

Thank you all I appreciate your feedback

Mandy Marziaz

01:04:01

do you grind your teeth?

Marlene

01:04:07

Thank you!

Mandy Marziaz

01:04:09

that can cause receding gumlines

Chandra Higginbotham

01:04:09

@Marlene, i am in Houston.

Jennifer Whitmire

01:04:26

Bristle?

Holly Niles, MS, CNS, LDN

01:04:49

Oral DNA is another oral biome test.

Dr. ritamarie loscalzo

01:07:16

For many people yes - best to test will snacking on a whole fruit spike your blood glucose?

@K Chauve

K Chauve

01:07:38

where do you find a biological dentist?

thank you

Holly Niles, MS, CNS, LDN

01:09:10

Bio dentist site: <https://iabdm.org/location/>

Dr. ritamarie loscalzo

01:12:13

Aces questions <https://www.acesaware.org/wp-content/uploads/2022/07/ACE-Questionnaire-for-Adults-Identified-English-rev.7.26.22.pdf>

K Chauve

01:12:25

is there a site to find this quiz?

thanks

Dr. ritamarie loscalzo

01:13:21

See the link above

K Chauve

01:14:26

Link tooth's and ted talks?

Holly Niles, MS, CNS, LDN

01:15:46

Sara Gottfried's book the Autoimmune Cure focuses on higher ACEs scores = higher rates of AI disease.

<https://www.saragottfriedmd.com/>

Stephanie McAuliffe

01:18:03

Dr. Nadine Burke Harris's TED talk:

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime

Michelle Hernandez

01:18:26

The 5 Personality Patterns by Steven Kessler <https://the5personalitypatterns.com>

👍 1

Jennifer Yagos

01:21:22

[The-Brains-Way-of-Healing-by-Norman-Doidge.pdf](#)

👍 2

K Chauve

01:23:29

they do so much damage to patients when they are so negative, especially those who take their word as fact

Marlene Ditmore

01:23:36

I once had a doctor say..... Im doing everything right! Why arent you getting better?

[2 Replies](#)

Dr. ritamarie loscalzo

01:24:27

Words need to be chosen they can either help and inspire and empower you to heal or they can stall your healing

👍 1 ❤️ 1

Mandy Marziaz

01:25:07

I always say,..you are the CEO of your health...so speak up and listen to your intuition...if you have a good practitioner, they will walk beside you and tweak the frameworks as you go along your healing journey. This is what I do with my clients.

❤️ 2

Michelle Hernandez

01:26:32 (Edited)

Yes, find a collaborator, and trusted partner that resonates with you.

Mandy Marziaz

01:26:38

yes that ultra processed food is designed to be addictive

Chandra Higginbotham

01:27:01

orthorexia

K Chauve

01:27:33

An OBGYN belittled me for having an arterial embolisation for a uterine fibroid, and saying it would't reduce in size. Of course it did, when back so he could see it had, and then never went back.

❤️ 1

Mandy Marziaz

01:28:24

and that includes your thoughts...how are you talking to yourself?

👍 1

Stephanie McAuliffe

01:28:33

Plus the products we use on our skin which is one of our biggest organs

Jennifer Yagos

01:28:47

I enjoy your rainbow recipes, Jennifer!

❤️ 3

K Chauve

01:31:50

How long does it take to heal your gut microbiome?

Marlene

01:32:10

Dr Ritamarie, what is the best panel for the genetic testing ? Mine did not cover everything.

Holly Niles, MS, CNS, LDN

01:32:42

It was such a privilege to be part of this group. I appreciate the depth of wisdom and expertise that you all offer.

❤️ 3

K Chauve

01:32:48

Will you have a replay day in case we missed a couple of presentations?

❤️ 1

Dr. ritamarie loscalzo

01:32:55

@Marlene I am currently using self decode and we run them through reports that tabularize

Marlene

01:33:00

I look forward to contacting Chandra Higgenbotham. Thank you all again.

[1 Reply](#)

❤️ 1 👍 1

Bonnie

01:34:07

Will the chats be included somehow in the replays? So much valuable information in the chats! Thanks.

K Chauve

01:34:35

Thank you all for your time today. I appreciate your time and wisdom

❤️ 1

Holly Niles, MS, CNS, LDN

01:34:50

You can save the chat --hit the 3 dots above

Bonnie

01:34:54

Thank you!

I'm on an iPhone and can't seem to save the chat from here right now.

K Chauve

01:36:01

You are all wonderful, so grateful to have you in the world and have had access to you this past week and today

❤️ 4

Stephanie McAuliffe

01:40:28

We all bring our own unique gifts and magic

❤️ 2

K Chauve

01:41:08

yes i would love to do this again too

Thank all again