

PART 4 OF 6



MINDSET

MAR. 14
7PM ET

POWHER Hour Questions Follow Up - Mindset

Please note, these are the questions (including spelling) that were left unanswered during the Q&A session for the POWHER Hour Series on Sunday, March 14th. The recording can be seen [here](#).

The answers to these questions are NOT to be deemed as medical advice, and you should consult with your primary care physician and / or medical specialist team to confirm that these answers fit YOUR terrain.

These questions were answered during the live; please listen to the live for the answers.

- 1. Q: I bought some red glasses for blue light blocking and they seem to make me feel anxious. My heart gets racy when I wear them and I sleep poorly the night I wear them. It seems counterintuitive. I actually returned them. Any thoughts about this?***
- 2. Q: What do you guys think of dirty genes? by ben lynch***

Below are the other questions that we didn't have a moment to get to:

- 3. Q: What is the CYP snp for using SSRI's?***

A: CYP2D6

- 4. Q: Wow what was that hiccup gene thing to look up?***

A: CYP2D6

5. Q: Who is the author of “Wisdom Bodies Women’s” book?

A: Christiane Northrup

6. Q: Are all these SNPs going to be tested during the Powherprogram?

A: A few for sure: MTHFR, APOE, CYP1B1, COMT (very specific to women and women’s health). We may have more but this one year program will be focusing on how to change your epigenetic expression in a broad stroke way and will focus on these particular ones which may require a more focused support.

7. Q: What does DNRS stand for?

A: Dynamic Neural Retraining System (can you guys expand on this pls?) I know nothing about this. Another participant mentioned it so I have nothing to offer/share

8. Q: What about popular 4-7-8 breath? Same idea as 4-8 breath? What’s the difference?

A: Answered in real time---any amount of breath work, from breath in with double time out, box breathing where you bring in 8 breath count, hold 8, release 8, hold at exhale for 8 and repeat. They could explore Wim Hoff breathing (apps and books and YouTube out there) and/or Buteyko breathing process, which can also be googled.

9. Q: Would it be possible for you to give us a simple hypnosis technique here? Any tips on how to do self hypnosis?

A: Kayla has expertise here, not me

10. Q: What was the author and publication / study about the vagal nerve

A: Dr. Stephen Porges--Polyvagal Nerve Theory

11. Q: Sensitivity to plastic chemicals in the glasses?

A: This was a participants response to why the woman above might been having issues with her red lens glasses

12. Q: Are SNPs related to mutated genes? Can mutated genes be fixed (reversed) and what is SNPs role in it?

A: They can’t be reversed/changed, they can only be changed in how they express, which is very powerful

13. Q: What genomic testing company do you recommend?

A: www.nutritiongenome.com is the epigenetic company dr.nasha’as uses.

14. Q: What was the author and publication / study about the vagal nerve

A: Repeat from above

15. Q: *I raised my hand and have a question about measuring health of nervous system ... for instance via HRV ... I lost my hearing in one ear I'm convinced as a result of chronic stress ... my wake up call to metabolic health ... I'm wondering how to 'measure' my nervous system health especially polyvagal health*

A: Discussed in previous PowHer Hour--but yes, you can measure your nervous system response with HRV--the lower the number, the worse your vagal tone, the higher, the better

16. Q: *What is your recommendation on a the best naturopathic oncology text book please?*

A: Several: New textbook very low hanging fruit and basics of integrative oncology: Naturopathic Oncology by Dr. Gurdev Parmar. For those who want to just have a massive reference book that they can get lost in but that is loaded with pearls, Dr. Neil McKinney's Naturopathic Oncology book, and for those that want to understand terrain in addition to tumor and how it all interrelates, then my book: The Metabolic Approach to Cancer

JJ is a personal friend, colleague and endorsed resource by Dr. Nasha Winters and if anyone is interested to keep working on their mindset please head over to the linke JJ shared with us to learn more and to get a discount on a few sessions to get a taste of her work: <http://jjflizanes.com/PP>

Thank you again for all your questions and time.

We are excited to continue hosting these types of discussions the next following weeks. You can find more information on our instagram ([@powherprogram](#)) or our [website](#). If you have any questions, please feel free to message us there or at info@powherprogram.org.

With gratitude,
The POWHER team

Yay team!