



Healing your gut to reduce inflammation

Guest: Donna Gates

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Kirsty Cullen - [00:00:15]

Hi, I'm Kirsty Cullen, CEO at the Optimum Health Clinic. Welcome to the Fatigue Super Conference. I am so pleased to introduce my guest today, Donna Gates.

Donna is an international best selling author of *The Body Ecology Diet: Recovering Your Health and Rebuilding Your Immunity* and *The Body Ecology Guide To Growing Younger: Anti-Aging Wisdom for Every Generation*.

Through her career Donna has been on a mission to change the way the world eats and dietary concepts from her first book, which have stood the test of time, are now followed by tens of thousands of people around the world. Donna has championed fermented foods to support diversity within the microbiome and the inner ecosystem. And over the past 25 years, Donna has become one of the most respected authorities in the field of digestive health, diet and nutrition. She has also completed an advanced fellowship with the American Academy of Anti-aging Medicine. And so, it is my absolute pleasure to have you with us today.

Donna, welcome.

Donna Gates

Well, I love what we're going to be talking about, and I'm very, very grateful to be part of the super conference, so thank you, thank you.

Kirsty Cullen

You are most welcome. So I would love to start our talk today on the topic of inflammation. And I think most people listening to our discussion today know that inflammation is a normal bodily response, for example, in situations where we're injured or where we've become infected with a virus, for example.

But COVID-19 emerged and of course, we heard much in the media about the cytokine storm, which is, of course, when inflammation has crossed that manageable threshold. Could you explain a little bit more to us about the cytokine storm and why it is so dangerous within the body?

Donna Gates

Oh, yeah, well, first of all, the inflammation itself is absolutely essential to life. If you were to take mice in a lab and you genetically modified them so that you knock out the genes, just three or four of the key genes that cause inflammation like Interleukin 6 and TNF alpha and so on, there's a whole bunch of them, actually. But let's say you knock those out, so they aren't working, that mice wouldn't live probably even a week or so because there's no, they couldn't mount an inflammatory response to be able to fight if they got injured. Let's say another mouse bit them, they wouldn't heal. Or if they were infected by something in the air. So it's an essential, we're very lucky to be able to have inflammation in the body.

But there's a lot of reasons why that inflammation can get out of control. And that's really what a cytokine storm is. People never even heard of that word until COVID-19 and then it's all over the media. But it just means that these people, their immune system isn't strong enough. And their immune system to keep, its main role is to keep the inflammation balance. So you want enough of it, but you don't want too much of it. And cytokine storm is too much and the immune system's not able to keep it under control. So it's kind of a runaway response, basically.

And so then, now that inflammation becomes really, really dangerous. Years ago, I started hearing people saying, oh, inflammation is under everything. And I thought everything, I mean. And as I started learning and really getting into it more, I thought it is. There's not another condition that doesn't have inflammation involved.

So it is an important topic. And for people to understand it and understand how to manage it, like make sure we have enough, but we don't have too much.

Kirsty Cullen - [00:04:14]

And of course, we know that there are inflammatory conditions that affect the gut directly, such as irritable bowel disease, Crohn's, colitis, can you speak to that and explain what causes the gut to become so irritated and inflamed in those types of conditions?

Donna Gates

Well, by the time somebody has Crohn's, for example, IBD, it's referred to, a short term for it, but it is incredibly common. People live with it all the time and they may never even be diagnosed because they don't go and get a diagnosis or they get a wrong diagnosis. But in the world today, it's a miracle that everybody doesn't have some kind of gut disorder.

And why is that? Well, because we eat so badly. I mean, I would put at the very top of the list the diet that most people eat out there. Sometimes occasionally, I mostly shop at the health food store, but occasionally I'll go into a normal grocery store and I just cringe when I see what people are putting in their basket. And I thought, oh, my God, why do they not know? I know myself, I've been doing this work for 30 years and there's a whole bunch of me's out there. And we're working really hard all the time to try to get messages out to people. And yet they still buy this crap, basically.

And then I think, if that were my shopping basket, I'd be dead by now. I'm sure of that, 100 percent sure. So I don't know how the body continues to go on, I guess it just kind of adapts and everything, but you can be sure that that's inflamed. So I would put that at the top of the list.

And then, you know, stress is a really, really big one, like who doesn't have stress in their life today? And we are so used to it, we think it's normal, but we don't realize it's killing the bacteria in our gut. It's inflaming our gut lining. It's just devastating the immune system. Everything starts to go wrong when stress dominates and or where it's chronic and ongoing.

Kirsty Cullen

What is always so important about inflammation in the gut, of course, is that it so easily becomes systemic and impacts on other areas in the body. And of course, the gut and the brain are so intrinsically interconnected.

Can you tell us a little bit more about how systemic inflammation might impact on the brain, for example? And what might that look like? What are the types of signs and symptoms we might look for when we're considering neuroinflammation?

Donna Gates

When you're considering brain?

Kirsty Cullen - [00:06:51]

Yeah, yeah.

Donna Gates

How do we know there's inflammation in the brain? Well, just simple things like brain fog and especially being spacey, like you're not getting Alzheimer's, you can be 6 years old. And from the stress and the inflammation and you can literally almost from babyhood start to, actually I would even say from in the womb, we can have inflammation in our body.

So the brain just simply isn't going to be focused and clear. And it's hard to remember things. And there is, by the way, inflammation in the brain. I want to say that years ago, one mom called me and her son was autistic and I had actually, at that point, never worked with a child with autism. I started hearing about it, went to a conference. I found out that there are certain things, like they have gut problems, they have yeast in their body and so on. Very, very weird behavior of all kinds. You know, either they're gone and they're back in their room playing a video game or they do really awful things like smear their feces all over the wall. And I thought, wow, you know.

So then I started helping this mother, and her son recovered. We formed a group of other mothers with kids, with their sons, mostly their sons with autism. And they all recovered every one of them. And then, of course, they're young, they're on the internet, they spread the word all over. And then people started coming to our, what we called our BEDROK Yahoo Groups, Body Ecology Diet Recovering Of Kids.

And many, many, many of them started recovering and, or would be in various stages of recovery. And they would go to their doctors, they're good doctors. And the doctors were kind of shocked because back in those days there was still a big question out there, like, does diet matter? You know, do you have to eliminate gluten and casein? Well, yes, you do. But then all these foods that these manufacturers were making were loaded with bad oils and sugar.

So we came along basically and said, here's how to eat. Here's how to heal the gut with the fermented foods, particularly fermented coconut water. And the kids immediately responded and it affected their brain. So they started doing things like eating vegetables and talking and being out.

You know, what little Thomas, the first one, within about a week or so he, his mom was so excited because he always stayed in his bedroom playing his video games and would never talk, acknowledge he had a father even. So he came out with his little shoes and wanted to go outside. And she thought, oh, my God, this is huge. It is really. And then a few more weeks later, his dad was leaving and he turned around and looked back and Thomas was waving, bye, daddy. You know, the dad broke down and started crying.

So I've had years of beautiful stories because these parents are amazing and they get their kids well. But it is, autism is brain inflammation and gut inflammation. And of course, it's all over the body, but those two particular areas are affected because, so the gut, when there's inflammation in the gut for all the reasons. You know, bacteria get into the gut and they secrete, these toxins, they're called LPS, and those toxins, OK, so once the inflammation is, it happens in the gut, the gut becomes inflamed. You know, just imagine your skin getting rubbed with a piece of sand paper and it becomes inflamed and profitable now. Then whatever toxic stuff, chemicals, pesticides, glyphosate, all that stuff that we know is bad, it can leave the gut and go into the body.

And the gut's a really toxic place. Think about it. I mean, first of all, we are bringing things in and making the gut toxic but also, and stress makes it toxic and everything, but we actually make toxins. Like we make hydrogen peroxide, for example. Ammonia is a big problem in the gut. If you don't digest protein, something as simple as that, and you have to ask yourself I'm I digesting my protein? I'm I chewing it? I do have enough hydrochloric acid?

If you're not digesting your protein, you have just made ammonia. And ammonia absolutely is a serious brain toxin. So it's affecting your behavior and mood and everything, too. So that's such an

important place. And now it's open, it's inflamed. Things like that pass into the body always make their way into, you know, so the blood has its own blood brain barrier and it's there, we always thought it was there to keep everything out of the brain.

But first of all, there are actually five sites in the blood brain barrier that are open all the time. One of them is always open, and I think it's called "remodess" [sp?] or something in that area, because if we ate something poisonous we would throw up. And, you know, that's a helpful thing. So there are five different sites I don't have all memorized, but there are places where the brain's open. But what happens as soon as the guts inflamed, the brain then becomes open and permeable, the brain barrier becomes open and permeable also.

So things can come into the brain, particularly those toxins I was talking about. The ammonia, the lipopolysaccharides that are secreted by the bad bacteria. And so our brain is not protected at all and it just becomes inflamed. And you'll find, so, you know, diseases that we know about, like Alzheimer's, those plaques and tangles they're finding actually are coming, are being formed in the brain because the brain is trying to protect itself from these toxins.

So, and then the vagus nerve, this big nerve that joins, it's connected to a whole bunch of other organs on its way down to the gut. It becomes inflamed and toxic, it's in trouble too, inflamed too.

So we have to obviously, number one, stop inflaming the gut as best we can. And then there's, so inflammation is really an important thing to deal with, to get well.

Kirsty Cullen - 100:13:05

I think the other important thing to say in the context of this conference is that inflammation in the brain appears to be a cause of fatigue as well, doesn't it? I know there was a study done on MS patients where their fatigue was associated with the level of the neuroinflammation. So there is that direct connectivity between that type of inflammation and fatigue. So that's very important to say.

Donna Gates

Yeah, I'm glad you brought that up, because honestly, the number one reason people go to their doctor is they're so tired and they wonder what's wrong. And so, they may have read that they have adrenal fatigue and they need to take things for the adrenal, supplements, adaptations and so on. But that doesn't do it, it's enough because they're not looking at something even below that, which is just inflammation. I'm really glad you mentioned that.

Kirsty Cullen

So, Donna, the big question is, when we identify inflammation in the gut through testing and/or clinical signs and symptoms, can we resolve it? And if so, how?

Donna Gates

The concept of fasting is becoming out there more. I know Dave Asprey just wrote a new book on fasting, I just interviewed him for a podcast recently. But his book is called *Fast This Way*, but I've actually been fasting for most of my life. I think it's one of the things contributing to my being younger than I'm supposed to be at 74.

But the thing is, I didn't really like to eat in the morning when I got up. So, you know, you're suppose to have this big breakfast and I was like, gosh, I don't want a big breakfast. So I actually would have a pretty long time of fasting and that's called time restricted feeding. That's when you get a little window of time when you say, OK, for these 8 hours I'm going to eat and I'm not going to eat for the rest of the day and night and 8 of, hopefully 6, 7, 8 of those hours you're asleep. It's not that hard to do. Your body gets really adjusted to it. It actually gives you more energy. It's really important for fixing the gut. It's good for the microbes in the gut.

So honestly, that's one of the smartest things to do. And I think anybody can do it. It's free. It doesn't cost anything to do that. And this is an unusual thing you want to hear, but I am a big believer and have been for years, of doing enemas and colonics and that's because there's these toxins in our gut and the more inflamed we become, the weaker, the more damage that's occurring. You know, our digestive tract is not, we're not eliminating toxins.

So, instead of letting those toxins stand in your gut for two, three, four days until you go to the bathroom, if you go to the bathroom, just I think people need to learn to do at least, how to do a home enema, and if you can find a good colon therapist, they can be great, too.

Kirsty Cullen - [00:15:59]

And on top of those tools, Donna, what would be the dietary tools that you might use, fasting aside, to nurture the gut and calm the inflammatory picture down?

Donna Gates

Well, I of course, would steer people to The Body Ecology Diet because that's what I've been doing for 30 years. But, if the gut is really inflamed, really inflamed, like you have irritable bowel disease, it's pretty well understood that initially you want to get rid of certain foods like flour and gluten and, of course, sugar. And so Body Ecology does eliminate all those things.

If your inflammation is coming from your small intestine, I would say initially for a short period of time, get rid of, for example, fermented foods. But normally I tell people to eat fermented foods because they're amazing, really, really good. They just do amazing things in the gut, change the environment of the gut so healthy bacteria living there immediately.

But for people with SIBO, small intestinal bacterial overgrowth or SIFO, initially fermented foods bother them. Except if they'll go to little extra trouble, like I've been teaching forever, if they put in a particular bacteria called plantarum, plantarum actually is very safe if you have SIBO or SIFO, and it actually goes after, you know, so what I tell people to do is just initially don't have the fermented vegetables, start attacking the pathogens in the gut like you can take oil of oregano. There's, again, a lot of things that you can take and start to take those, the bacteria that are safe to take instead of, so you would avoid lactobacillus bacteria, but you can have the bifidus and you can have the bacillus like, bacillus subtilis and so on. And so another one is bacillus coagulans, those are still safe to take.

So I'd start with that. Wait a little while, like maybe a week or 10 days, and then start to introduce a cultured vegetable that has lactobacillus in it. Now, lactobacillus is always present in fermented vegetables, but when you make them with a starter like I recommend, the amount is magnitude, plantarum is expanded enormously. So, they seem to work just fine because ultimately you don't want this infection in the small intestine to come back. So you want the colon to be a healthy place. So that's going to be what people are not having success with is that they're not understanding that they had to fix their colon. And again, I think fermented foods are at the top of the list.

Now, if you have like a really inflamed gut, then people are really into collagen, for example, and I have my, I don't think you should have too much collagen. And I think it should come from food source, like, for example, if you make a soup and you put a chicken foot in it. You'll be shocked at how much collagen is in that chicken soup broth. Now for people that are really, really inflamed you definitely don't want to eat the meat, the chicken meat, and just put it in there for flavor. And same thing with any kind of meat, if it's beef or turkey or whatever. You don't want to eat the chunky animal flesh yet because it's like scraping something over that inflamed place on your, you know, the sandpaper place.

And so, you want brothy things at first, like miso soup is great, broth that you've made. I want to mention there because I know I just said something and people's ears are perked up about the collagen. One of the real things that cause inflammation in the body are oxalates. I've been a big proponent of getting this message out for a long time. But the first person that really got on it is Susan Owens. And she has a website called try low oxalates, I think, but especially if you type in her name,

you'll get it, Susan Owens.

Anyway, she, Julie Matthews and I were all working with children with autism, and we noticed that they were incredibly sensitive to certain foods. And then that these foods were high in oxalates.

So oxalates are tiny little microscopic, so we can't see them, crystals. In certain foods there a very large amount of them and they're in there, they're only in plant foods. They're not in dairy, they're not in animal protein, only in plants. Some plants are incredibly high in them. And they're in there so that we would still have plants to eat because they, you know, if an insect comes along and tries to eat plants, it tears up their mouths, so they leave the plants alone.

But, oh, and then, of course, we're supposed to be able eat those plants. But there's a bacteria that's supposed to be in our gut named oxalobacter formigenes. And if you're taking an antibiotic, particularly if you've taken a longer course of antibiotic, for someone like me, I took one for years for my, because I wanted to have pretty complexion, you know, teenager in college and all. And you completely destroy your native microbiome.

So now, as I say, a yeast infection in the body, which is what happens to millions and millions of people. And I explain why so many people have yeast but anyway, you lack the oxalobacter formigenes. He's gone and his one and only job in life is to eat up the oxalates, but he's not there anymore.

So millions of people reacting to foods that they think are healthy, like spinach and sweet potatoes and especially nuts and seeds, were gobbling up nuts and seeds like crazy, people that go vegan make nuts and seeds their main source of protein. You know, we have almond milk and cashew milk and it's in everything. People are loving it. They don't realize what they're doing. And then if you didn't eat much of those foods, so you just didn't like spinach or sweet potatoes or unfermented soy is a good one, which can also be a source for vegans. Let's say you don't eat any of those. But if you have a yeast infection in your body, then the yeast are actually making more oxalates.

So I think that's why this oxalate problem has really come to the forefront. It's why, it manifested so strongly in children with autism. They have to be on a low oxalate diet. Everybody should be. Everybody should be mindful of those foods that are high in oxalates because there are plenty of others that are safe to eat. For example, chia seeds are super high in oxalates, but flax seeds are lower oxalates.

So anyway, we eat, that's why I always put diet first, because you come to us and learn all of this, then you can start healing your gut. But, you know, initially, after you've had that period of time where you've rested the gut and had broths and liquidy things. And then move to like a smoothie where you're getting a lot of vegetables. Fiber is important, and here's an interesting thing too. So everybody with gut problems are being told that they don't eat any fiber, cut out those high fiber foods like grains. But there are actually some people whose gut heals with fiber.

I was macrobiotic for 8 years and maybe that had an effect on my gut, my microbiome or something. But I need the fiber. I do very well with grains. But yeah, so everyone talks about the art of cooking to heal or food is healing, but most people have no idea how to do that. But like with grains, what you want to do is cook the grains. First of all, soak them to get rid of the phytic acid and then cook them long and slow like a porridge and put a lot of vegetables in there. And so it's a porridge type of a thing with vegetables. So the grains are acidic, the vegetables are alkaline. Body Ecology is based on seven principles and the principle of balance is an important one. So you have to apply this principle when you cook. So that's an example of it right there.

So yes, you can eat grains if they're prepared properly and you might thrive on them. We do need fiber for the microbes in the gut. But am I jumping all over the place?

Kirsty Cullen - 100:24:55

No, I think it just explains the complexities potentially and how important it is to have someone guide you through that picture because you can have amazingly good intentions, thinking you're eating really healthy foods, but actually they might be exacerbatory in an inflammatory situation.

Donna Gates

And, you know, this summit is just another example of where people can find answers because there's not that many well trained doctors in the world. They just don't get this kind of knowledge. They don't have time for it, the pharmaceutical companies don't make any money on it, so they don't teach them this. And the doctors really don't have time afterwards to or the money afterwards to go take courses and modules and things to learn all of this. So you can't rely on the medical profession that we have today to solve the answer.

So many people are on their own. They can't afford a whole lot of stuff. And they go to, they sign up for the conferences and they might think, gosh there's like two conferences every week, there's so many. But I have never seen a way that is, I mean, they've been fantastic because they're advancing people along. They're getting information they never would get otherwise.

Kirsty Cullen

And on the subject of strategies, Donna, and you gave us a good basket full there, which is amazing. What might you do in terms of improving brain inflammation or neuroinflammation? For example, you mentioned, you referenced Alzheimer's or possibly Parkinson's, where we've got a significant neuroinflammatory picture there. Are the recommendations that you might make around that in terms of reducing neuroinflammation?

Donna Gates

Yeah, so there's a whole bunch of things again, of course, fix the gut, because if you do that, you're going to stop inflaming the brain and the vagus strip and all. But at night when we sleep the brain cleanses itself. And that's called the glymphatic system. We know we have a LIM system that helps us cleanse toxins out of our body, that's super important. There's really good things we could say about the liver and the biliary system, but we don't have time.

But anyway, the brain has its own lymphatic system. So that's really important. And then also when we're sleeping, when we're not eating, during that period. So it could be that we're sleeping for a long time. But when you're not eating during that period of time, there's a process that occurs called autophagy, seemed to be a weird word several years ago but now I've really got into it and it's become really popular to understand it.

But, you know, I live in Charleston, South Carolina, and I used to live in California, you have to recycle your trash. You know, you have to recycle your plastics and things, I don't have too many of those. Anyway, whatever you're told to recycle. And same thing with the body. The body has already been doing it forever. And what it does is it goes in and the body, I mean, during the time that we're not eating, during the period of autophagy, the body starts looking at the cells, the ones that are sort of sleeping and senescent or they're just not doing a great job anymore, not needed.

So the body will go in and pull material out of that cell to reuse. And then the cell, of course, dies after that. But being able to recycle that material out of a senescent cell, a sleeping cell is an incredible phenomenon. So that's going to help the brain to get back to that time of not eating. So that's a must.

There's a new supplement on the market that I'm really excited about. It's called, from The Parent Company is called Longvida. Longvida. And it is a form of curcumin. Curcumin is very anti inflammatory. It's great to take curcumin for the whole body. I love that supplement for people. But the brain curcumin is going into the brain and it's a great thing to take as well, like you can take them together.

There's also a form of magnesium, super important mineral, I think everyone knows that, but we tend to be very deficient. But, so take magnesium, but take this other form of magnesium that actually gets into the brain and calms things down there. And that product is called Magtein. Different companies have different names for it, just like different companies have different names for the Longvida, the curcumin for the brain. So I love those. You can take supplements like that, but anything you're doing to help the gut is going to help the brain.

And one of the greatest things that's been shown to be important is exercise. And exercise helps the microbes, it helps us sleep better, it helps deal with stress, but all the cleansing detoxification that needs to go on in the body is enhanced.

Kirsty Cullen - [00:30:04]

Of course, we couldn't speak today, Donna, without mentioning the current global pandemic. And of course, we have the advent of long-COVID or COVID long-haulers where we're seeing a set of more chronic post-viral symptoms. It's important, I think, to understand the role of inflammation at play there. So I'd love to ask your opinion on how you think inflammation is present in long-COVID? And what kind of role it plays?

Donna Gates

Well, Kirsty I'm really glad you asked me that question, because I'm very much into this. I really believe this is a new, newest of many autoimmune disorders, because if you understand the immune system and if you understand inflammation, those people that think they're so healthy, we have in our body bacteria, we have viruses like Epstein-Barr, for example, you might have been exposed to Lyme disease have no idea. Herpes, you know, a vast number of people are carrying members of the herpes family around with them, which Epstein-Barr is.

Anyway, yeast oh, my gosh, I have to tell you about yeast. Why people have it, but because this is unknown too, but people have a yeast infection. And so, now there's something about this particular virus that activates what was latent but there, now there's inflammation. And the big mystery, we don't know what to do about it. Everything we're talking about here, fix the gut, bring down the inflammation. So it's really all about getting that immune system going. And all the things we've talked about is how to do that.

So I hope somewhere when and if people listen to this and they know a long-hauler that this message will get out to them. Because there is an answer and we have to, it is about the immune system and getting it back into balance and fixing the gut and lowering the inflammation in the brain.

When you start, you know, there's a sort of a saying in functional medicine, first, fix the gut. And like, it's sort of a battle cry. That's really true. Start with the gut, start learning how. Come to The Body Ecology Diet, come to our website. I've been into the gut forever.

Now, literally, I was the first person to ever bring up the fact that there's this world in our gut of microbes, bacteria, and all. And it's really important so like 12, and I called it the inner ecosystem so I could teach people about it, 12 years later someone coined the term microbiome is the hardest area of science today, but we know a lot about the gut and about the microbes but we don't really know enough. But still, there's enough information to get you well.

Kirsty Cullen

And I think the final point I would make about the importance of the gut and the microbiome, what I find interesting in relation to the COVID picture and the long-COVID picture is that digestive symptoms, nausea, abdominal pain, vomiting, diarrhea, they're so common in patients with COVID.

But also the gastrointestinal symptoms are then featuring high in the list of symptoms associated with long-COVID as well. So it really affects how important it is, doesn't it?

Donna Gates - [00:33:26]

Oh, absolutely. Thank you for saying that. I was supposed to say that but fortunately, you said that. No, you're absolutely right. It's more proof that you've got to fix the gut. It's a good place to start.

Kirsty Cullen

And I think the other thing that I'm certainly seeing in some of the research, is that there's a suggestion that if that inflammatory burden that we talked about at the beginning of our talk is already high, pre-infection, maybe as a consequence of autoimmunity or obesity or hypertension, that actually it seems that there's a higher potential risk for developing long-COVID.

So, again, considering that inflammatory threshold, considering gut health are two of the really important things that you can do to try and safeguard and protect yourselves in these current climates.

Donna Gates

If you've been born with an infection, and babies are even though you don't hear much about that, you already have tons of inflammation.

There's not a single disease, diabetes, heart disease, there's not cancer, there's no disease out there that doesn't have inflammation as a factor and even underlying cause. So it's a very important topic for people to, if you're interested in health it's a good one to start learning a lot about.

Kirsty Cullen

Donna, thank you so much for joining us today. It's so much appreciated. If we want to direct people towards your work, where could we point them towards in terms of internet resources?

Donna Gates

Well, our website is bodyecology.com. I do have podcasts on YouTube, but I'm going to be doing a lot more. I started realizing how much I enjoy them, but you can go there and learn too. The book is a good place to, it's sold on Amazon and everything, but I think it's out right now though, but it's still a best seller, strangely enough, after 25 years or so. But anyway, it really outlines what to do and talks about the microbiome and everything.

But if you want much more detailed work, you can sign up for a newsletter. I'm constantly educating people. That's the most important thing. You first have to have knowledge before you know what to do. And there's a lot of stuff out there, people telling you what to do. But I think we really get down to the root cause and focus on that and give people really great information.

Kirsty Cullen

Thanks again for your time and wisdom today.

Donna Gates

Oh, thank you for letting me come on here and share this information. Thanks Kirsty.