



TTouch for You® - Inspiring Self Care “Live with Linda” July 20, 2021 - Class Chat

12:17:47 From Kathryn to Everyone : Doe sit matter which ear, or is it both ears?

12:18:39 From Jennifer S. to Everyone : For general treatment, no it doesn't matter which ear. To treat a specific issue, rub the ear on the same side as the problem.

12:23:56 From Brandy Joint to Everyone : Saccharomyces Boulardii

12:24:06 From Judy's iPad to Everyone : Saccharomyces boulardii

12:24:08 From Pamela Beets to Everyone : That specific probiotic highly recommended for horses from several vets here in Colo

12:24:11 From Sage Lewis (she/her) to Everyone : It's all over Amazon :)

12:24:33 From Pamela Beets to Everyone : I got a bottle from Natural Grocers for \$13

12:25:09 From Brandy Joint to Everyone : As a student NT we regularly suggest 3 day stool tests.

12:25:19 From Diane Herold to Everyone : I've read about in the Grow a New Body book

12:26:43 From Brandy Joint to Everyone : There's a great book about gut healthy called "Gut" by Giulia Enders that talks all about the microbiome, what it does, and how to keep it healthy

12:32:10 From Nancy Lund to Everyone : Liposomal glutathione has really helped my IBS and GERD

12:53:07 From Sage Lewis (she/her) to Everyone : Major thunder and lightning storm moving through - Getting offline. Heart Hugs to all of you! I'll jump back on when/if the storm passes before the class is over.

13:10:37 From Kirsten Henry to Everyone : Breath by James Nestor

13:50:09 From Jennifer S. to Everyone : Lauren, try taking digestive enzymes. We tend to lose them as we get older/

13:54:17 From Valentina to Everyone : Oh my, got to go- biggest heart hugs to all,

13:54:20 From Valentina to Everyone : xoxo

13:55:41 From Diane Herold to Everyone : sorry. but have to go

14:00:38 From Carol Chu to Everyone : Sorry I need to go too. See you next week

14:06:37 From Kathryn to Everyone : I have to leave — sorry! Have a good week!

14:07:45 From Brandy Joint to Everyone : I need to go - getting late here in the UK. Love to all xoxo

14:10:05 From TT Teresa Cottarelli-Guenther Switzerland P/H/M to Everyone : Thank you for the interesting evening, I try to be my best friend and listen to the messages my body sent to me. After the hepatitis due to Voltaren I promised to my liver that I will eat only things he can manage! He promised to me to let me walk!!!

14:11:42 From Dilly B to Everyone : Sorry I need to go. Thank you so much everyone. See you next week. Love and blessings. Dilly x

14:12:22 From Lauren Grey to Everyone : Becky - that was wonderful - why we want to clear Pain & Fear! Thank you!!!!

14:13:49 From Lauren Grey to Everyone : Dilly - What you said about "I need" addresses so many issues for me like how to stay Present, instead of lost in Past or future! I am so incredibly grateful!! I think you just turned my life around/

14:34:49 From Pamela Beets to Everyone : have to leave - thank you everyone!

14:42:08 From Megan to Everyone : Storm is coming. Better go. See you all. xoxo