DR TOM - Gut / Brain Worksheet for Base Hits 3 2020 Q&A

1. **This is the Certified Gluten Practitioner Program: http://certifiedglutenpractitioner.com/**
   And THIS is Dr. Tom's NON practitioner "CGP Program". (This gives that super high level info (but no certification) **https://gg110.infusionsoft.app/app/orderForms/CGP-Non-Practitioner-Course**

2. **Link to our Clinical Services Team: https://thedr.com/clinical-services/**

3. **Dr. Tom got us a great savings on the Air Doctor air purifier - and there's a ton of great info there:** https://www.airdoctorpro.com/?src=affiliate&aid=64957 Filtering-out irritants and contaminants in your home can have a huge impact on your health. (And indoor air can be up to 100x more polluted than outdoor air, according to the EPA.) **AirDoctor** removes virtually 100% of the airborne particle pollution, and the vast majority of toxic ozone and volatile organic compounds (VOC).

4. **Tests Dr. Tom Mentioned: Intracellular Test re Magnesium:** https://www.exatest.com/physicians.htm
   Cyrex 11 for Chemical Testing https://store.thedr.com/product/array-11-chemical-immune-reactivity-screen/
   And here are the Zoomers https://store.thedr.com/lab-tests/ (Remember, our team recommends starting with the Wheat Zoomer: https://store.thedr.com/product/vibrant-wheat-zoomer/**)**
   Neural Zoomer Plus: https://store.thedr.com/product/vibrant-america-neural-zoomer-plus/
   Coco pulse test. https://sciencebasedmedicine.org/cocas-pulse-testing-to-diagnose-allergies/
   DetoxiGenomic® Profile. https://store.thedr.com/product/detoxigenomic-profile/

5. **Regarding Mold: Here is Dr. Jill Carnahan's Website: https://www.jillcarnahan.com/**
   And this is Margaret Christianson's Mold Summit, which Dr. Tom mentioned, unfortunately it's not free, but still very inexpensive. **https://toxicmoldproject.com/order/?idev_id=863**

6. **Link to Donna Gates Body Ecology - on Kombucha and Kefir:**
   https://bodyecology.com/articles/kombucha_benefits_and_drawbacks-php/
   And here is Donna Gates Kefir Starter: https://shop.bodyecology.com/products/kefir-starter

7. **The two detox products Dr. Tom Recommends:**
   - Cytodetox Detox: https://buycytonow.com/obryan?afmc=13t
   - Diane Kazer's Warrior Cleanse ($97): https://mo595.isrefer.com/go/twcp/thedr/

   And here is Diane's Non-Toxic Beauty Summit. It is not available for free any longer - but if it's important to you, it's worth the investment: https://nontoxicbeautysummit.com/

8. **Fog Cutter: https://thedr.com/fogcutter-information/**
   And here is the "Coffee with Dr. Tom" where Dr. Tom interviewed Master Herbalist Dan Moriarity:
   https://www.facebook.com/thedr.com.english/videos/265638138185624/

9. **FB Live with the Founder of Biocidin!** https://www.facebook.com/thedr.com.english/videos/477801759463718/
   And here is the link to the Biocidin products https://thedr.com/biocidin

10. **MyGreenFills Non-Toxic Home Products -** Dr. Tom asked us to share his Q&A with Steven Ezell, founder of MyGreenFills. Here's the video, and here are some great products to support your better, less toxic life and home.

    - **TrulyFree Fruit & Veggie Wash** eliminating chemicals, pesticides & herbicides on your family's produce.
    - **Non Toxic Laundry Detergent: MyGreenFills**
    - **Truly Free Aloe Hand Soap** contains no harsh chemicals and is guaranteed to get your hands clean and super soft even after multiple hand washes a day.
    - **The Truly Free cleaner** exists because the mainstream store-bought cleaners are toxic… even some of the "eco-friendly" cleaners are not Truly Free of harmful chemicals.

11. **Please watch Dr. Tom's video on E3 Advanced (to break down B3 Toxins, Wheat, etc.) -** One capsule before every meal helps: support complete pulverization of gluten proteins, normal digestive function, proper immune response to gluten proteins, optimal health by supporting normal gut microflora, the proliferation of beneficial bacteria and inhibit other bacteria. There are a lot of gluten digesting products out there, but they take 3+ hours to work, and thus, do not stop the inflammation that develops from the exposure.

12. **Here is the powerful list of products mentioned on the call: Dr. Tom's Private Label Line and use the Discount Code BH3 to save 15% on all of these private label products until November 6th,**
    - **GS Immuno Restore: https://store.thedr.com/product/gs-immuno-restore-powder-30-svgs/**
    - **GS Support Packs** https://store.thedr.com/product/gs-support-packets/
    - **MegaMucosa: https://thedr.gethealthy.store/catalog/product/view/id/6589/s/megamucosa/**
    - **MegasporeBiotic: https://thedr.gethealthy.store/catalog/product/view/id/5090/s/megasporebiotic/**
    - **MegaPreBiotic: https://thedr.gethealthy.store/catalog/product/view/id/6588/s/megaprebiotictm/**
    - **Wheat Rescue https://thedr.gethealthy.store/catalog/product/view/id/11202/s/wheatrescue/**

13. **Dr. Tom RECOMMENDED PAGE LINK for Bone Broth (and more): https://thedr.com/recommended/**

14. **House Plants Handout: http://thedr.com/houseplants/**

15. **Camel Milk** https://thedr.com/recommended/

16. **We would like everyone to enjoy free access to The Gluten Summit - just register here - and yes, you can share this with others: https://thedr.com/tgs19/**

17. **Dr. Tom's link to get the pendant Mary Agnes uses for EMF and Tinnitus:**
    https://www.wendymyersdetox.com/29H228K/BP658/?uid=39

18. **HOMA Score Formula: Fasting Sugar x Fasting Insulin / 405.**
    - Normal is less than 1.9
    - Between 1.9 and 2.9 = PreDiabetic
    - Over 2.9 means you're functioning like a diabetic