



TrueSelf
TotalHealth
life, in balance.

BVSMD
Black Vegetarian Society of Maryland

Below is a Q&A of unanswered questions from the chat room in the August 29, 2020, webinar hosted by Black Vegetarian Society of Maryland and presented by TrueSelf TotalHealth

1. **Charlotte** – What do you mean by heated fats?

Coach Toni - *There are good fats and bad fats. The bad fats include trans-fats, saturated animal fat, and refined polyunsaturated fats, such as the fat in refined cooking oils. The "good fats" are all the raw ones: the mono-unsaturated fats, present in avocados, almonds, and olive oil; Omega-3 fatty acids, present in hemp seeds, flax seeds and walnuts; and medium-chain saturated fatty acids, present in coconut and coconut oil. Trans and heated fats disrupt Omega 3-6 balance which leads to inflammation that destroys the gut lining. Includes margarine and hydrogenated oils typically found in fried food, doughnuts, pizza, cookies, and crackers.*

<https://alternativehealthatlanta.com/food-choices/good-fats-gone-bad/>

2. **CBF** – How do I recognize leaky gut?

Coach Toni – *I think it's important to understand what leaky gut is. Leaky gut syndrome (also known as intestinal hyperpermeability), is the result of a compromise to the intestinal lining. During the normal digestion process the tight junctions stay closed, forcing all molecules to effectively be screened and only pass into the blood stream through the mucosal cells. For a number of reasons, these tight junctions can become "open," or permeable, allowing bacteria, toxins, incompletely digested proteins, fats, and waste into the bloodstream. Once these toxins are in the blood, they flow throughout the body, which can trigger an autoimmune reaction. Because of this systemic problem, the list of conditions linked to intestinal hyperpermeability is far reaching. Arthritis, asthma, autism, autoimmune diseases, chronic fatigue syndrome, depression, type I diabetes, type II diabetes, skin disorders, thyroid disorders, and weight loss resistance have all been linked to gut health issues. Among other things, symptoms typically include abdominal bloating and pain, constipation and/or diarrhea, and/or chronic fatigue. There are a number of ways to evaluate. The root cause is bio-individual, so an [Optimize Digestion Self-Assessment Consultation](#) is recommended if you suspect you have leaky gut or if your digestion is operating less than optimally.*

www.trueselftotalhealth.com

www.bvsmd.org

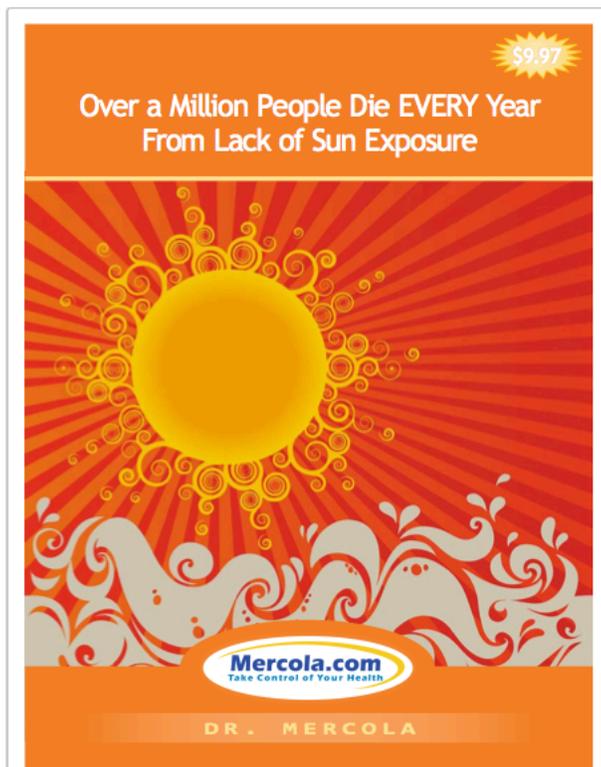


TrueSelf
TotalHealth
life, in balance.

BVSMD
Black Vegetarian Society of Maryland

3. **Lynette** – Request research on not using sunscreens/lotions.

Coach Toni – My resource is Dr. Mercola’s educational guidebook. He cites ... “sunburn should always be avoided, but there are many all-natural ways to protect yourself from sunburn that you can use instead of resorting to the toxic infusions of commercial sunscreens. Boosting your skin’s “internal sunscreen” from within with effective antioxidants from whole fresh vegetables and fruits like goji berries (not the juice), raspberries, blackberries, and blueberries, are far healthier options. Slathering on some aloe vera gel can also be helpful. Build up your time in the sun gradually, spending perhaps as little as 10 minutes a day in the beginning of the season. Progressively increase your time in the sun so that in a few weeks you will be able to have normal sun exposure with little risk of skin cancer.” Here’s a screen shot of the guide or you can simply go to his website www.Mercola.com for further research and a robust discussion about Vitamin D from sunlight. He also has references for the experts he relies on.



www.trueselftotalhealth.com
www.bvsmd.org



TrueSelf
TotalHealth
life, in balance.

B SMD
Black Vegetarian Society of Maryland

4. **CBF** - Is there organic sea moss? Where to get Good sea moss.

Coach Toni – *It's important to get sea/irish moss that sustainably harvested and grown in "clean" waters to avoid unwanted toxins. Here are three sources for your consideration. Maine Coast (found in most health food stores), Z Naturals and Raw Food World are both exclusively online stores.*

5. **Nichole Black Girls Cook** - Should soy foods be eliminated?

Coach Toni – *"The biggest question surrounding soy milk is whether or not it is good for you, and the answer is a resounding "no." Ninety-four percent of total acres used for growing soybeans are herbicide-tolerant, which means that the beans can be sprayed with glyphosate, glufosinate and dicamba. Glyphosate is one of the most toxic chemicals used in agriculture today and is gradually destroying the environment. It's been found as a residual contaminant in numerous food products, including virtually all children's cereals.⁷ Furthermore, studies have linked it to several health issues, such as:*

- *Disrupted endocrine signaling systems*
- *Increased risk of breast cancer through estrogen receptors⁹*
- *Increased risk of non-Hodgkin lymphoma*
- *Chronic kidney disease¹¹*
- *DNA damage¹²*

Source: Food Facts: Dr. Mercola

6. **Illianglis Colon** - Will the blog link be emailed?

Coach Toni – *If you are reading this, the blog link has been emailed. It's typically emailed about 7 days after our Food As Medicine webinars.*

7. **Chante** - I do not like the taste of yogurt, is there a good alternative to eating yogurt?

Coach Toni – *Fermented food, including yogurt can be an acquired taste for some people. If you don't like the taste, you may consider brands like Cocoyo that are naturally flavored with fruit and vanilla for instance and stevia for sweetness. Fermented*

www.trueselftotalhealth.com

www.bvsmd.org



TrueSelf
TotalHealth
life, in balance.

BVSMD
Black Vegetarian Society of Maryland

food is best for colonizing the gut with good flora. Alternatively, you can consider a very good probiotic. Contact me for a list of my favorite.

8. **Barbara** - What if you don't sweat?

Coach Toni – *I'm not sure in what context you asked this question. Perhaps sweating to remove toxins? The skin is the largest organ for releasing toxins, but not the only one. The liver, kidneys, and large intestine also support elimination. I recommend seeing a licensed medical professional as sweating, among other things, helps us cool our bodies so that we don't pass out or die of heat stroke.*

9. **Lynda Prioleau** - How do you feel about Kombucha? I love it.

Coach Toni – *Kombucha has many benefits including supporting healthy gut flora. If you love it and it loves you back, keep using it. Some people are sensitive to the sugar alcohol and should not consume/*