Are Your Health Issues Caused By Emotional Trauma Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and guest background

Hi, everybody. Doctor Greg Eckel of the bio Energetic Summit, and we have Doctor Wendy Myers, naturopathic doctor and founder of Myers detox.com. She is a detox and bioenergetics expert as well as number one bestselling author of Limitless Energy How to Detox Toxic Metals to End Exhaustion and Chronic Fatigue.

Wendy is the host of a top 100 rated podcast, the Myers Detox Podcast, about protecting your health and detoxification. Doctor Wendy, welcome aboard. Thanks so much for having me. You are very welcome.

I'm really excited for our topic in this segment, which is, are your health issues caused by emotional trauma or another way of saying that is how to do an emotional detox.

So I want you to share with us what does the research show about how physical health issues are primarily caused by emotional trauma? Yeah, so there's a lot of amazing studies out there, that show there's the ACS study that was done by, in, you know, collusion with Kaiser Permanente.

And it talked about how it shows that about 67% of physical health issues are caused by emotional trauma or adverse childhood events. That's what ACS stands for, adverse childhood events.

Emotional trauma as a root cause of illness

And so these traumas that stem from our childhood, from our primary caregivers or, you know, step parents or or what have you or adoptive parent doesn't matter who was taking care of you.

Those kind of like, you know, abuse that can happen or neglect or just, you know, interactions or anything that happened to you emotionally that you weren't ready to deal with.

Other things can happen in death of a loved one, or you know, losing everything financially or, a physical health diagnosis. All these different things can, cause traumas that can the biology can translate into a physical health issue.

And so it's a it's astonishing 67% and and the there were, you know, issues with that study as well. There's a lot of traumas that weren't accounted for.

So a lot of the experts in the field like, professional, professor Bessel van Raquel, who's, an expert on emotional trauma, and he's done years and decades of research himself, feels like, it's higher than 67%.

And the, you know, diet and lifestyle account for about 20% of physical health issues. And there's, the rest of the rest of it is due to genetics. Genetics that you can work around about 5% of illnesses, genetics that you can't, you can't do a ton about.

But yeah, it's the research clearly shows that physical health issues are not just to due to physical issues. You need to be looking at emotional trauma and addressing that with, you know, I use bioenergetics and frequencies to address this with my clients and my patients.

But the research is clear. And it it's not just this is, as I say, there's lots of other research supporting, this data as well. And then the word trauma sometimes is really loaded.

Right. So some people will just discount that of like, oh, well, that doesn't apply to me. I didn't have any trauma. But you're saying, you know, the numbers of being even higher than 67%?

Van der Kolk, who wrote The Body Keeps the Score, which is a marvelous book out there with, kind of putting this together for us. You know, most folks are looking for physical solutions to their health issues and ignoring this whole emotional component.

Or they don't think that the traumas from the past or, you know, even I'll put traumas in quotations because I don't want people to discount that, because you can hear the percentages affecting health are much higher.

I mean, the majority of illness is caused from emotional traumas. So how does it physically manifest in as illness and disease? Like, what are you seeing in your practice.

Yeah. So I mean, it can really be any illness, any disease, any illness, you know, cancers or autoimmune disease, immunity stuff going on. It can be just be symptoms, fatigue.

It can be mental distress or mental health issues, you know, diagnosable chronic conditions.

How trauma shows up in the body

It can be, really anything digestive upset, anything doesn't matter. And so we know where people have say they have, so let me just start from the beginning.

So, you know, emotional traumas reside in our energy field. So we have this energy field around our body, and this is where the emotional traumas lie.

And this is also where our physical body takes direction. So we get information in this energy field. And that's what the physical body takes instruction from.

So if you have energetic blocks in your energy field so you have a trauma death of a loved one or you or you have even isolation just being alone for long periods of time can cause physical health issues with the kidneys.

People, having some sort of trauma that they can't they just can't accept. It can cause, digestive issues or issues in the stomach. They're just, and we've found there's a correlation between or, you know, there's a lot of research out there that shows there's a correlation between specific types of traumas and how they specifically affect different parts of the body.

It's absolutely fascinating. And there's software out there that can detect those. There's a different company that I use, but there's a software, you can do a scan and you can detect, where what emotional traumas you have and what physical organ it's affecting, impacting its physical function.

And so it's it's really important for people to understand this is how the body works. And it's so simple and elegant to work in this energy field, determine where the energetic black blocks are and clear them.

And you can do that with bioenergetics. You can do that with sound therapy. You can do that with frequencies, frequency, music, music that has different, you know, Hertz frequencies infused into it.

There's lots of different ways to work in this energy field to release these traumas permanently and improve physical functioning as a result of it. You know, I have been saying for years, this is the future of medicine in the frequency therapies, the sound light, etc..

So this is, really exciting to hear. You, with your practice and in particular the emotional trauma component, tell us about your own journey to address trauma and feel better emotionally, because, you know, a lot of times, you know, it's it's our own journeys that have brought us into this work.

So I'm curious as to your path. Yeah. So, you know, I'm like a lot of people, I, I got into the health space with my own health journey, my own intense personal interest in the in, you know, feeling good, you know, and I, I just had reached a point in my health journey where I had done everything physically that I could, you know, I had the

perfect diet, all organic food.

I took my food, huge bag of supplements working out, you know, six, eight hours a week. No stress. You know, just doing my full time job with my health. And.

And I still woke up feeling like crap every morning, and, you know, and I just thought, what do I have to do to feel good? Like what? Like I'm doing everything.

And so, and then I met, Harry Massy, who's the founder of Ness Health.

Wendy Myersu2019 personal healing journey

It's a, amazing bioenergetics software. That can help you address your emotional traumas, identify them and address them. And I use this software with thousands of clients.

And just amazing the results. And I started started doing it myself. And as soon as I met him, I was open to it. And doing this, the scan. And I saw all these different emotional traumas that I had and negative emotions that were resonating with me at that time of the scan.

And I just thought, gosh, I just really hadn't thought about working on emotions. You know, I thought I had done, you know, ten years of therapy. I had read all the books, I had just done everything.

I kind of felt like I had worked through a lot of things. But you know what the research shows and professor, professor Bessel van der Kolk, showed us, he said very famously, that yapping doesn't work.

You know, talking in therapy does not address your emotional traumas because they're in your energy field. And so you can't talk or intellectualize your way out of that.

You can become an expert in your neuroses. And talk therapy and, and understand, you know, how you interact with in your relationships and things like that.

And that's an amazing body of knowledge to have. But you don't release your emotional trauma, so they still affect you physically and mentally. And so this was something I didn't fundamentally understand.

So when I started doing, ness health, which is part of my recommendations to people who were interested in releasing their emotional trauma. I mean, I started making big headways in how I was feeling, how it waking up feeling good.

I just wanted to wake up and feel good, you know? I just wanted to feel good mentally. I done all the physical stuff and I was just ready to take my health to that next level.

But in learning about, you know, bioenergetics and sound therapy, it's really, phenomenal the results that you can get in your mental space, your mental health and feeling good.

And because, you know, when you say, you know, you can't just think yourself positive. I think a lot of people out there just, you know, ask themselves, like, I have a I unless I said this to myself, do I have a really good light?

I have everything to be grateful for. I don't really have any problems or stress. Like, why don't I feel good, you know, and I think a lot of people have traumas or they even have intergenerational trauma that's still in their field.

And there's research to prove those to the survivors of the Holocaust that their family members go on to. They they passed this trauma down generation like that generationally because it's transferred in the energy field.

You know, unless you start, you know, you have awareness of this and you start thinking about this, you're and address it. You're going to have a really tough time meeting your goals or fulfilling your life purpose, because you're

kind of just weighed down by these low frequency emotions and traumas that are preventing you from feeling that joy and and from stepping into your life purpose, and into the relationships that you want because you're just attracting things on a lower frequency level.

That's why I say, like the, the law of attraction. Maybe it's maybe it's not what you've heard about that. Maybe it's not working for you. Because you are, you have to release low frequency emotions and traumas to raise your frequency.

So you're attracting higher frequency things in your life. That's a lot there. Let's unpack a lot of that there because I want let's start with, the component around talk therapy and why that isn't enough.

Because you're saying the emotions are stored in the energy field.

Why talk therapy alone is not enough

And by just expressing the word that, you know, like you said, you noticed in your own life, like I did all of the talk therapy and the other research is showing, well, there is there's more levels of ancestral traumas or the epigenetics that got triggered from our great, great grandmothers.

And you know how to clear that from our field, because then I do want to go from that. Like, why the talk therapy is not enough, storing those emotions in the field and how what protocols that you put in and then really talking about that law of attraction, I think that's a great flow here. Yes.

So when it comes to yapping, doesn't work as I think some of you guys might have fired if I like ten years or five years of talk therapy, and you still kind of don't feel that great.

You know, the the thing is that, you know, we have these this the trauma in our energy field, that's where it's stored. And many of these traumas that we had or experienced happen before we could speak or they happened before.

We can really verbalize or have an understanding of language. So many of these traumas, they actually become part of a, like a core part of your personality.

They're not just something that you can talk about and then get rid of. So but you can't like intellectualize them because they're in your energy field and they actually become ingrained into your core personality.

And so you can't just talk away your personality. And so and these are people develop survival mechanisms. They develop, reactions, different personality traits that help them cope with the neglect or isolation or physical sexual, mental and emotional abuse that they may have suffered, as, as a young child.

And it doesn't have to be abused to just be your parents. Just never talk to you or you want to be spoken to until you were addressed, or your parents just like bedding you in clothing and got to your basketball games on time, but you just really didn't.

You know, your feelings were never an outlet or, you know, just doesn't have to be overt abuse. You know, neglect is probably the biggest form of abuse that, people or traumas that people experience today with children.

So all of these things happen, but you can't you're not always able to verbalize that because you don't have awareness of it. A lot of people, they don't even they don't even know what, what is causing them to behave the way they do with their addictions or compulsions or overspending or alcohol addiction.

They don't really know what is driving that behavior. And they don't know why, why they are that way. And they don't know that they've suffered traumas. Okay.

And so this is why, you can't talk about something you're not consciously aware of. And even if you are aware of it, like, for me, I had a lot of awareness about what was going on with me, but I still you you still can't talk it out.

It's something that has to be addressed at its root with it's just lying in this energy field and you can transmuted and release it with bio energetic protocols like using Masshealth.

And they use a protocol. There are, things called infant ceuticals that are they have information imprinted in water. You take them, you ingest them, and that sends new information to your energy field to do to release the traumas.

And it's it works, without a shadow of a doubt. And then they also have a device called a my health. Again, it's like a little cell phone again, sends new information, new operating instructions, new frequencies to your body and instruct you to release various traumas.

There's also things like biofilm tuning, like it's a tuning fork. Looks a little like metal tuning fork. You, hit that on a table or, you know, something hard, and you have this vibration.

You put that on your sternum, and that will vibrate out of the edges of your energy field and release emotional traumas. And most people need about 200 hours or more.

Bioenergetic tools for trauma release

Sorry, most people need 400 hours of biofilm tuning. Okay. So this is can be done 30 minutes to an hour over an 18 month to 24 month period. So it's no, you know, overnight, snap your fingers, you know, solution.

But those are the two methods that I use, to help people to release their emotional traumas permanently to get rid of them. And in the research, there is a plethora of conventional medical research about woowoo, you know, research, conventional medical research that shows that sound therapy using frequencies helps to release emotional traumas from the energy field.

And I've compiled a compiled all of this data, I mean, hundreds of research studies, to support what I'm saying in my emotional detox program. And I also highlight in the program also recommend, mass health as well, and something that I use very successfully to work on emotional trauma, like within two months of doing mass.

I was, pretty much have been bulimic since I was 16 years old and, started doing this help when I was about, I was about 42 when I started doing it. And, within two months, I stopped I stopped doing that, and there was nothing else. I was changing.

I had all kinds of therapy to try to stop doing it. I just didn't really know what to do. And I mean, within like I said, a couple of months, it just stopped because that underlying trigger, whatever that was, I don't know what it was, was released and transmuted using the frequencies, with this therapy.

And and I also have had, I mean, so many clients doing net self that they just stopped smoking. They stopped drinking. They're not even trying it. Just that underlying impetus, that compulsion, whatever that trauma was, is just release.

And that's the basis, addiction, that's a basis, people developing mental health diagnoses, personality disorders. That's the the basis of people being unhappy in their life and having repressed joy.

It's just these, emotional traumas, an artist there, and you have to address them at the root on that front. Are you seeing because you're seeing trends?

I know you can't say specifically. Well, you did with hours of that work with the bio tuning, the tuning fork, bio field tuning. But in with using the the remedies and the protocols that you're doing, is there an average like are you saying, you know, you want to really stick with this protocol for 3 to 6 months or what do you see on on average people, you know, anything that you do, you're going to see more results the longer that you do it.

You know, I've been doing this health, for like since I was 42. I'm going to be 50 this month. It's also very anti-aging, by the way. Yeah, but, I've been doing it for eight years, so.

And I still continue to use it. I mean, there's you're always experiencing new traumas and new stuff going on. You're, you know, it's unsavory that you have to address.

But, you know, and I've been doing bio field tuning as well. I think masshealth is easier to do. It's just easier and faster. But bio biofuel tuning with tuning forks is very, very effective and inexpensive to do.

But yeah, the net health I, you know, I really want people to do it for two years. But you start seeing results right away. Like when you first start doing nuts health, you start having lots of really vivid dreams, lots of very vivid dreams, because you are processing things in your dream.

So when emotions are releasing or traumas or releasing, you can have very vivid dreams and then they kind of release out of your field, you know? So dreams definitely intensify the first 30 days.

And you, you feel it? I mean, you, you know that it's working without a doubt. But you you need to continue doing it. There's there's no. You know, if you had you're 50 years old, you've had 50 years of unsavory things happening to you. Yeah.

You got to put some time and effort into that to really get the results that you're seeking. Share that all stacks upon each other. And then there's new traumas that occur through kind of our, our heart centered beings.

Moving through time and space is the way that I talk about that. Yeah. All right. So that component of the trauma is in clearing and the protocol.

Results, timelines, and repeated healing work

So the law of attraction, because I thought that was an interesting, side of like, why does it not work for most people? Yes. And that's one thing I think that a lot of people just need to understand so that anyone listening to this, you know, you care about your health.

You're you're trying to work on yourself. You're trying to live your best life. And, and I think a lot of people have seen the law of Attraction, and they just have to, like, think positive and try to manifest what they want.

Or you write down what their they are, they're wanting out of their life and their goals and, and whatnot. They make their little vision boards and stuff like that that people do, gratitude journaling.

But, you know, you have to, it's it's you have to raise your frequency as much as you can. Because the higher you raise your frequency, it's the law of attraction.

The higher you raise your frequency, the more high frequency people opportunities. Abundance is going to be attracted to you. But if you are just mired down like you can't get like many people, like they can't get past their addictions, they can't get past, you know, overeating, they can't get past, attracting narcissists or having like a jerk in their life because they just they have trauma that is causing them to bond or, to stay in, like, these unhealthy attachments.

In relationships that don't serve them or you have friends in your life that are draining you. There's a lot of different examples of ways that trauma caused us to be like people pleasing or perfection is or, different personality traits or things that people do, behaviors that prevent us from really stepping into our true life purpose, okay, that prevent us from feeling good because we don't feel good.

There is not going to be productive that day. If you don't feel good, you know, you're just you're not going to attract into your life what your potential is or what you deserve or what could be.

And so you have to have awareness around that. Also, you've got to get these these negative emotions and traumas are lower frequency. And they need to be released in order for you to live your best life and attract, what what the potential that you have to attract.

Love it. That is a missing key for so many people where they're maybe sitting at home on their couch wondering, why aren't things coming to me the way they're supposed to?

And it makes sense in that you have to inhabit the the frequency that you are wanting to attract those things in on. That's that's phenomenal. Last things that you would like to share with folks around this.

Yeah. So when I developed my emotional detox program, I developed it on a few different levels.

Law of attraction and raising your frequency

So we have a module on bioenergetics, which helps people to understand the science behind how bioenergetics works, how sound therapy works. Education on pump therapy.

Our pulse electron magnetic fields and things of that nature. And then, there's that psychology mindset component where, you know, how to deal with other people in a healthy way, developing like a flow state where you are able to in releasing your emotional traumas, you're just able to flow more in your life and like what that looks like and developing like the right mindset.

And then I and I also want people to understand, what's called the Enneagram typing system, where those, like survival mechanisms, mechanisms that people develop as a child as a result of their neglect or abuse, how that forms or a core personality.

And so you can figure out what your Enneagram type is and, and see, like how you cope with situations and how these loss coping mechanisms don't work in adulthood.

And you can do sound therapy to transmute that Enneagram type or that personality type that you've developed that's become a core part of your personality.

So like if you're a people pleaser, you're constantly doing things for people and they're not returning it back to you or, you know, or your, maybe a bully or you attract narcissists in your relationships.

All these different things. You can transmute all those things. You can release these things and be done with them forever. So I talk about that as well.

And then I also talk about the physical aspects, how stress affects us physically, and how you to address emotional trauma. And you also have to, you know, we have a physical body and you have to take care of it.

And I talk about how to do that optimally and how, you know, how to lower your heart rate variability because so when people have trauma, they, your heart rate variability is like what's called hrb.

It's a measure of stress. And so when people grow up in a stressful environment, or the mother was really stressed when she was pregnant, you just developed kind of like a higher stress set point, or you get stressed easier in response to their environment.

You stay strong. You stay stress longer than maybe the next person, and you have a harder time calming down.

Emotional Detox program overview

And I talk about how to lower that stress, set point with vagus nerve stimulation, and using tools that help measure your heart rate variability, which is a measure of stress and how you can kind of track what you're doing is working or not.

And lots of different tools I talk about to help lower your stress set point. And it's just it goes beyond things like yoga or, you know, meditation and things like that because they work as long as you're doing it.

But when you stop doing it a couple hours later, you go back to that high stress set point. So I talk about how to permanently lower this, high stress set point that forms as a result of trauma and adverse childhood event.

So there's just a lot, lot to it, the emotional trauma release. But I cover it completely. And, my emotional detox promotes about 30 hours of education.

So it's, you know, very thorough, very thorough with all the research. Awesome. Thank you for sharing that. What is one thing somebody making it this far in our interview.

What could they do today. One technique that you could share with them to just kind of put into action right now? One thing I'd recommend people do is to do a nest health scan.

I mean, this has 500 different data points. It gives you a wealth of information about what your emotional traumas are, where what what organs are affecting.

Maybe the negative emotions that are resonating with you, gives you it gives you so, so much information that you can act on. And it's not expensive at all.

So that's one thing that I really encourage people to do to learn about it. To give it a try, give it a chance, be open minded about it. Because like I said, I put thousands of people through this program.

It's really the first thing that I want people to do, no matter what hole of gold they're trying to reach or what they're trying to address, because it does get to the root cause of physical health issues, emotional, emotional issues to address them successfully.

Lovely.

Practical next step: get a Ness Health scan

I agree it is one of the most, accurate diagnostics that I have found out there in the bio energetic realm because it really it correlates really well clinically that that's been my experience as well.

It's early accurate. Yeah. Eerily accurate. It is. And it really worth taking a look at. Doctor Wendy Myers, thank you so much for coming on, the bioenergetics summit and sharing your wisdom and knowledge with us.

Thank you for having me.