



THE

FATIGUE

SUPER

CONFERENCE

The power of fermented foods and colonics

Guest: Donna Gates

Alex: Welcome to The Fatigue Super Conference and for this dialogue I'm talking with Donna Gates. Donna has been a powerhouse in the functional medicine and nutrition world for longer than some of us have even been aware of its existence. She's been a thought leader over a number of years and she's written key books in the field.

Just to give her more formal background is the international best-selling author of 'The Body Ecology Diet - Recovering Your Health and Rebuilding Your Immunity', 'The Body Ecology Guide to Growing Younger – Anti-Ageing Wisdom for Every Generation'. She's also on a mission to change the way the world eats, 'The Body Ecology Diet' was the first of its kind, sugar free, gluten free, casein free and probiotic rich. In 1994 Donna introduced the natural sweetener Stevia to the U.S, began teaching about fermented foods that we're going to be getting into in our discussion today and coined the phrase our 'inner eco system' to describe the network of microbes that maintains our basic physiological processes from digestion to immunity. Over the past 25 years Donna has become one of the most respected authorities in the field of digestive health, diet and nutrition. In 2013 she completed an Advanced Fellow with the American Academy of Anti-Ageing Medicine.

Welcome Donna, thank you so much for making some time to talk to us today.

Donna: Oh well I always love opportunities like this so thanks Alex for inviting me.

Alex: You're most, most welcome. I'd love to start, Donna, with a bit about you and your own journey. I know you've had your own experience of fatigue and indeed chronic fatigue in the past over quite a number of years and I know that your interest in this field was a gradual putting together the puzzle of your own health recovery.

Tell us a bit about how that unfolded for you?

Donna: I think a lot of people that are in this space did start because they were not well and I had extreme, the word chronic fatigue didn't exist that many years ago, decades and decades ago, and I just knew something was wrong and I didn't have any energy at all. But you know I could never quite put my finger on what it was and it really was a number of things but I look back and there is always a trigger, it starts somewhere. For me it started really

when I was a teenager and I started taking antibiotics to clear up my skin, the dermatologist said genetically I would just always have bad skin the rest of my life and other people like my Aunt, Mum did so they didn't want me to have scarring so they took me to the dermatologist. In those days they put women in super high doses on birth controlled pills, which today many of women have gone, have died because of that, but then they also gave you antibiotics and so that really was truly a downfall.

Many years later after trying everything under the sun, I mean everything that there is out there, diet wise, I met Dr William Crook who had just had his book out literally the minute I met him, it was called 'The Yeast Connection'. Then I realised that I had a systemic yeast infection and took his book home and started his diet but it helped a little but not well and not well enough. I had this training, years and years Chinese medicine and all kinds of training, so I thought well I will just figure this out, there's got to be a solution. Although he even told me that he and Dr Rand did not believe there is a cure or that this condition could be conquered and then I thought in my naivety well there's got to be a way and I'm going to find it.

So I started putting together all the pieces that became eventually body ecology way of life and of course you attract people that have the same problems and it worked. I over the years have just constantly added to it and most of all understood. Looking back I don't know really how it all began to come together but I began to realise there's a world in our gut that no one ever talks about, it's not on anyone's radar screen. Microbiologists, I could go into the journals and I could find out, they were doing all this research of course on microbes but they never really reported it to the outside world so it never got out to doctors or people like us. So I started teaching about it and wrote about it in the book, 'The Body Ecology Diet' book, about this world in the inside of our gut and of course fast forward many years later it's probably the most researched topic in the world today so we know a whole lot about it. Looking back, almost unknowingly, I felt very much guided I put together a system you know creating a really healthy gut and bringing these infections under control and all the other infections in the body too. Because basically when you do the right things and change the environment of the body then all the infections begin to, and via the immune system you're actually conquering all the infections in the body because the body knows how to do that, it knows how to get well.

So for a long time I've just been teaching the same thing and I'm really excited though to talk about some of the things I know we're gong to talk about like fermented because I feel like there's just not enough understanding or appreciation of them. They don't get mentioned enough by people, other thought leaders in this space and I think partly that is because there is a misunderstanding, there's a lot of different types of fermented foods and they're not all good for everybody. So I'd like to go into that for sure and some other topics too that I have thoughts about.

Alex: Yes

Donna: Awesome. Particularly this topic and I know that people listening too that are trained practitioners so I'd like to especially let them know about it as well because some topics I would like to talk about it's not even on their radar screen.

Alex: And before we dive a bit more into fermented foods and one of the key pieces we're going to explore you coined this term 'inner eco system' long before, like as you mentioned the microbiome has become an enormous source of research in more recent years.

Donna: Yeah I think 15, 16, 17 years before people finally started talking about it. That term microbiome was coined and all of a sudden it started taking off, it appeared on covers of magazines and articles in magazines and I'm thinking well finally. Because this is very important, these microbes that live inside of us are communicating to the brain and they're communicating to each other and this field called quorum sensing came about, which was talking about that, how they communicate with each other. Their chemical messages that they're sending to each other but they do some really important things, keeping each other alive, supporting each other, and I could find all this information out from the journals but again it wasn't out in the world.

Alex: Yeah. There is a whole universe that's living inside of us and that is having such an enormous impact in terms of everything else that happening.

Donna: Yeah and you know at that time everybody was really interested in the environment and the outer eco system and like were we killing all the other animals on the planet, polluting our water and our air, it was a very big concern and often written and discussed. And I used to say why waste money going into outer space there's this world that needs to be explored that's worth putting much more time, money, research into. But back in those days microbiologists did not communicate their research to the outside world, it was just kept amongst themselves and they recorded in their journals and that's where it stopped. The world's a different place today.

Alex: Yeah, you were well ahead of your time. Let's come into this idea of fermented foods. So just as a starting point what are fermented foods and let's then come into more about the impact they can have on gut health and immunity and why they're so important.

Donna: Well once I realised that this world existed, this inner eco system, I started doing a lot of thinking about it and I realised how does it start, how does it get inside of us, and that's when I began to realise this whole thing about digging and asking the right questions. At birth we're supposed to be picking up the bacteria from our mother, the breast milk is feeding us bacteria because of the sugars in it and so that's how it starts. But for somebody like me and millions and millions of people it's wiped out by the antibiotic then you're like ground zero again.

Then I started thinking you're only born once how do you keep this world alive inside of us and that's when I began to realise that these fermented foods have the bacteria in them and they're really important too. We had non in the U.S believe it or not, I will say there was yoghurt brought over by one man and it was a yoghurt out in California, he was considered a hippy for it people would not it yoghurt back in those days. Although I remember the milkman delivering buttermilks for my grandmother, which is a fermented food, but the thing is people didn't know anything about it. Even if you asked a Japanese person why do you have Miso and Nato and fermented pickles they'll say something like well they're good for you, they're healthy and that was it. They had no idea about the fact that these are the foods that contain these microbes that are so critical and that's how we keep our inner eco system alive.

And you don't need a lot of them but you need them on a consistent basis and the right ones have super organisms in it. So I've taught for many years how to make them and also I've suggested that people purchase a starter that we sell that has a special microbe in it called plantarum. Plantarum is one of those super stars, these superstars control many of the others and if you think about your gut you've got trillions of bacteria in your gut, how are they going to know what to do? Well there are certain bacteria that lead the rest of them and tell them what to do, so plantarum is one of those.

So plantarum is a bacteria that's all over plants anyway but if you take a bunch of cabbage, say three heads of cabbage, and a bunch of kale and you shred them up and pack them in a jar and ferment them together then they have bacteria. They're going to grow out and they're going to ferment as vegetables, soften them up, make them more digestible. But if you add the plantarum now you're growing trillions of times more of this really special organism that's already there anyway.

And another things there's so much misunderstanding about fermented foods and one of them is let's say you go out to your garden and you pick a couple of heads of cabbage and you ferment them, both of those heads of cabbage have their own unique microbiome on them, and you bring them in and you now shred them up and put them in a jar. Now this extraordinary diversity of microbes on those two heads of cabbage and that bunch of kale or whatever, carrots, fennel, all these great things you can ferment, all of that diversity is amazing and that's what you're getting to when you're fermenting vegetables. To me of all the fermented foods out there fermented vegetables are the super stars, they're the top of the list for that reason.

So of course probiotics became real popular, they have their place for sure because if you're introducing a targeted bacteria that has the ability, for example, to produce more glutathione, or to prevent breast infections in nursing women, bifidus is an extremely important one and it's difficult to keep alive in your gut. So you could introduce these microbes into the gut but the diversity is key. So as the knowledge of the microbiome was advanced and we

understood more about what was happening down there, diversity became the number one most important thing. I think people realised you need a lot of them, a lot of different types of those microbes.

Alex: And of course it's then easier to breed that by having fermented foods and having different sources of fermented foods than just taking one very targeted probiotic, which is only one strain of bacteria.

Donna: Right and then here's another thing two. First of all OK so back in the day I said to people eat sauerkraut, well people would go to the health food store and get this jar and it would be sauerkraut, it would say sauerkraut on it, but it wasn't alive, it had vinegar in it and citric acid and things like that. So I started changing the name to cultured vegetables, fermented vegetables, but also a lot of people still talk about sauerkraut, even kimchi is very popular but the thing is the ideal is to put a number, three, four, five vegetables together so you get the benefits of all those vegetables. Like carrot, carrots have their beta-carotene. Genes are another really interesting thing too, not everybody converts beta carotene into Vitamin A but they think carrots are a good source of Vitamin A. Cabbage is a great source of Vitamin C so you're enhancing and building that out, thousands of times more than you can get when you're taking a supplement, when you get all these other nutrients with it, these co-factors that make that Vitamin C work better in your body basically.

I like the term cultured vegetables, I like for people to use a variety of vegetables, not just cabbage which is what technically sauerkraut is just basically cabbage. Now kmchi has more diversity in it and for some reason the news picked up on that a lot and passed that around the world and so if you ask people about fermented foods they think of kimchi right away. But you may not like kimchi, it may be too peppery or strong tasting for you, but you can make cultured vegetables that can have a delicious juicy sweet taste to them and when you start eating them with your meals. So let's say you eat a lot of sugar and you start eating these sour foods so maybe you don't like them for the first three or four days, but after that your body starts adjusting to them and then you start loving them and then you get to the point where the meal doesn't even feel fresh and clean and alive without them.

But I just had this other thought pop into my head, which is one of my problems too many things pop in at once. So if you introduce children to them early or if you're trying to lose weight because you have a sugar addiction or alcohol addiction, starting with fermented foods. That's how we had so much success with autism, we just had the parents say my kid will never eat broccoli and so we said just start them on these fermented veggies, get some cultured veggies, get some chips in them, the coconut, kefir's and they really thrived on that. Because why? You're changing the microbes in the gut but

you're also changing their tastebuds so you don't want this sugar anymore. Or if you do pick up a cookie, or a typical nutrition bar they are called today, and you eat it you think of my god this is just ungodly sweet. Here in America we have sweet isn't sweet enough anymore so they super sweet it but sour foods take away your desire for sugar, it's a big deal.

Alex: Yes because one of the things that of course can happen is that it's actually not us that's craving the sugar it's the Candida or the SIBO or the bacteria which are craving their food source and when that starts to balance out I think people, what they often find is that their tastebuds change because it's their tastebuds rather than the tastebuds of the bacteria that they're feeding.

Donna: Well they're very, very clever in keeping themselves alive. They produce things to make sure that they stay alive but also they keep the environment that they're living in in a perfect environment for them, not so good for us, but that's one of the reasons we crave sugar. You're absolutely right on that point.

Alex: And maybe say a bit more about fermented foods and how they help immunity. So as we start to have more fermented foods how does that impact upon gut health, how does that help repopulate bacteria? You mentioned, for example, autism there's also various autoimmune conditions that can impacted, so maybe say a bit about some of the mechanisms of how changing our inner eco system will start to have these positive benefits?

Donna: Well I think it's because they have so many different systems in the body that they're affecting. Like for example, for a fatigue summit I would actually put it at the top of the list, sleeping is critical for healing a person and people aren't sleeping very well anymore. There's a number of reasons for that but one of the key reasons is that they don't have the healthy microbes in their gut. Because the microbes in our gut affects the circadian rhythm tremendously, they affect sleep. If you don't have good sleep habits, let's say you stay up late at night or you're watching things that are exciting and you raise your cortisol and you don't get enough sleep, then the microbes in the gut will die, they suffer. The stress that we're under today kills them.

So they're actually pretty easy to kill which is why you want to keep eating fermented food so you're always adding more, but they're affecting our sleep, they're affecting our brain, our mood, how happy we are, how much energy we have, they just affect everything, the microbes so.

Alex: I think sleep is an enormously important part of the jigsaw, right, and in terms of other elements of energy production or elements of some of the

symptoms, some of the perhaps pain symptoms, autoimmune symptoms, as one starts to shift their inner eco system how does that ripple out in terms of tackling fatigue?

Donna: So they are producing vitamins for us. Like if you look at the biochemistries of the body and where the genes show up and everything you will see that new vitamins show up a lot as co-factors and in the methylation cycle, for you practitioners here, the microbes produce filmate , for example, which is very critical. So that's one of the major things they do. They produce Vitamin C for us, because we used to evidentially produce our own Vitamin C but now genetically we lack an enzyme and we don't produce it anymore, but they are still producing Vitamin C for us and of course we need to eat it in our diet. The really break down the food and make it much more attainable, if you're eating fermented foods and they're fermented vegetables they travel down your digestive track with the food, breaking it down and digesting it and pulling out those minerals and making what you need. So they're clever enough that they can literally make what you aren't making and what you aren't eating.

The other thing that's really important is that right around the entire gut is where the microbes are living in the colon there's the lymph system. So it's probably a good idea for everybody to open up at some time a picture of the lymph system and you'll notice the majority of it is definitely all around the gut. So the first thing that becomes toxic from the toxic dirty colon that we're creating, for different reasons that I'd love to go in to more, the lymph system becomes toxic and dirty too and it's carrying things throughout the whole body. So technically the entire body is toxic and then these cells they become toxic and they can't survive.

Then the mitochondria inside of the cells, which are everybody always says the mitochondria are energy factors, but they have another critical function of sensing danger. You know when there's a lot of toxins out in the environment and in the cell of course the mitochondria alert and sense that and that will cause pain and all kinds of problems in the body to. So it's just kind of a global problem but where do you start? That's why I think a battle cry for a lot of functional medicine practitioners is first fix the gut because if you can start there you're affecting so many systems. We have 20/23 thousand genes but imagine this, every single one of the trillions of microbes in their gut have their own set of genes and so there are trillion upon trillions of more genes, genetic material you could say, down in the gut producing things and controlling things that we need.

And also it's just unfathomable to us as human beings what they are capable of doing and that's why the research will go on for the rest of our lives and beyond. And I've read research for a long, long time but I always come back to

the basics and it really is what you eat and how are you chew it and prepare the food so it's digestible and then thinking about those microbes that live inside of us, taking care of them so they can take care of us.

Alex: Yes. And I'm curious as to given the importance of nurturing our own eco system and fermented foods being a part of that how about people that have fermentation as a problem. For example, small intestinal bacterial overgrowth where actually the problem is they have too many bacteria, for example, in the small intestine which is actually becoming a source of its own problem.

Where do you fermented foods and the wrong kind of fermentation come into this?

Donna: Well back in the day when I was first starting particularly working with children with autism most of them really did well on fermented foods which was the cultured vegetables and the fermented coconut water full stop but every once in awhile somebody didn't say my good friend Dr Leonard Smith and I we started digging and we found out that they have lactic acidosis, which is now called SIBO. So basically you can tell from that term that lactic acid bacteria don't work in the small intestine full stop now when you have the wrong type of microbe's e-coli or something, bacteria that's not supposed to be living there, you do have to take care of that problem. Once you take care of that problem people have relapses over and over again because they don't go the whole way and add fermented foods back in at the right time. But there's certain bacteria that are not lactic acid producing bacteria like bifidus so they're perfectly safe and then also the bacillus bacteria, so we have a protein shake that's really delicious that we added the same cocktail of microbes that you'll find in but Just Thrive which as a probiotic that Karen and microbiome labs they promote that too but I like the bacillus so much we put them into this delicious protein shakes so people can take them.

But they are really good things to do in the beginning. You can't have fermented foods for maybe a month or six weeks so you have to back off but don't think of that forever but you can never have them full stop and actually that's a diagnosis first of all in my opinion somebody said to me the minute I eat fermented foods I blow up then you know you've got an issue in small intestines so you want to work on that. So Shivan, who I think is a guest on this summit, she's done a great job helping people understand doing her master classes. She really has done a great job of helping people understand the SIBO so there's plenty of information about that out there.

So you can't conquer that and then you go back to eating fermented foods and you can introduce them slowly we have a product and I think it's one of the most important new products that came out in the world. So do you know about bacteria fascia's? Are you talking about that on the summit?

Alex: No

Donna: Well perceive out especially and for prevention, anybody can get SIBO because you eat out in restaurants today and the standards are not so great really if you go back in the kitchen you'll be kind of horrified a lot of time or you can just go to a healthy health food store and pick up some fresh produce and it can have bacteria e-coli. Or you can have normally occurring e-coli in the gut in the colon and it can become pathogenic and these bacteria can move up into the small intestine.

Anyway we are always at risk and these bacteria fascias are very preventative. Antibiotic I think everybody knows bacteria become resistant to them, they're not even making antibiotics anymore because they can't create one that works because the bacteria outsmart it and then they're resistant to it. So people finally started looking at something we knew about for a while but we totally forgot about, our scientists our medical people, once you got we're using them and then stop using them and they're called fascias or bacteria fascias. What they are, they're tiny, tiny, they're viruses that are way, way smarter than bacteria and they're for every one bacteria on the planet, so you can just imagine that number, there are ten times more fascias. It's like nature surrounded the bacteria with ten guard that won't let this bacteria out of line. Although it certainly does.

Alex: It's really fascinating what you're saying about this because it's like people can get very focused on bacteria, killing bacteria, and what you're saying is there's more to that part of the jigsaw.

Donna: Absolutely and this is really exciting. This is a very, very exciting time to be sick because there's so many helpful things out there, I'm amazed. I mean I know from 30 years ago when I started this particular journey with body ecology and all, and all the years before that when I was sick, there was no help. I mean you talked to a doctor and they knew nothing but those were the days people thought you had to eat sugar if you didn't have any energy. So we've come a very long way and there are so many tools and this is a really important one. So the fascias are super simple looking, I always think of a spaceship. If you landed on the moon or afterwards you came back to earth and there was this little spaceship and it basically had a body and four little legs. So they land on the bacteria and they are particularly going after, they're trained to go after a specific one, and they're very, very good for going after the e-coli for example and other bad ones. Archaea is another bad microbe that gets into the gut that's a big issues for people with SIBO, I think that's another reason why people have chronic constipation because they become bloated. They get gas and the gas paralyzes the gut and then they can't eliminate. So fascias kind of also go after the archaea.

Anyway they land on it and they have the ability to penetrate, even archaea who have a very hard outer coating, they penetrate through that and they're lacking either RN or DNA so they inject what they do have into this cell and they steal basically what they need to replicate themselves and then they start

replicating into the trillions, so much so that they blow up the cell. You know it explodes and then they escape out into the blood stream and run around looking for other e-coli to kill. They're probably the most voracious killers on the planet, they ever hurt us though, they're great for us. So I'm a big believer in using a tool like that.

Alex: That's really interesting.

Donna: Sorry I got off on the topic there but you will find fascia's in fermented foods to by the way because they're ubiquitous in nature, they're everywhere. They're around every single microbe trying to keep them in check. So this probably will replace antibiotics, the whole theory of fascia's. So there's researchers all over the world looking for fascia's that specifically target Lyme, all the pathogens that are causing Lyme, and then everything, you name it there are fascia's for that.

Alex: Yes, yes.

Donna: It just shows you how smart nature is. Honestly at the very core, at the very spiritual level we're really wrong, the real cause of chronic fatigue and everything is really that we've turned away from nature. We became very arrogant in thinking that we're so smart as humans that we could create these sciences that instead of looing at nature and seeing how does nature do things.

Alex: One of the things that's fascinating when one goes deeper and deeper into these things, I was talking about our DNA methylation in one of the interviews with Dr Kara Fitzgerald, but part of what was so fascinating about that is just how much wisdom and brilliance within the body which is far beyond our limited scientific understanding where we think things are just physics and chemistry where you put this chemical and that chemical and that reaction happens and this happens in this sequence.

That there's innate wisdom that's within us which is far more powerful than I think we give nature credit for and we think it's almost just like pieces of a car and the engines broken down and you've got to fix it. We don't realise how much innate wisdom and capacity that there is within us.

Donna: No and we don't train ourselves, we don't develop that in us, we don't train our children. So I say to many women many things in preventing autism so helping women prepare for pregnancy eat right during the pregnancy, establish that inner eco system and while they're pregnant to make sure that they pass it on to their child but also establish it in the baby as soon as they're born, that's very critical to do. We have for 15 years now constantly prevented autism and I think that's something we should teach our children and I've said to them many times trust your intuition, develop your intuition. You, this baby and you are like one and by the day before a woman even knows she is pregnant the brain is developed, the beginning of the brain, is starting to vibrate and tunes in and sense the mother very, very strongly. So even though we never remember that we are extremely tuned in to our

mother's and so her intuition is so strong. We need to teach people to develop that because it's a very strong sense that we have inside of us.

Alex: I'd like to change track a little bit, before we started recording you were saying that one of the things that you were excited to get into was colon cleansing and detoxing and I think it fits neatly into what we're talking about here in terms of in a sense working on supporting the right bacteria in terms of fermented foods and potentially probiotics and other pieces but actually further down the system it's also a case of dealing with toxicity that's in there and ways to work with that.

So tell us a little bit about why you see colon cleansing as being such a powerful tool to use?

Donna: Well because once you start doing the right things the very first thing that a cell is going to do is try to push out it's toxins, it is trying to create energy, it is trying to stay alive, that's just another basic part of what is nature is the desire to survive. So if you have toxins, like if you moved into a really nasty house and you knew you were going to have to live there the first thing you're going to start doing is throwing out all the junk and freshening it up and cleaning it up and that's what they do.

So what happens is you become very, very tired and very fatigued when these toxins are coming out. So it's so ironic because people will say oh I started doing this and I felt really great for a week or two and now I feel awful, well that's a time for celebration. You've done all these great things and now you're bodies ready to dump a bunch of toxins. So yes I'm a big believer in colon cleansing because anytime you do colonics and you do enemas and you are not feeling well and you're very, very tired you can immediately see a change in your energy because you've just released a whole bunch of toxins.

So the area that you're cleansing is just the colon, so it's called colon cleansing, but honestly you're really helping cleanse the entire body. The toxins go through the liver, into the bile, through the small intestine and down into the colon that's where they're ending up and they're in the stool. So basically you're rinsing that out in an enema and so all that nasty toxic material is gone.

Now we always talk about the toxins in the environment like heavy metals and mercury and so on and of course we're being bombarded by those all the time and you want to minimise them as much as possible. Honestly to me the worst toxins are the ones we're producing inside of us. Ammonia, the yeast, which is acid aldehyde, and then hydrogen peroxide and super oxide. These are also called free radicals right too but they're naturally produced by the body and they're always being produced but the bodies also set up to negate things but we've just become so inundated with toxins that we need a tool like a least a home enema.

Now another thing is people say oh I'm doing coffee enemas, that's totally not the same thing. Coffee enemas are good for blowing open the bile duct and helping clean that and they do increase glutathione but long term use of them

will start to make your hair grey and so I'm a big believer in what we call cleansing enemas and then a nutritional implant afterwards. So in the cleansing enema you're going to be lying down, I think buckets are nice and convenient on the internet there are some companies that make larger sized bags and all, you can put the water in there and then you lie down, lie down on your towel. I like to put a pad under like the pads they use in hospitals and under people that can't control their urinary incontinence type pads.

Then you just lie there, you slip that little tube into the colon, very easily you can do this with babies and children and we highly recommend that, we've saved some little kids lives by doing this. By the way people have enema bags in their homes several generations ago because they didn't have antibiotics and they did save people's lives because they had a fever and they were with their child or gave themselves an enema and brought the fever right down and saved their lives because they eliminated all the toxins.

So anyway you put the water in there and you very, very slowly so that you barely feel it going in, you want to fill the whole colon up and then when you feel a need to eliminate you sit on the toilet and you let everything out. But most people will be really surprised about how extremely toxic that material can be. You can get to the point where you don't need them anymore or only need them as necessary. So in the Spring, for example, and again in the Fall when our bodies changing, this is our understanding of nature, why people think they have a cold in the Spring. But nature triggers that, what we think is a cold, by changing the temperature, like one day it will be hot and the next day it is cold again, and then it's hot. And that triggers the body into having this cleansing reaction because in the Winter eat more fats, eat more animal proteins. But now you don't have those heavy foods in your body any longer you're going to have to lighten up for the hot summer months ahead so that's what nature's trying to do for us. That's a really good time, even ahead of time, to start doing a series of colonics or doing some enemas, you won't have that uncomfortable cleansing because you're already getting those toxins out of your body so they're a very, very good tool.

Alex: And do you have a preference of doing enemas versus doing a full colonic and going to a practitioner who does colonic irrigation? What do you see are the pros and cons there?

Donna: Well there's different types of equipment, there's what's called the open system where you are with the therapist and those therapists are not as well trained, I'm not sure that they're draining as effectively because the real secret to having an effective colonic is that the water's out in very, very slowly and that every time a person wants to release they let out just the release and fill again so that the whole colon is filled up during the session and then during that first 10/15 minutes there is a whole lot of soaking that's occurring and a lot of softening up of material that starts to come out that you had no idea was even in there. And it softens material on the walls of the colon and even begins to hydrate the small intestine and then the small intestines rained

of course that when you eliminate out of the colon the small intestine's going to send that material down so you can even during a colonic bring a lot of material out of the small intestine, which is where most of it the really toxic stuff is and there the parasites are, so they'll start coming out too.

So they need to be done well and I don't know that all colonic therapists are as skilled at that. I think everybody feels better after a colonic because they definitely have got a lot of toxins out of their body but the amount of water that you can use to get just what I described is only possible in a colonic. Enemas though are very valuable particularly because you can put things in the water, like I think I always tell people to put in humic minerals, they're very healing to restore existing types of material basically. And I found out from Stephanie Seneff that those humic minerals actually help detoxify us from glyphosate, roundup, too. But they have a very healing effect to the gut wall so I think putting in a few dropper fulls of minerals into the water, and also minerals stimulate peristaltic movement so you're going to eliminate better too.

That's a good thing to do and then afterwards you can also add those minerals as a nutrient implant. Let's say you have low progesterone levels then you could add Vitex, which is a tincture liquid, anything in a liquid that's really healthy that you can take by mouth can actually be put into a nutritional implant. And then, this is actually really important for people with chronic fatigue and all, because the colon is designed to pull up water so that a stool can be formed but during a colonic it actually it actually pulls a lot of water into the body and also if you've got healthy minerals in there it will pull them up into the adrenals and into the thyroid. Because the thyroid and the adrenals both need a large amount of minerals. The adrenals need Vitamin C and B vitamins so you can put that into the nutrition implant as well, vitamin A and Vitamin D are really critical for the thyroid. Tyrosine, you have to dissolve all of this of course into our liquid, but a nutritive implant can be very medicinal, I don't know if that is the right term to use for the FDA, but you know they are very nutritive and you can actually get more nutrition that you would by eating any of that same food because it's going to go all the way through the digestive tract instead of just immediately being absorbed into the body.

Alex: Fascinating. I'm mindful of time so just thinking about pulling together some of these pieces and some kind of general recommendations people are going away with. So you're saying fermented foods and the right kinds of fermented foods, talking about probiotics can have a place and colonics or indeed enemas as something people can do relatively easily from home. Any other pieces that you want to say just as we start to pull this all together?

Donna: I should have probably said about fermented foods are often criticised because they are high histamine foods. Plantarum, it's so amazing I sort of was guided to find this bacteria and put it in many years ago 25 years ago I

guess, plantarum also degrades histamine, it produces folate, it's very anti viral by the way. If you have to take an antibiotic it will be resistant to most antibiotics so it doesn't wipe out all the good microbes in the gut, the plantarums still there. Not to underestimate the power of these microbes that you'll find naturally in nature because nature's got the wisdom that we absolutely don't have.

You know I built a whole company around gut health basically, which includes using digestive enzymes. I think it's really, really important to use digestive enzymes and I knew Dr Peter D'Adamo wrote that book about blood type and there is science around blood type, it's very interesting but his father was actually my doctor about 45 years ago. And so I learned about blood type then and I always ask people what's your blood type and I'm helping them and I started doing that with children with autism, for example, and their parents. I found out that almost all the kids 8 out of 10 or more were blood type A. I'm an A, a lot of people that are not well are blood type A. So I looked more deeply into blood type and I know that A's start off life with poor digestion, as Peter D'Adamo says, Peter says, that they lack an enzyme in their small intestine called alkaline phosphatase that they don't digest protein and fats very efficiently, so they need support there. They're low in stomach acid, but everybody eventually becomes low in it, most people I shouldn't say everybody, but as we age we just don't produce enough stomach acid so I think taking digestive enzymes is extremely important.

Ours are created so that they're stronger so they have hydrochloric acid with pepsin but you want to support digestion in the small intestine too that's where your pancreatic enzymes comes in. So that's is useful to take one of each type HCL and pepsin, HCL with pepsin and pancreatic.

So I think the using enzymes are really important taking things prophylactically like taking one fascia a day just to make sure you don't get a overgrowth in your small intestine and you do control e-coli and other pathogens in your gut. I think I've tried to understand for years why people don't do this, don't take care of themselves and when you give them advice they don't follow it. I think that there's an arrogance in us that if we really, really, really realized how very fortunate we are to be alive today I believe I always have this feeling that there are many souls that would love to be in right now as crazy as a time it seems to be but we're here and we have been given these bodies to live in and we should be taking better care of them than we are. And it's an arrogance that makes us take them for granted and think that they're going to last forever until they don't and then you're sorry, but it was too late. I think there's a whole spiritual component too that people don't address and that would be one of the things I said lack of gratitude and that we have these physical bodies and desire to take care of them.

Alex: And often recovery from fatigue can be its own journey of rediscovering all of this right, one is humbled and forced to be more grateful and to see

things differently and to kind of take the lessons from the experience that they're having.

Donna: That's an excellent point Alex. Yeah. Thanks for saying that

Alex: Fantastic. Donna this has been absolutely fascinating and I really appreciate your time. For people that want to find out more about you and your work and we've mentioned, we've got your books here. So 'The Body Ecology Diet' and 'The Body Ecology Guide to Growing Younger', but talk about your website and some of the resources people can find there anything else that you want to mention.

Donna: Well body ecology is a way of life, it isn't a diet it's based on seven universal laws principles, universal principles that we have to live by. I've been telling people for years like even though keto sounds really great it may definitely not be right for you. So find what your body needs, my new book that's coming out I'm working on it right now, is actually about that how to find what works for you and it's much more about the microbiome and also because our microbiome is like a fingerprint, it's very unique in each one of us. And our microbes in our gut by the way are the same microbes that they'll find in the brain and smaller amounts.

But the differential of uniqueness is really important and I'm very, very, very excited about genes. So the last several years I've studied nutritional genomics for about four years or so now and passionately and so there are so many things that are hidden in our DNA that's really exciting. So I'm developing a course for practitioners to show them how to take the information that's there and do the really important things to help people really get started, really turn their health around. So if they're signed up for the newsletter, they'll hear about that. Then I have all kinds of courses just to understand body ecology. Step by step, which is really my favorite of all the universal laws that we say, these laws have helped me understand everything. I didn't know anything about autism, for example, but I used them. I just went back to them, you know, each one of them and they always help me find the answer.

But the step by step principle is fascinating and everybody should know this principle because this is the principal Universe about time. So the day comes on and tiny little increments and then night is on that's how we age, that is how we get well, you see it like an increments, right? So this is a really important principle, but you know, I started thinking about it and I realised that there are four things you have to be focused on in beginning if you want to get well. And one of those things is to create energy. So all the things that this summit is about that is really, really important. Everything everybody is learning all together is very important.

And then the next thing is that you want to conquer infections in your body and correct digestion is important so another one is conquer infections in the inflammation. You always want to bring information down when you're working even with somebody looking at their genes want to see how well do they control inflammation in their body, are there risk factors for that. If they

do you want to really work on that to bring inflammation down, you do that actually by bringing these infections under control, but also diet comes in and sleeping well and cleansing getting these colonics or enemas. So correcting digestion, which is a big category in itself and then the last thing is cleansing. So if you've got those four things that you're focused on, creating more energy, conquering the infections and the inflammation, correcting digestion and cleansing those toxins out, just stay there and you will get well. So I teach that all the time but there's information about that and newsletter articles and everything. I've been at this for 30 years now, I'm 72 years old, and that gives me a lot of time to learn and so, you know, I am so excited actually because people are finally getting it there's so many great teachers out there, summits like this. There's no reason not to be healthy today.

Alex: Fantastic Donna. Thank you so much for your time and your depth of wisdom. I really appreciate it.

Donna: Thank you for having me on.