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**Below is a Q&A of unanswered questions from the chat room in the August 1, 2020, webinar hosted by Black Vegetarian Society of Maryland and presented by TrueSelf TotalHealth**

1. **Yolanda** - I have a question. I have been fasting from 6am-6pm. I have been just drinking water and a probiotic greens drink. After the fast I drink a smoothie w/ sea moss and sometimes a veggie meal. I noticed that am sluggish in digestion

**Coach Toni** - *A sluggish digestion can make you feel bloated and cause constipation among other symptoms. The reasons can be varied from what you are eating (unknown allergens) to less than optimal functioning of one or more digestive organs. To get to the root cause I suggest you complete the [digestion self-assessment form](#) provided as part of the webinar and schedule a [Optimize Digestion Self-Assessment Consultation](#) for a specific and targeted approach.*

2. **Lucia** - I have moved to a plant based diet. What is your take on vitamins and supplements? I have been on Vitamin d and B and have seen no benefits I don't think they work. Do I need them or can I get them from food?

**Coach Toni** - *Congratulations for transitioning to a plant-based diet! I believe supplements must be personalized/customized based on your unique health condition and goals. Food based nutrients are always best, but sometimes, when you have a compromised digestive system or your level of specific nutrients is below therapeutic, you may need supplementation while you are healing. All supplements are not made equal (food based absorbs better) or the dosage may not be high enough. I suggest either a [Functional Health Consultation](#) or a [Functional Nutrition Self-Assessment Consultation](#) for a specific and targeted strategy. If you want access to clean, safe, reliable, and convenient supplements please visit my affiliate [Fullscript](#) dispensary, or my affiliate [Doctors Supplement Store](#) dispensary. For DSS, use this registration code: TS1677*

3. **Suzanne Spencer** - can stress stop u eating food at time

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**Coach Toni** - *Response to stress is bio-individual. Certainly stress can diminish your appetite, but a diminished appetite can be a symptom of other conditions. Getting to the root cause will guide you addressing it appropriately.*

4. **Ten** - is there a way to naturally eliminate heavy metals? does eating spinach help?

**Coach Toni** - *Foods/herbs that bind to the heavy metals so they can be safely removed through the digestive process is helpful. Some effective foods/herbs include: Cilantro and Chlorella. Most green vegetables are helpful, but are not as effective as the two I suggested due their ability to bind to the heavy metals. We may offer a class in using food for detoxification in one of our upcoming Food As Medicine workshops. Since you registered for this class, you are on our list and will receive an invitation to register.*

5. **Renee's iPhone** - what types of supplements consist of heavy metals?

**Coach Toni** - *Many supplement manufacturers use heavy metals like mercury and aluminum as stabilizers. Although organizations that govern this area indicate small amounts are "safe", over time, the accumulation of these metals in the body can be harmful. It's best to research or buy from reputable companies. I affiliate with two dispensaries that provide access to the cleanest, safest, and most effective supplements that can be conveniently delivered to your door: [Fullscript](#) dispensary, or my affiliate [Doctors Supplement Store](#) dispensary. For DSS, use this registration code: TS1677. Save 10% on your first order using this coupon code: HCPC1677WELCOME. Save 10% on orders over \$250 using this coupon code: HCPC1677OVER250.*

6. **Lucia & Tatiana** - Does fasting once a week help for general health and give digestion a helping hand?

**Coach Toni** - *Fasting once a week does support general health in that you give your digestive system an opportunity to rest and repair (inflammation). To optimize digestion, an [Optimize Digestion Self-Assessment Consultation](#) is recommended.*

7. **Msgreene** - How can get in contact with MS. St. Clair-Fish?

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Coach Toni - You can communicate with me through this portal:  
<https://live.vcita.com/site/www.trueselftotalhealth.com/livesite>

8. **Tatiana Levone** - what recommendation for non alcoholic fatty liver

**Coach Toni** - *Non-alcoholic fatty liver can be the result of obesity and diabetes. The recommendation would be to determine the root cause first and then create a strategy to address it in the most holistic way possible.*

9. **Msgreene** - where can I purchase bile salts?

**Coach Toni** - *I affiliate with two dispensaries that provide access to the cleanest, safest, and most effective supplements that can be conveniently delivered to your door: [Fullscript](#) dispensary, or my affiliate [Doctors Supplement Store](#) dispensary. For DSS, use this registration code: TS1677. Save 10% on your first order using this coupon code: HCPC1677WELCOME. Save 10% on orders over \$250 using this coupon code: HCPC1677OVER250.*

10. **Robin Nelson** - How much of the herbs and spices are needed to help with problems?

**Coach Toni** - *It depends. To determine how much would be therapeutic depends on the extent of your dysfunction. Otherwise, just add "normal" amounts to recipes.*

11. **Anne Mihm** - do you suggest trying a low FODMAP diet for people who have intestinal issues?

**Coach Toni** - *It depends. A low FODMAP diet is suitable for those who have irritable bowel syndrome. The premise is that complex carbohydrates that are not easily digested, feed harmful bacteria in your intestine causing them to overgrow and thus produce by-products that inflame the intestine wall. The diet works by starving out these bacteria to restore the balance of bacteria in your gut. Pro Tip: This diet is far too restrictive and should only be followed for a month or two at most.*

12. **Johnny** - my question doesn't have anything to do with what your talking about ... but i wanted to know if you can help me .. i'm trying to gain weight and i was going to start eating 1000 caliores smoothies ... can u help me pick good stuff to not going to kill my body and with co. like monsato can we trust organic or our vegetables

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**Coach Toni** - *I can support you through my [Functional Nutrition Self-Assessment Consultation](#) service.*

13. **Nicole** - what impact does raw food have on digestion? if you have poor digestion, should you avoid a high raw diet?

**Coach Toni** - *"Raw" means food that is unprocessed, unrefined, and untreated with heat. The three main raw food groups are fresh fruits, vegetables (particularly green leafy vegetables) and natural fats, such as avocados, nuts, and seeds. Raw food isn't a radical concept; most nutritionists agree that we need to eat more fresh fruits and vegetables. The raw food diet simply suggests that these foods should be most of what we eat, and should be prepared in a way that maximizes nutrient content. Generally, if eaten correctly, they optimize digestion.*

*Raw fruits and vegetables are high in fiber, so there may be an adjustment period. Fruits generally aren't the problem--they are easy to digest, as long as you eat them in moderate amounts and on an empty stomach. As far as vegetables go, emphasize the easy-to-digest greens and vegetables at first, such as lettuce, celery, cucumbers, tomatoes, summer squash, red bell peppers, and green, leafy sprouts. And make sure you chew really well. Dark greens and cruciferous vegetables, such as kale, collards, cabbage, and broccoli are very nutritious (rich in protein and minerals), but can be harder to digest. Try shredding them fine and massaging them with a little sea salt, olive oil and lemon juice to soften them. Or, take greens as juices and blended soups, as you gradually adapt to eating more raw foods. You can also add your greens to blended fruit smoothies (use 60% fruit, 40% greens, and water to thin).*

*My [Raw Lifestyle Transformation Program](#) will show you how to add more raw food to your diet the right way.*

14. **Galaxy Tab A** - Can we get copy of food chart

**Coach Toni** - *Yes. It is included as a PDF attachment in the [BVSMD](#) blog post.*

15. **Msgreene** - I would like a copy of this list

**Coach Toni** - *It is included as a PDF attachment in the [BVSMD](#) blog post.*

16. **Anna Mihm** - does taking the herbs in tea or tincture form work effectively?

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Coach Toni - *Both are effective generally speaking. Tinctures are more concentrated than teas, making it easier to down high doses of medicinal compounds. If you are sensitive, alcohol-based tinctures may not work for you. There are alcohol free options.*

17. **Msgreene** - what probiotics do your recommend?

Coach Toni - *I recommend the best your money can buy in supplement form. My favorites for my clients for various reasons are: RenewLife, Custom Probiotics, and Garden of Life Primal Defense. I affiliate with two dispensaries that provide access to the cleanest, safest, and most effective supplements that can be conveniently delivered to your door: [Fullscript](#) dispensary, or my affiliate [Doctors Supplement Store](#) dispensary. For DSS, use this registration code: TS1677. Save 10% on your first order using this coupon code: HCPC1677WELCOME. Save 10% on orders over \$250 using this coupon code: HCPC1677OVER250.*

*Otherwise eating food based probiotics through fermented foods like plant based yogurt, kimchi, and sauerkraut are best.*