



DR. ROBYN BENSON + SELF CARE REVOLUTION PRESENTS
HEALTHY TRAVELER'S GLOBAL SUMMIT
SPEAKER TRANSCRIPT

Dr. Robyn Benson: Hello everyone. Welcome to the Healthy Travelers Global Summit. We're so excited that you are joining us literally from all over the globe to introduce to you these 30 amazing speakers who are sharing their best message on how to travel healthy in this time of global change, whether you're traveling by airplane or by car, by train or all the different ways on which you can travel. We know that it's a very exciting industry, but it also is a very toxic one. And what we're learning and we are going to learn to this whole journey on this summit is that there's better ways to do it. And we are just so excited to introduce each and every speaker to you. My name is Robyn Benson, I'm a doctor of Oriental medicine for past, gosh, how long? 23 years, which is amazing. I'm also the founder of a center here in Santa Fe called "The Santa Fe Soul Center for Optimal Health". We're celebrating our 10th year. And I just want to say right now at the beginning of the summit that we're celebrating our 10th birthday on May 23rd, 2015 and we're inviting everybody.

Literally, if you are in Paris, I always wanted to come to Santa Fe in New Mexico, please come and join us in this great celebration of 10 years. We have 25 amazing practitioners here, and really, really help people to solve their health problems. So anyway, it's just been an incredible journey and I happened to be a world traveler. I've been to 70 countries.

And so, I'm so excited to be offering this summit because I literally, my colleagues travel the world. I meet travelers. I treat people who travel on a regular basis. And I just want to say, you're just going to be blown by the expertise and the content in which our speakers will share with you. So, you can be assured that there is a way that you can travel with a lot more confidence knowing that you don't have to be suffering from some of any of the travel related health concerns. But I just wanted to right off to that; I want to introduce Kevin Snow who has been the co-host along with me with the Self-Care Revolution. In fact, many of you are here from this Self-Care Revolution, we've interviewed over a 160 people we've had two live events, we have brought home that message like never before that this is the time to practice extreme self-care. And so, Kevin, thank you for being here and being the co-host of the Healthy Traveler's Global Summit.

Kevin Snow:

Well, it is a pleasure. Again, my name is Kevin Snow, I'm an Intuitive Counselor, and I have the gift of working out of Santa Fe Soul. And after many years, what an incredible opportunity that has been and the people that have come through that center don't miss this opportunity. This invitation that Robyn has given you to come and see us here in Santa Fe, because it is the place itself is very magical, it is the land of enchantment. And learning what you're going to learn in this summit, you'll be able to travel healthfully and have a vital experience when you're visiting us. So, again I'm just grateful to be a part of this process, this journey to be invited on this journey by Robyn and then to meet these experts and to really have this information is so vital and to make us vital. And I really want to encourage you to take dive as we say in the Self-Care Revolution and really enjoy each one of these [self-equipment's 0:03:38.00] that we're going to be doing, and I enjoyed as much as we are and you can definitely tell that we're having fun with that a couple of years in the Self-Care Revolution, so, I'm just grateful to be here.

Dr. Robyn Benson:

Yes. I just wanted to say as you listen closely to each and every speaker, to really think about how you can upgrade your health, and then also to think about how you are... the metaphor of how you're traveling through your everyday life. I can assure you that you will take... I want to take home a lot of these strategies that you're going to learn throughout this 10 day summit and put them to practice right away, because this is how we change certainly our own personal health. But also we think about that the travel industry is again the largest industry, a very toxic one, and we just know that this summit is going to... and declared the presence in the travel world we know that for sure, with all of our global partners want to say a big shout to all of our sponsors, and we want to thank Excellent and Bioelectric Shield, and the Self-Care Revolution and all the people, all the people in the travel industry that have said yes that are here with us right now. They are anxious to hear every single speaker. And just to say this has been a change not only the culture of travel, but certainly the way in which travel is done into promoting this big message that it doesn't have to be a toxic and that we have to... in Self-Care way is to take this practices it starts with each and every one of us. So, again, 30 speakers, we have seven different categories and we're starting out with food, food movement and hydration. And you know when I thought about all of my speakers again, we, every one of them was thought about and its people, I mostly know which is fantastic, but really brilliant people that have been in practice for 20, 30, 40 years and major pioneers in their field, especially our speaker today. We were opening up this whole summit with Donna Gates. And I have to say I just so admire the work that she's done over her career and how she's pioneered the whole idea of the gut biome and she helped redistribute the market, just name a few. So Donna, I want to

welcome you here, we're just so thrilled to start our whole summit with you.

Donna Gates: Great. It was an honor to be on this summit, plus to start it, and it's a great idea for a summit because we all travel today.

Dr. Robyn Benson: Yes.

Donna Gates: I'm always amazed the airlines keep charging more and more money, and even so, we see this pack on the plane, so, this is a good thing to be talking about.

Dr. Robyn Benson: Exactly. So, let me tell you all about Donna. She is an international bestselling author of the "Body Ecology Diet", recovering your health and re-building your immunity. The Body Ecology Guide to growing younger, anti-aging wisdom for every generation. She is 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 pro-biotic rich. In 1994, Donna introduced the natural sweetener Stevia to the U.S., began teaching about fermented foods and coined the phrase "Inner ecosystem" 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 advance fellow the American Academy of Anti-aging Medicine. Wow, thank you again for being here and for just being a great voice and to start off this whole summit.

Donna Gates: I'm ready, I think this is an important topic and I've had lots and lots thoughts around it, I hope they all come out right now.

Dr. Robyn Benson: I'm sure they will. So, here's your title of your talk, "Limit the harm that air and for that matter, air travel does to your body". So, let's listen to you now.

Donna Gates: Well, let's see, where do I start? I think air travel is not going to go away, so, we have to begin to build our bodies and make them stronger. And I made like a little outline here, so, I sort of follow it. When we fly, it's extremely stressful, that's the number one thing that's happening to us, and of course we get very dehydrated. I'm going to start with the airplane travel actually and mostly focus on airplane travel. Because traveling in a car is not so stressful, it's actually way less stressful because you don't have to go through the rushing to get there and checking in and go into the TSA and then hoping you get to the plane and waiting in line. And to me, airplanes travel tops of the list, so that's really mostly I'm going to talk

about. Well, the whole thing is stressful, I and what happens to your guts is that it immediately shuts down through the whole experience. And if you haven't really prepared way in advance, you're gut starts shutting down days in advance. And so, you have to take that into consideration and remember that digestion isn't happening effectively when you're traveling, especially when you're on the plane, going to the airport. And of course at the airport, they want you to buy stuff to eat or to take on the plane with you. And that's the wrong thing to do.

But besides your gut, you also have a brain that is not going to function as well. And we have... if you think of the cells in our brain, like light bulbs, imagine that stress starts turning them off like popping them out, they just go dark, dark, dark going right after the other. Because we're putting on a lot of stress on the adrenals and the adrenals are making hormones like D-A-T-A for example that are... we won't think as well clearly easier, you could be snappy. A lot of us have genes where we don't clear our stressfulness, like, I have these genes actually and many, many people do. Typically, like say the COMT, C-O-M-T Gene, now, if you don't have your genes tested you probably will soon because it's going to be that thing to do. So, don't... just a story that is for later. But this COMT gene means that anytime you get stressed out, we're supposed to get stressed out, when the stressor is over, we're just to come back down again. Well, people with this COMT gene don't calm back down again, they hold out stress into their body for hours and hours and hours. So, I'm going to talk a little bit about what to do about that. And inside, so, the guide and the brain and then of course, the immune system, boy, that really takes a slam too. And that's too bad because we're on a vehicle traveling through air with people that are coughing and who knows whatever they had when they got on the flight. But also the way they are circulating the air. Now, the airlines won't tell you this and, I've even asked the flight attendants because you'll be on the flight and very often towards the end. Sometime after the ding goes off and tells you to put your seatbelts on and because we're going to land in about 20 minutes, they spray something into the air and they won't tell you what it is and the flight attendants deny it that is really clear and easy to smell it, so you don't have to be told. But, honestly, what I'm telling people to do right now is go on the airplane with a mask, you can buy these masks at CVS, a pharmacy or even at home depots they have really serious masks there for people that are doing dry while working off. But seriously, take one of these little masks with you, anything to put over your face while you're flying and the air is awful for you. And I really became aware of this because I would ended up doing this back to back trips, and we know,

like on a trip, intense hours, then back home for two or three days and I'm leaving again for another trip. And I noticed that two times when I did that, I totally crashed afterwards, and I was really surprised. But just as careful as I am about my health still lowered my immunity. As just happened recently because I'm still recovering from one this past week. Anyways, so, sorry it sounds my voice sounds okay, I just had a fall that I did but it was exactly this same exact thing happened. Now, just to give you a closer idea, a little more of a picture of what's happening to our body when we are flying, flight attendants and pilots, if they fly for a long, long time, they usually die of a heart attack. And this is very common and the pilots die from heart attacks. Now, why is that happening? Well, in Chinese medicine and this is right up Robin's Alley, we have something called the five element theory. So, the kidney's adrenals and bladder supports liver gull bladder, they go on and nourish the heart and the small intestine, that goes on to nourish the whole digestive function, and that goes on to support, large intestine and lungs and then they, large intestine and lung support the adrenal, kidney and bladder. So, there's this circle that of energy that goes around but the organs are all supporting each other. But it starts, energy comes into the body through the adrenal, kidney, bladder meridian and to the bottom of our foot, there is a kidney point... [Crosstalk [0:13:34.00] what did you just say?

Dr. Robyn Benson: It's called gushing spring.

Donna Gates: Okay, perfect. If you leave the ground for a while like 14 hours to fly to Australia let's say or five hours to London, wherever you are, I don't know where everybody is. But if you leave the ground for very long, then you're not getting the Earth's energy into your body through that point and the kidneys, adrenal bladder weaken and weaken. And that's a big deal because they're not going to support all those other organs. Into cycle called the multi destructive cycle basically where the kidney, adrenal and bladder, when they become weak, they start pulling energy off the heart and small intestine. And so, again, do this day after day for weeks and years on time and you're going to have heart problems. You're also going to find many women pilots, I always kind of clinch when I see a woman pilot who I know is going to have children or has children, I know she's going to have more and more problems with her menstrual cycle because of this, because of her was in this synergy all the time in her adrenals. So, we all have to pay, we're not flight attendants most of us we're not that much at risk. But in a smaller since, we always are and especially since many of us fly for pleasure or for work. So, just know is that you have to take care of your body especially well because it is stressful. And...

So, most people, when they start on a trip they start off exhausted because they have a lot of stuff they have to get done before they left and they want to wrap it up because they don't want it there when they get home. And also, what I'm going to wear, I'm going to get all the stuff I needed in the suitcase, a lot of people pack all these supplements, it takes a day to pack their stuff, and so, the whole thing is really stressful, Sometimes they don't even like where they're going, I mean, we don't all get travel for pleasure, some of us travel to places we really wish we weren't going to, so, it's just stressful. Well, I guess you really agree on that. And so, I think that we start the trip stressed out which is a big mistake. If you can start packing and a week or so I had the time, I keep a bunch of stuff already pre-packed so I don't have to pack all that every time. And the typical things like toothpaste, pair of shampoo and stuff like that, it's all ready to go to make up everything. And then, a little kit with my hair brush, hair dryer all that. I know they give hair dryers in hotels, but I don't like to use those, my hair dryer is better. I bring on that with me and it's ready to go. And then, I have to just figure out what clothes I'm going to wear. Like, even the stress I have now. This is made by a company called Tees by Tina, and it's like if I took and rolled it up it would be really tiny. And so, I have a bunch of this, I have leggings and skirts and simple dresses like this, that I have Michael Stars have's and I've really honestly, convert to nothing, I can get about five days with their outfits and a little travel bag, always use travel bags by the way. So, start preparing, read things on the internet about how to pack well. You can't say that I'm great at that but I'm always working at it and getting better.

And let's see what else that I wear down. So, okay. So, start planning ahead. And then when you get on that plane, realize that you are even more stressed out because you've just gone through this radar thing and by the way, try not to go to the radar, tell them that you can't... well, that you're opting out and of course they'll make you wait a little longer. Sometimes they won't send the person of your path you down right away because they really are angry with you for opting out. But finding the person comes and runs the speech and patch you down and let you go is, well worth doing that because you really don't want to keep going to that minute radiation all the time. And if you fly a lot, and so again, be sure you get to the airport in plenty of time so, you're not in a rush and you don't have to go to that machine. But when you get on the airplane, take a really deep breath, settle down... now, I know that you think that reading on a plane will be a great thing to do but it isn't because your eyes get stressed out when you're reading on a plane. And they also have a lot of movies that you can watch for free, but those movies are often action packed or scary and you're sitting there on the plane and now you're jacking up your stressfulness even more and depleting yourself. So,

don't... if you going to watch a movie don't watch that kind of movie, watch a lovely interesting documentary or something. But, hopefully take a nap if you can. I was on a plane once to Barbados and then the chef that I brought down there with me to cook for this family, they... he had one of these fountain pens that he put down under the seat and he looked down and he picked it up, and the thing was leaking everywhere. The ink had come out; it's like the old fashion kind of pen. And it reminded me of what's really trying to happen to our blood, like, if our blood could get out, it would get out and we'd be all leaking blood everywhere. So, serious things are happening as far as expansion is going on. We're in besides within dirty air and we're breathing all that and we aren't our oxygen... or I'm sorry, our body isn't working properly.

So, I'm going to say about that. So, the thing is, is everybody, they look for something to eat or they brought something on to eat, this is actually not the time to eat. You can eat about two or three hours before you fly because when you do that, you can digest the food in your stomach, you don't want to get the airplane with a bunch of food in your stomach, so, don't just eat a lot when you get on the plane. And then, if you eat on the plane, you're not going to digest that at all, it just sort of gets all gassy and bloaty, and so, don't eat on the plane, wait till you get off the plane and you take in a deep breath and you settled yourself into your place, and then eat in a relaxed way because you're not going to digest it. Now, what you could do let's say you're in a really long flight, let's say to Australia, and you don't think you want to eat the airplane food. You have to understand that the body is dehydrated and contracted in various acidic rights this time. So, the things that you do take into your body should be correcting dehydration, acidity, the fact that we're really contracted. When we're dehydrated we become contracted. So, this is actually a time where something a little sweet works better in the body. Fruits are probably the safest thing to eat, except for the sugar in them, yes. And I don't mean real sweet fruits like bananas, I mean, berries or juicy things strawberries. And I know some people do better on grapefruit and oranges and kiwi that are juicier. But the fruits are going to be the easiest to digest and they're also supplying liquid to the body.

Now, if you have a serious problem with candidiasis or cancer or some illness where you're really avoiding sugar, then, you want to either not eat a fruit or eat a small limited amount of it. If I'm eating fruit, I always have a little bit of one of our probiotic liquids at the same time and I'll have one of our, a little glass of energy biotic or something to. Because that's where the bacteria now going to, the bacteria will eat the sugar in the fruit, so, you can do that safely. But, as far as eating and eating like a sandwich or grabbing a salad, you're just not going to digest that. Now, what you could

do is go on the plane, wait, you can't do that, I'm going to think of it. In the old days, you could actually make a smoothie and bring it on with you, but you couldn't bring it with you and before you got on the airport, airplane, drink the smoothie. Because it's like a salad that you all blended together. It could have things like cucumber, celeries, zucchini, lettuce, wonderful herbs like cilantro and meds, but a little bit of maybe green apple, but blend that together, put it into that little bottle, like, KeVita is a... what is that? Food and drink that I recommend more than Kombucha because, it's a really made properly and it doesn't have the wild yeast in it, the Kombucha does, lots and lots of people are sensitive to wild yeast. So, save those bottles and use them to put things like this, in your smoothie and take it with you. Then, once you get to the airport and you settle down, you're waiting to get on the plane, drink something then if you going to think you're going to be hungry. But, that's easy to digest. But mostly drink water, drink lots and lots of water. Water with lemon juice, water with lime juice. There's a company called "Nalgene", N-A-L-G-E-N-E and they make these plastic bottles that nothing leaks out including oil. They were made by medical... really they're a medical grade company carrying blood and things like that, if they had to put that in there, that could be contaminated. So, you can get those at stores like the container store. And in there, because remember you're allowed to put three or four ounces, put things like juice, like little lemon, little lime juice. I also bring on powders, like we have a product called Super Spirulina Plus and Vitality Super Drink; I literally put these things into my water after I get on the plane. Now, after you're clear to the TSA, you can go by water, try to get better quality water like in L.A. here, they do have better water, but, most airports they have Dasani and whatever that other one is. But, they're at least clean, they're very, very clean, they're reverse osmosis, so they're fine, they just lack minerals. So, you can bring the nose with you. I highly recommend adding minerals in water or adding mineral rich things like, the greens, the greens I just mentioned they're very rich in minerals. These actually keep feeding your cells and giving your energy while you're travelling and you'll get off that plane feeling great because you're hydrated and you don't have all the stuff that isn't digesting inside anywhere you're gassy and bloaty, so, those are just great things to do on the trip. Let's see.

Kevin Snow: And that you have mentioned that...

Donna Gates: Go ahead, yes; ask me questions anytime you want.

Kevin Snow: So, Stevia is something that certainly it's a life saver for me, could you share a little bit about Stevia?

Donna Gates: Yes. Yes, right.

Kevin Snow: Stevia.

Donna Gates: You're bringing that up. Well, to me, me too, because this is so perfect that you ask this because actually when we get dehydrated we get contracted. So, that's the time when you're really drawn to a sweet tasty substance. So, that's why some fruit will be a better choice for you, a fruit juice maybe. But, put Stevia in lemon water or lime juice, and now you have a lemonade, and you're body is quite happy with because things it's getting something sweet. So, that's great I'm glad you brought that up. Because that's actually one of those ideas that I thought about which yesterday in the show something I forgot to now.

Kevin Snow: That's great, thank you. And that's very simple and really is something that we can all do when we plan ahead. So, then Stevia got probably something you can travel with that easily comes in a, that's something that's valid form or not.

Donna Gates: Yes. When I find the powder, when I first brought Stevia into the country, really honestly it wasn't even Stevia it was her Body Aside. But I found it in a Chinese University you're amazing arrangement that I always call divine arrangements. But they couldn't speak English very well and I certainly don't speak Chinese. So, I was asking for Stevia and this is what they gave me, so, I always called it Stevia that is really what mostly were Body Aside with a little Stevia. And so, the powder is what I started with, and it was so hard for people they miss way too much not like it. And so, I got the idea to put into a liquid form and now it's available for people in both forms. The liquids are way easier to travel with and work with. Now, once I get to where I'm going, I already have some ideas for that too.

Kevin Snow: Great.

Dr. Robyn Benson: Can I just a minute, [Inaudible 00:26:03.06]. Were on Stevia subject because sugar is such a big charged word. Because there's Xylitol and there's different sugar substitutes, of course everyone should know, everyone just probably knows that just try to stay away from equal and. So tell some of the things that are out there that people really should not be doing?

Donna Gates: Well, Splenda, [German Collie 00:26:29.17] got sued by them for going on a work path to get spread up.

Dr. Robyn Benson: Yes, we just need...

Donna Gates: Lots of research on how it damages the kidney and liver, so no Splenda. NutraSweet and Equal are really aspartame. They just gave, aspartame doesn't sound like something you want to put in your coke or Pepsi, so,

they call it NutraSweet and Equal. And I hope people aren't buying those, I hope people know better now, because there's thousands and thousands of cases, they were back in those days when I was working to bring Stevia and there are already seven or 8,000 cases on people that were having seizures and other damage from aspartame. But they kept selling it anyway. And in the patent run out and then other sugar substitutes like Splenda came on the market. But Stevia is really the safest and then also... So, in the sugar alcohol world, there's like xylitol, sorbitol and so on

Dr. Robyn Benson: Erythritol is another one, erythritol.

Donna Gates: Was about to talk about erythritol because those sugar alcohols give most many people, many 20% of us actually get diarrhea when we eat those. So, sorbitol, Malitol and xylitol which is flake. And other people are fine with them, you want to be sure you get your xylitol if you're using it from birch bark. But, the erythritol is the one that safest and doesn't get people get digestive disturbances. It's actually fermented, it's only one that's fermented from some kind of substance, it can be converted of, fermented off a sugar cane or off of corn, and then, you want to be sure that it's genetically not genetically modified. Now, another... so, after years of working with Stevia impiety, the FDA in creating this market for it, so that it became... they approved that as a dietary supplement finally and as a sweetener though. I use to feel badly because I work for lots and lots of sweet sugar especially back then, ways into the career. And their moms every once where I see those e-mail where they say. "I feel so badly, I can't give him a cake, a birthday cake, it's his birthday." And I feel badly too because you see, you can't bake with Stevia; it has this great and dairy products and then fruit things and yogurts and all kinds of stuff I don't know if the rest of the people find that. But, and actually a new recipe book that we're just about to release with lots more recipes. But anyway, I really felt badly about that that they didn't have something they can bake with and that's when I was able to find a sugar substitute, which we call it Canto. Which it's been in Japan for 15 years and the government loves it and tells everybody to use it. It's... there are two flavors, brown one and a white one, and you can bake with it. So, that's a good choice, it's actually a combination of erythritol and monk, fruit put together in a very special way to this... ton... a whole team of Japanese scientists to figure how to make it and make it taste good and all, but it's very useful for baking. Hopefully, people will eat from in their foods as part of their regular life diet and all. And actually, you don't have a lot of... you don't walk around craving sugars like I never, never want sugar, but

everyone... somebody just brought me a glass of water with lemon juice and Stevia then it's delicious and refreshing. So, I love it when I use it. But most of the time if you're eating fermented foods, you begin to lose your... they're sour and you begin to lose your desire for sugar. Now, I do travel with Stevia by the way, I keep a little bottle of stevia with me and when I go to restaurants, I always ask them to send me... bring me out some bottled water and lots of times I. Well, I use to ask for sparkling mineral water, but there's only two sparkling mineral waters out there that come naturally sparkling out of the ground and one is Gerosteiner, with the G-E-R-O-S-T-E-I-N-E-R, it's German. And the other one is [Apple Enerhiya 00:30:42.29] I can never pronounce that word, but it's a green bottle, also use securities, both of them, they're both from Germany, and they come right out of the ground naturally carbonated by nature. Otherwise, they're all carbonated by man and that makes a big difference. Some people that the ones are carbonated by nature actually help people digestion often, typically blood type A. So, anyway, I order water and I sometimes do carbonated but, if it's Praia, one of those, I'd never order it. Even in San Pellegrino because it's not naturally carbonated but some types of juice. But I always bring up, and I have bring me a little ball of lemons and I'll bring out my Stevia and I make lemon juice for myself, and I start drinking that. So, I don't even want dessert, because I had something sweet that I have. And also, lemon juice helps you with digestion, it's any acid like that, apple cider vinegar, lemon juice that helps with digestion, I always bring digestive enzymes, these lemons I bring them along because it's really important. Usually even while you're on the trip here you could be stressed out, so, you want to always use digestion for that. And then I always, I have this little travel thing that it's made for you will put make up in it, but I put instead of this little Nalgene bottles and one has olive oil, one has apple cider vinegar, and one has a little file [herbal Morrie 00:32:07.02] and healthy sea salt. And so, I can go to any restaurant anywhere and make anything taste good. I happen to have these genes that love olive oil.

So, sometimes I'll even pack more olive oil in my suitcase, and then I'll refill that little bottle because I, for me, it's highly beneficial to put this olive oil all over everything I eat, gives you a really pretty skin and gives you more energy if you have the genes for that. So, anyway, a lot of times in restaurants, most of the time actually, they don't have good oil. Now, they'll tell you they do, but then you make sure... so I always say, you know what? I'm really, really sensitive to vegetable oils and if I eat them I get really sick and my eyes get all swollen and then they get scared that I'm going to have like that, and a [Inaudible 00:32:54.18] shock or something. So, then I say "Would you please go back and make sure that you don't cook in canola oil or refined vegetable oil or... or isn't a cut...

they cut vegetable oil with canola oil.” And so, sure enough and they come back and say “the chef said that, they do need that.” So, I’ll say, “Well do you have real olive oil in the house?” And sometimes they do, sometimes they don’t. But I always have it anyway. And, I can always have a delicious salad with my own stuff because I have that little kit with me. So, that’s been like a life saver for me. In my suitcase, I carry probiotic liquids because I always want to stay on probiotic liquids while I’m traveling. That again, all that bacteria goes down in your gut and that’s your immune system, 70% of your immune system is down there in your gut. So, they travel very well in a suitcase. And, you see, I have my assistant booked the hotel and ask them for a refrigerator. Sometimes I even lie and tell them I have a sort of medical reasons just to get my little refrigerator, but then, I can tuck things in there. If I’m able to either to ask the driver of the cab to stop with the whole foods or something a whole foods store near me, between me and the airport, I’ll pop in there and get some things to put into my little refrigerator or I have some things with me. Now, one of my friends was telling me that she does something where she takes formulated vegetables, and she grinds them up with either ground turkey or ground beef and she mix little cubes out of an inch and dehydrates them at a high temperature until they’re all dried out. Then she takes... she freezes them until she’s ready for them and her boys plays sports, so, she gives them this for protein energy, but that’s another little tip. But [Inaudible 00:34:42.20] something fermented with you, fermented with you to keep your immune system going well too. And then, do you want to ask any questions? Because we’re rambling on here? Anything?

Kevin Snow: That’s absolutely, well, definitely I want to know more about the fermented foods, this is definitely something that is kind of out in the consciousness now and.

Donna Gates: Yes, finally.

Kevin Snow: Yes. So....

Donna Gates: When I started years ago, there was not a single... there was one company in California that made yogurt, and nobody brought it, nobody even liked it, but it’s hard to believe, but. So, we didn’t have fermented foods, and now thank god, there’s this revolution going on and every body’s into them.

Dr. Robyn Benson: So, talk a little bit more about what they are and give people examples of how they could integrate fermented foods into their travel a little bit more. Like how weak are you?

Donna Gates:

Yes. Well, okay. I'll even just start with the term sour crap. I started saying sour crap because, well anyway, that's what I thought they were in the beginning. Those shredded vegetables basically a shred based... those cabbage up, they pack it in a jar and you let nature ferment it for you, and the reason nature does that is because on cabbage and all the plants that grow outside in the world, there's a huge amount of bacteria on them. Unfortunately we can't see bacteria and probably we won't want to eat them, eat the plants but they're definitely there. And so when you shred them up they put them in the jar, the bacteria come to life and they start eating up the little shredded pieces of veggies and they break it down and they treated into a fermentation. It's like one of those miracles of nature and fortunately we have survived. People talk about Paleo old men and before the Paleo old men started emerging where our ancestors were the chimps in the age, not gorillas but chimps and apes and they were knuckle walkers and the first man was a knuckle walker. But their food was fruit. But, then as man got more developed then started that wasn't... the food wasn't so available, the fruits and all, they started eating animals and then their brain developed and then we turned out like we are today Well, fermentation was always, always on the Earth because it just naturally happens, and it's how man as he... at first he didn't have... of course he never had the science to know why fermentation was written, he just knew that those foods were safe and they last in a really long time, like, through the whole entire winter when there was nothing to eat, the fermented foods that they buried into would vessels, containers, they were safe to eat. So, they're really, really been around for a long time, but then our country when I said start teaching about the Micro biome and the importance of the bacteria and how the fermented foods or how we keep that Micro biome inside of us. The... I said sour crowd and then people would go in the health store and they buy this jar and it was pasteurized and had salt and citric acid and vinegar and I thought this doesn't working very well. So, I stop calling them sour crowd and then I started calling them things like cultured vegetables. The sour crowd is just cabbage... it's things like caraway maybe garlic. But you can take a lot of wonderful vegetables and ferment them together and come up with amazing recipes. I have them in a book it's coming out, but they're really wonderful, and yes, they're sour, but when you start eating them, either you love sour food in the beginning or you have the... it's an acquired taste but within four to five days, when you have a meal without them, the meal doesn't feel fresh and complete. So, and they're fantastic for helping you digest the meal. As you eat them after meal and then you chew you them up and it's going through your digestive track, those bacteria are in there doing important things, they are breaking on the proteins, breaking down the fats, extracting the minerals, looking for parasites and eggs and

larva that were in that food that you can't see and eating them up so you don't get a parasite overboard. They're just essential to our gut health. And so, I started to teach that to the world and now... and there's a lot available in stores, more people are making them available where once you only had... the only way to get them was to make them yourself... [Cabbages 00:39:24.00] become extremely popular and it's inexpensive. The only thing that's a mead was it's a wild fermentation process so it has wild yeast. Excuse me. And that's an issue because something [Inaudible 00:39:38.08] to give you 50 something down were born with yeast infections. And the yeast in our body, and so, our immune system is always working to bring that yeast control, and it's very aware of it being a serious enemy. So, you'd taken more yeast and you've got the strong autoimmune response to that. So, we don't recommend which unless you're sure that you're safe there. And then, let's see, well, the fermented vegetable...

Dr. Robyn Benson: Does that mean... can you come back to Kombucha, does that mean that people who already have yeast are just going to add to it if they do Kombucha or maybe not the KeVita brand?

Donna Gates: Yes. KeVita, it doesn't use the same process, they actually it's a close fermentations of wild fermentation.

Dr. Robyn Benson: Okay.

Donna Gates: Kombucha, wine, beer are open fermentations, which means that the air can get into them and there is yeast in there, live yeast from the air, so that's why people reacting. Also, with the way people make Kombucha they're not fermenting it long enough to get rid of the sugar that they... which tea and sugar water basically, and that's very hard for the bacteria, they can get... they can eventually get rid of it, but by then the Kombucha taste like vinegar. And so, that's okay if you want to ferment it to that level, but that's something what people are doing.

Dr. Robyn Benson: Let's talk a little bit...

Donna Gates: KeVita is a whole different process, so, it's... I'm used to these people towards KeVita.

Dr. Robyn Benson: I'd love to talk a little bit more about candida because I think the travel in many of its faces becomes like a great opportunity for people to boost their candida levels in their body right? [Crosstalk 00:41:16.05]

Donna Gates: Because we have it present in our immune system is slammed down from the stress in the travel and the dehydration and all that. And so, the... this whatever level you have, candida is going to get more acute during that

time. And I like to talk about this subject because no matter what I can't get people to understand what a serious infection it is. Doctors that know how serious it is, immediately put their patient on impromptu like they stat and saying what's safe. But, it does have some side effects who are not like could cause cancer side effects, but it does have side effects. A lot of people get digestive problems like gas and bloating and diarrhea for being on it. And the thing is, it's not... bringing these under control and conquering it, it is suppressing the symptoms, and you must bring these under control by starving it. So, you've got to be in a diet that's sugar free, gluten free and casein free, at the same time you've got to build the immune system, and that's why the probiotic foods and the right foods and digesting well, preparing your foods properly which is all the things we teach. That's why it works to overcome this infection, because you've got to bring it under control. Once you've had it so since birth for example, it could flare back up again and when you're under a certain amount, use certain things like you can start eating a whole lot of sugar, have a lot of stress and it will just come right back up again. So, it's a real common, common problem, every single child that we worked with autism and we start... the reason you have so much success is because we know they have infection, every one of them, and they... we start putting them on a diet that's addressing the immune system and... In serving the yeast basically. But that's true for everybody; it's a very common condition. When a woman pregnant, her yeast infection becomes really acute and she passes that onto her baby. And the reason it becomes acute during pregnancy is her sugar goes up, it supposed to. So the glucose... the baby has this really intelligent brain, her estrogen and progesterone go up, they are supposed to also. But these are the things that make that infection really acute. And so, the babies born with it and this has been happening for several... a couple of generations now.

So, it's a really serious problem. And they use in producing so many serious toxins like acid aldehyde which is interfering with their brain. They are very... they want to live inside of you and they're very good at making sure that you stay just a little bit stay alive, now, stay alive, they don't kill you, but it could kill you but there's enough of them. But they lower your body energy by converting your T4. So, T4 has to convert to T3, that's a thyroid hormone, it converts to T3, T3 goes into the cells and gives us energy. So, they secrete the toxin that prevents that from happening the T4 can't become T3, they block the receptor sites so the T3 can't get in. So then, you have a low thyroid, Hashimoto's type energy, and then you're cold all the time they loved that, they like the body when it's cold, they don't like for you to get into a sun out. They eat minerals out of your body and nutrients like proteins. So yes, during the flight, a stressful period, your yeast infection is going to become more acute during that

times. [Crosstalk 00:44:49.19] Mineral rich body, mineral, keeping your body really more very mineral rich and more alkaline is important.

Dr. Robyn Benson: Yes. I'm so glad your bringing up this yeast issue and how it impacts thyroid because that is a major issue among, well, how much of the population right now has a thyroid deficiency? I see it on my tables with all of my patients most of women patients, but men too. [Crosstalk 00:45:15.24]

Donna Gates: It seems like everyone. 40s, 30s and 40s are all struggling with it, yes.

Dr. Robyn Benson: I also look at tongues on a regular basis as a doctor of oriental medicine, and there is so much yeast overgrowth, I mean, just coated tongues. So, if you're listening to this right now, look at your tongue if it's really coated know that more than likely you have a fungal overgrowth in your body. So, this is really important message for you that if you want to travel healthy on a regular basis you really get this yeast under control, and just to know that the yeast often while we're craving the sugars right?

Donna Gates: Absolutely, yes. So, while sugars... so, in the summer time when we're hot and contracted and dehydrated, all the fruit comes out because that would normally be a great food for us at that time to make balance with the heat. And here we are in a plane, the same situation kind of maybe not hot, you could be freezing actually, but you're contracted and dehydrated. And then of course, you'd want something sweet. So, the right feeling when you get off the plane with their sweet stuff, ice cream companies standing there the lines, get an ice cream after people fly is like, so many people., that's why you're contracted, so that's not a good choice. Better choice would be drink a lot of water, put minerals in it to keep your alkaline, and then you want... you can resist the ice cream stand that's waiting for you when you get off the plane, and that feed your yeast.

Kevin Snow: Okay. What are some of the other mistakes that we're making while we're traveling that you definitely spot from there?

Donna Gates: Mistakes. Well, I think just to sum them up going to depletion, energy depletion, sleep deprived before you can get on the plane, and then, stressed out, those are the... and then eating, eating on the plane, I would say those are the key things that we're doing. So, and then watching the exciting movies. I did that when I got on the plane to Australia, and it was, the flights from here to Australia leave around 11 at night, so it's totally bed time. So, I get on the plane on hours just flying and well, you really need to like put a sleep mask on and this little thing I hang around my neck because it brings ozone into the air which really

makes the difference by the way, I loved those things. And so, I'm ready... and I thought well, let me just see what's playing, Well, there was all of these movies that I've missed because I always miss these, because I'm working and traveling. So, well, all right, I'll just watch one movie. Well, whatever it was, I don't remember at all but it was so exciting that I couldn't go to sleep anymore. And so, I didn't, the whole flight, I was... So, I just like watched more movies. And then, normally, it was a really good lesson to learn to not do that, I'm going to Australia in June again to train more people, but I am not watching any of those movies on those time. Because I... normally, you arrive in Australia very rested if you take like a six hour nap, wake up... no, what about... oh here, some other ideas. So, there's this product that you can buy that's called the Homeopathic Jet Lag Product. I think it was something like, something through a sleep, I forgot the name of it, I'm sorry but.

Dr. Robyn Benson: It's what you call, known.

Donna Gates: The Jet Zone it's like that, I think it's got something in that title, but they sell it right in the airport and it really does work, but you got to remember to wake up about every hour and take a couple of those little homeopathics but they do help for sure. And then of course, when you get there, if you need to definitely it's melatonin, there's vast on a research from the safety of that. If you're holding back thinking that it's not safe, it's very safe. So, three milligrams maybe could put you to sleep on the planes, so, you sleep deeply for about six hours. When you get to the place, if there's a really different time zone, Australia is easy because you arrive in the morning and then that night, you're really tired you go to sleep. But some places like Europe, you're really tired and use the Stay Awake as long as you can, stay in the sun, I'm sure everybody going to say that all your interviews. And get this light into your eyes and then go to sleep and eat when they're eating, when they would eat there and sleep when they would eat. As far as another trick goes and this is probably only one has been talking about this because I've seen the only one that talks about colon therapy.

But if you get on a long flight like that and you have a colonic beforehand, let's say that day before, the night before. Or if you fly at night got in the morning if you can anyway. The colonics are very hydrating, and a lot of water actually gets absorbed from your... into your body from the colonics. And so, I've told so many people this and they absolutely will agree that their body doesn't get dehydrated even on a really long 14 hour flight if they had a colonic. Then when you get out from the trip, have one again because, then you're going to reset your digested track believe it or not. So, the colonics is just washing out in your... the food that's in

your colon and then., then you start eating and your body resets itself, your digestive system resets itself then. I'm a big believer if you're going to do colonics, you need to drink water with a lot of minerals and then afterwards, I always encourage people to do implants that they can with minerals in them. And then, the other thing is...

Dr. Robyn Benson: Can you talk about what that is? For some people who've never heard... had a colonic or don't really know what it is, can you talk or maybe mention because I think it's kind of important. How many days before you travel will do colonic and how many days, like, within 48 hours of returning?

Donna Gates: Yes. I mean, like, obviously, if you're traveling that day or probably won't be able to have one, but maybe you can go in the morning and travel in the afternoon. But as close as you can to the flight to get the water into your body. Because inner colonic, your body will absorb a huge amount and you can see the difference, your skin is so different afterwards. And your body is clean and you're... obviously... okay, here are some things about colonics. Some people think you wash out all the bacteria, but you don't, you wash out the... you take away the stool that would be there, and that's... oh, that bacteria that's in a stool is obviously going to ... would have gone anyway. But we have a lot of bacteria in this days nestled into the milks and crannies in the mucus lining and they're not going anywhere, they are still there. They like to get a little shower every once in a while. So, your fine on that one. And then, however though, you've just depleted your colon, sort of like emptying your refrigerator because there are B vitamins and hormones and things that your body... well, minerals that your body will use if it needs them out of the colon.

So, now fortunately there's food up in the small intestine from a previous meal that's working its way down in about 3 or 4 hours that would have made his way down in about three hours down into the colon. So, you're beginning to fill refrigerator back up again. And, but in the meantime, after a colonic, it's better to drink like pureed soups, warm soups, misua soup, just don't eat salads, Smoothie would be fine, but not a salad because they're hard to digest. Think about that afterwards. And then also if you have a colonic, don't go, ideally, don't go like wearing yourself out and picking your kids up from school and playing tennis or whatever because, you really need to re-still. You've just had a great therapy for your body and you don't want to stress your adrenals, your energy.

And so, then I just said that well, what if I'm going to have a colonic and get on the airplane? Well, yes, you got on that airplane and then you... get your chair back and you start taking a nap and drinking a lot of water and you'll be fine if you do that. But what I mean is that a lot of people

don't realize that the refrigerator's empty, so you don't want to force your body to go out and go back to the colon getting nutrients when they're not there for a little while. And so, colonics are amazing if they are done properly and they're done... they're just I mean, that's a whole talk, that's like a long talk and then it revs out. But traveling is another great time to use them...

Dr. Robyn Benson: Yes.

Donna Gates: ...before and after the trip.

Dr. Robyn Benson: I just want to mention here to everyone listening, Donna, just put on an amazing kind of global summit too called the... was called the?

Donna Gates: Healthy gut?

Dr. Robyn Benson: The healthy Gut Summit, yes. Where gosh, 80,000 people around the world that were watching, that you had 30 speakers I believe and...

Donna Gates: Actually have [Inaudible 00:54:14.18] so, you put several people.

Dr. Robyn Benson: Thirty-seven.

Donna Gates: Yes. Because people were calling me and saying "Oh, can I be in the summit?" And I thought, "Yes." And then, we found out that was like a little bit too many. But, so four people are in a bonus, three of the talks around parasites, they're quite interesting, they were very popular. But we had over 80,000 people listening, it was... obviously people are interested in there gut based on the number of people who signed up to listen, and we did great, as you will Robyn I mean...

Dr. Robyn Benson: Right.

Donna Gates: ...it was so rewarding when you do these interviews to have. I hang up from this interview thinking, wow, what a nice person, how caring they are, I love this person, they care so much about all of us. They do the work they do because, they're trying to help. And I kept repeatedly feeling that way, but I thought, well, I hope people will find this information interesting, but, I realize that I know a lot of stuff about the gut and. So, they were saying things that I already knew and I forget that not everybody knows as much all of us know. And so, we had a lot of people saying, it was just like they never heard the information like that before, so, I was really gratified.

Dr. Robyn Benson: Of course, I know that high, that feeling. After the two years of the Self-Care Revolution, yes. Just like... I mean, with this summit too, gosh, Donna, we had so many people to choose from and no one that we ask

know and that's just how much people really care to educate the world on this very important message as your shedding light on so clearly, it's a, there's a lot of work to be done to really practice this Self-Care that's necessary to be a healthy conscious traveler into today's world, right?

Donna Gates:

It really is. You just realize your...about...you're choosing to do something that's harmful, and so, you've got to create balance. One of our sovereign principles in body ecology is the principle of balance. And that's the Chinese medicine principle that you are both so familiar with. We don't really know it and practice it, but that's a perfect example. Yes, I think it's something stressful, so, I'm going to think of all these things I can do to undo the stress, minimize the stress, repair the stress to your body.

So, there are certain supplements that I highly recommend. Like theanine and GABA are wonderful to take, you take them before, you can take them during, you can even take them afterwards. Theanine is actually hits the GABA receptors and many, many people will tell you, when I'm trying to sleep or get worked on, my mind is chattering away, telling me don't forget to do this, don't forget to do that. And they can't stop their chattering mind, especially as the adrenals become more and more depleted, and they pull that energy also from the brain, then our... we get that chattering mind. So, theanine is excellent for calming down that chattering mind. You have to take a fairly large amount of it. I usually recommend a product via SynoGene because they have a 400 milligram one. You might have to take three of those twice a day to be really... theanine is in green tea, but you'd have to drink like 50 cups of green tea to get that much, maybe 100 cups to get that rich theanine, but it's wonderful. Ash Uganda, begin taking these things way beforehand so that you already packing and doing on the self that you're not responding to the stress. In other words, still stressful but your body is like fine with this situation, and you're handling it well.

Something new that has come on the market is something called "CVD" and one of our talks with doctor John Hex was CVD, because CVD, there's this receptor sites for CVD in the brain and in the gut brain. Now, CVD is something that you get from the marijuana plant but it's the part of... a very significant part of the plant that has no THC, so, it's not addictive, it's not like it doesn't change your brain in any way of behavior, it's just very, very calming for people. If you start using it, at first you might not notice that it's effective, but it's because it accumulates I mean, like on day three and 30 days later, it's even really feeling the effect of it.

So, if you've got something like this in your arsenal, you might pull it out at this time and begin using it again. Ash Uganda, holy basil is great because in [therapeutic 00:58:49.5] medicine, they... those two herbs

there, holy basil and Ash Uganda are kind of their favorite herbs. Holy basil brings cortisol levels down. A lot of times... here it does everything too. Let's say that you arrived somewhere and you want to sleep till 9:00 or 8:00 or something, and you will wake about 3:30 or 4:00. That's because your DATA has risen and your cortisol is up now. And so, holy basil is very good for lowering the cortisol back down again. So keep some by your bedside table, and if you do that, pop a couple of the Thai herbs mix some really nice holy basil, pop a couple of those in your mouth and hopefully you'll go back to sleep in about 15 minutes. But we do need these... we need to find, Relora is another product, SynoGene I think is the one that has a product called Sedalin, S-E-D-A-L-I-N, that's a really good product for sleeping too.

But at this time you might need to really power up and use more of these supplements together. The GABA, the theanine, the Sedalin, and the melatonin at this time. Because you're moving against your bodies naturally rhythm. Now, we have these clocks throughout our body, we have this major clock in our brain. But then another major clock, this clock in our brain is connected to a clock in our adrenals. And so, that's really important to reset this clock and then reset the brain clock and then reset the adrenal clock, and you do that with light. So, that's why you want to be sure out in the sunlight, getting all these light you can into your eyes and begin to reset your clock that way. They say that it takes for every hour, like, if you go on a trip and there's an eight hour difference in a time zone, it's supposed to take you eight days to really recover from that time zone change. But, it doesn't really. If you do these things you... and then get home and don't plan to go somewhere important the day you arrived home, give yourself a couple of days to settle back down, get your body chance to acclimate to its place that it's in and just realize that you've just done something really remarkable, difficult and give your body a chance to catch his breath again basically.

Dr. Robyn Benson: Awesome. That's a big, big issue is this whole sleep thing, these are great herbs, theanine, I love that one, and Ash Uganda and Holy Basil. I've used these with my patients on a regular basis, excellent, excellent choices, that's fantastic. I know we're coming to and here, Donna, but, just wondering from your summit, is there anything like when you would just kind of encapsulate what you heard from all those speakers in your wealth and information. What do you think are like the three most important things that you would say about a healthy gut that's just so critically important, even if you've already said it, Donna, could you say it again. Because Donna mentioned, I mean, as a big part of your immunity is in your gut and your neurotransmitters are produced there. So, for the healthy traveler, you want a healthy gut?

Donna Gates: Yes. I would say a 100% of the speakers will tell you that if there is something wrong with your first picks the gut, that's consistent across the board.

Dr. Robyn Benson: Great..

Donna Gates: Everyone was a 100% aware of the gut. They all took different aspects of it, the gut-brain connection. The importance of diets, diet is critical at the first place you start using with the elimination diet, so you're eliminating the stuff we eat all the time like the weed and the wood from any grain. A lot of people prefer initially more of what we're now calling Paleo where you're not having any grains at first. You can't stand that forever. For a lot of people, they will get in trouble and they start to not be able to sleep and all because the grain like seeds like we recommend [chemo 01:02:52.05] know it. And later on, oats, whole oats that are such to prepare properly, GABA rice, there's a strain of rice that's very rich in GABA. They're very beneficial for people, the bacteria... everyone was very mindful of the importance of the bacteria and what they're doing, that's the future of medicine.

The number one thing that people studying today is the gut and the Micro biome and the bacteria that live there. And it's going to be something that we study forever basically, and then the genes are really important and the bacteria in our gut have their own sets of genes, there's trillions of them and every one of them has a little set of genes that belong just to them. And that was kind of consistent across the board for everybody, now, my speakers are very savvy and very well-educated, so they know all of these.

And just the importance of the gut, gut fix that first. And of course, protects it, stress kills the bacteria, high sugar diet kills the bacteria, high fat diet kills the bacteria and your gut too. The other thing that was intriguing to me is that of course, no one talked about colonic, so actually I didn't bring it up. So, I got glad I got a chance to talk about them here. But, nobody talks about fermented foods either. And every once in a while, I'd say to different people like [togepe and Mike Hymen 01:04:16.04], quite a few people actually. I'd say well, well, do you eat fermented foods? And they do, they do eat fermented foods, they just weren't thinking to talk about them. And they know they're important too. So I was very happy that I got... they said that on their in their talks.

Dr. Robyn Benson: I just want to take a little bit more of your time but, I remember when I was talking too at the Bulletproof Conference, we're talking about genes and testing genes. So, can you talk a little about that, because I know that there's a program that you work with.

Donna Gates: I do, I work with smartdna.com.

Dr. Robyn Benson: Right.

Donna Gates: It sounds with .com, smartdna.com.au, it's from Australia. The part of the geneticist is from Australia and she prayed that up. But, that's a \$499 test, it's a onetime only and never have to take it again and it gives you over a 100 genes and it's wonderful. But, anybody should take at least the 23 in me test, that's a \$99 test. And, well I have some issues with 23 in me because they were that smart DNA uses gets your gut DATA and destroys it. But 23 in me is going to need a lot of research based with their gathering, but, that's okay I guess. The key thing is that, the FDA has restricted them and they are only allowed to give you this raw data which is of no use.

So when people order it, they give you all these interesting stuff about how much Neanderthal you have in you, you might have three... we all have Neanderthal in us and some of us have 2% or 3% or whatever. So, that's kind of fun to find out that you really were, had an ancestor who was a Neanderthal.

And it tell you how much Jewish you have in you and how much Western European or whatever English or it's fun. But, so, a lot of people are doing it for that reason, but all that raw data is priceless. So, some doctors, many doctors are learning this, they can help you interpret it, you can go to a nutritional consultant who can help you, it's a wonderful, wonderful thing to know. But, and you can also pop over to a website called geneticgenie, the little genie that pops out of a bottle. And then, you can type in... So, go to geneticgenie, and when you get there, follow the instructions and they will allow you... they'll take you back to 23 in me and you have to say yes, it's okay to have share the information. They go back to geneticgenie and they print out your methylation and your detoxification.

Now, detoxification is really important to look at because that tells you how well your liver is working. And there's all of these enzymes that you're looking at that tell you so many things, are you clearing estrogen? Are you at risk for breast cancer and prostate cancer? If you're not, are you sensitive to drugs? Like, if you go on Paxil could you maybe end up picking up a gun and shooting yourself because you have that... this gene one of those types. So, it's really fascinating to get that. And then, over in the methylation side, that's about detoxification tube in a different way. So, methylation is a process that's happening in the body that your doctor should know about, you might not know about. But, every single one of the 23,000 genes in our body are being turned off and turned on properly

by methylation. So, if you have the COMT gene C--O-M-T. It'll show up, if it's read, you're one of those people that can't clear stress. So, you have to start doing things like meditating or having massages or having your husband your husband rub your feet at night so you can fall asleep, taking reishi by the way is a wonderful Chinese herb. I mean, I know you know all kinds of Chinese products for stress.

Dr. Robyn Benson: Right.

Donna Gates: These people absolutely have to do this, it's critical for them. But there's also ones, the MTHF or the MTRR, there's... it tells you so much about your body, it's the future. I'm obviously really excited about it because I like to help people and I can't even, don't even want to do a consultation anymore without knowing this, because I can take them into a completely different place if their genes have been tested, even with the 23 in me. So, I think for \$99.00, no one has an excuse not to get there genes tested, but it is really lifesaving, truly lifesaving and fun and fascinating too.

Kevin Snow: This has been great, great time I think about them.

Donna Gates: Well, we suddenly can ramble into a lot of places which is surprising because I thought we were just going to talk about the gut all time.

Dr. Robyn Benson: This is so good, it is very important territory to cover more debt like you did. I mean, people need to know about their genes, their genetics. So, you say this is future medicine and we want to bring to the Healthy Travelers Global Summit, and I love that you talked about colonics. And we're giving you a lot more time because you are our first speaker of this incredible series and I know Kevin, you have one more question and then we'll wrap up.

Kevin Snow: Well, what would you change about the travel industry? So, something that you've experienced for all your travel?

Donna Gates: I would get rid of TSA. This awful thing, it's just a scan. I would be taking that tons of our time, tons of money. At least they're hiring people that's good, but, the scan could stand near that scanner all the time, I feel so sorry for them they're young women, they're going to get pregnant, young men with sperm, like, it's just not a good thing. And then on the airplanes, don't spray us with whatever that is. I know I could look it up and find out what it is, there is definitely something you can smell it, don't do that to us. And starting venting planes that are safe, not just because they're not going to blow up in midair and land safely and have safe landing gears, I'm not talking about that kind of safe, I'm talking about give us really pure

oxygen when we're flying. Don't... somehow make this whole thing... I want to say it was beds for it like, the price you could afford so we get all asleep, those seats are awfully uncomfortable. I would... and then the food they serve and some people are hungry, they're going to eat, that food is awful, I would have a lot to say to the airlines if they decided to call me which I'm sure they won't. What I'm suggesting is expensive for them.

Dr. Robyn Benson: Yes. Well, I just want to say to everyone listening, thank you for being here with us at the Healthy Travelers Global Summit. My goodness, it's so great to start off our whole series with Donna Gates. Like, we have so many incredible speakers Tommy Brian is going to be talking, we call him the Gluten doctor. Pedram Shojai, he's had a great message for you, Dave Asprey, Norms Shealy, Greg Braden, Sandra Ingerman, I mean, the list is long. I mean, again, superstars in the health and wellness world really talking about how to be a healthy conscious traveler not just by air or bus or train or inner car but how do we take this message into everyday life. Again, thank you Donna, you just started off in such a beautiful way and just all those information, I'm just taking all kinds of notes here and thank you once again for all the exciting...

Donna Gates: Thank you.

Dr. Robyn Benson: ...effort of this summit.

Donna Gates: Yes, and thank you. This summit is going to be so much more than I ever imagined, I'm so excited for it, thank you.

Kevin Snow: Yes, thank you so much.