Introduction and Guest Background

Hello, everyone. And welcome back to Reversing Mast Cell Activation and Histamine Intolerance Summit. I'm your host, Dr. Meg Mill. And today I'm joined by my esteemed colleague, Dr. Wendy Myers.

Dr. Myers is a naturopathic doctor, detox and bioenergetics expert, as well as a bestselling author and podcast host. She's going to bring us so much valuable information, and I did.

So we were even talking a little bit before we got started about all the great things she's going to talk about today. So I'm so excited to have you. Dr. Myers, thank you so much for being here.

Thank you so much for having me. Absolutely. But before we dive into all the great things, I just like to give everyone a little bit of a background on really what kind of got you into the field you're in and how you got to where you are today.

Yes. Well, you know, I'm like all of you guys just looking for, you know, answers to my health issues and really, I never was really very ill, but I definitely had a health crisis at some point after having a baby.

And we're just looking for answers, just wondering why I was brain fog and low energy and, luckily, very early on in my health journey, I discovered detoxification, specifically looking at, heavy metal toxicity and chemicals.

And I did some testing. And I was really surprised to learn that I had, you know, mercury and cadmium and arsenic and all these other metals. And for me, just this light bulb went off and it struck this passion inside me to learn all about this and how it was affecting my health.

And then I founded my myersdetox.com and here I am over a decade later, I'm still, really passionate about educating people about heavy metals and how they're affecting our body because I think it's, you know, when you look at the the research lead alone accounts for 17% of deaths.

That's in the research. And so that's just one heavy metal. So this is, heavy metals is something people really need to pay attention to, and especially how it's impacting our immune systems as well.

And I also I'm going to talk a little bit about bioenergetics, which is something I'm also very passionate about. And what that is exactly and how it can send correct operating instructions to your immune system so it stops overreacting and causing the unpleasant symptoms that you have when you have histamine intolerance or the MCAS.

Yeah, that's so powerful. And and it's really you bring up a good point because a lot of us were talking about what's going on in the body, which we want to.

That's what we need to do is figure it out. But we're exposed to so many things outside of the body. And sometimes I think people shy away from that because they're afraid.

It's like, oh, wait, I don't know if I even want to go down that rabbit hole. So I shut those doors off and not focus there. So I love how you're bringing awareness to we need to look at our environment and what we're exposed to.

Yeah, absolutely. Because when you look at it, you know, the toxins are in our air, food and water. The main entry point is air pollution. And so you can, you know, a lot of people are using nontoxic beauty products and trying to use natural cleaners and, and do all this organic food.

And those are all great. Those are all necessary. But even if you do everything to control what you put in and on

your body, you're still breathing air.

Environmental Toxins and Immune Overreaction

when you go outside, you go for a walk and that is really, unfortunately, one of the big entry points for toxins in our body. And when you look at this, where for decades we've been accumulating toxins and pesticides, herbicides in our food and, you know, heavy metals and, you know, preservatives in our beauty care and makeup.

And it just all of that stuff accumulates, accumulates in our fat and eventually the body, which is a tipping point where it just these metals interfere in our immune systems functioning at some point, you know, and that the body just is like no more.

It just can't take anymore. And we start seeing a lot of the malfunctioning where we start seeing that the cell danger response, where when we have all these heavy metals and toxins in our body, our mitochondria are actually these environmental sensors that are looking at looking for danger in our environment.

And, what will happen is the body will the immune system can start to kind of overreact, because metals are interfering and immune system functioning in a number of different ways. Yes.

And sometimes let's dive into that dynamic, because I know that's a really common thing with people, with MCAS, you know, really developing multiple chemical sensitivities.

So can we dive into that and like, how have you help us understand that a little bit? Yes. So when I mentioned before, we kind of will reach a tipping point where say we have mercury in our body, we have, you know, glyphosate, we have all these things kind of accumulating, but you reach a certain point where it just becomes too much.

The body can't get rid of it, like it, like it. Maybe it was able to in the past. And so when people, you know, they start developing certain issues like maybe they have nonalcoholic fatty liver disease, fatty deposits in their liver or just other things going on.

Different systems break down. They're not exercising anymore. So their lymphatic systems aren't draining like they used to. And the body's got to store all this stuff away and fat.

But we reach a certain point where the body just kind of starts having reactions where you smell a perfume and you start to get a headache, or your body just can't, respond appropriately like it could in the past, because you reach a certain, like I said, a certain tipping point where you're just reacting to everything and then people start reacting to foods.

You know, when you start having maybe leaky gut and, where you have porous holes in your gut, you know, glyphosate and many other, like, antibiotics and many, many substances that we put in our body.

Okay. And gluten, including, create kind of like holes in our gut. And we have, you know, undigested proteins and toxins leaking into the bloodstream and the immune system just, that really overloads the immune system.

And then we can start reacting to. So many different things. And sometimes it is getting, you know, getting everything calmed down and then just even doing a do you see, I see even giving sometimes while I even have someone like open because you can start reacting to even supplements and the things in the supplements and where you can't even get anything into your body because everything is causing a reaction.

So sometimes if we even do the while we're healing everything, doing like tiny beads are opening a capsule or just really going slowly to even get some of the things we need to help us heal.

And do you see that happen, too? Yeah. And this is really for me, working with patients that had this immune system overreaction and that I wanted to detox.

I knew they needed to detox, but they couldn't. They couldn't even take supplements. they could only maybe eat a handful of foods. And I just I just was frustrated.

I was like, what do I do with these people? They can't do a Detox P rogram. They're reacting to everything. And that's when I discovered bioenergetics.

And using, there's there's lots of ways to work with bioenergetics, which is essentially sending frequencies to your body, sending, correct operating instructions to your body, and they send your immune system correct operating instructions so it stops overreact.

Everything starts calming down so that you can then do the protocols that you need to do. You can then, you know, take the supplements, eat the foods you need to eat to be healthy or do you detoxification which is really important.

Yeah. Let's dive in because I think a lot of people don't even know or understand by our energetics. I was have been trying to incorporate that into my practice too and have seen some amazing results.

But it's a whole new thing that a lot of people don't know. And thinking about the energy and how it all works, can you kind of just even give us like a background of bioenergetics? Yes.

Yeah. And so, for me, I've been using Bioenergetics, personally for about eight years, and I have just seen such a huge turnaround in my health. And I put about 5000 people through a bio energetic program called NES Health.

And what so how this essentially works is we have an energy field. And this is proven, beyond a shadow of a doubt. We have an energy field, surrounding our body that, it's about ten feet in diameter surrounding our body and our physical body takes instruction from this energy field.

Bioenergetics and NES Health Scanning

And so, when we put correct operating instructions into our energy field, and there's a number of different ways to do that, you essentially send correct operating instructions to your, your body, your immune system, your cells, whatever you're trying to do.

And, and so when we're looking at, say, all the trillions of reactions that happen in our body, in our cells, including our medical hundred energy production, there's a lot of things that cannot be accounted for in, say, in the conventional medical research.

So we don't even know, like how our heartbeats like the the genesis of our heartbeat, there's about 25%, they've done our calculations in our mitochondria energy production.

About 25% of our mitochondria energy function cannot be accounted for through physical means. And there's many other examples like this to just ATP production in the mitochondria.

And so, what's happening is that we are getting inputs from our environment, and we're getting information from our environment, say, radiation from the sun or, EMF or you can you can even feel like negative people.

You can feel their energy field. And it kind of is kind of off putting, as those are just a few minor examples. but when you, you can do scans of your energy field and you can see where you have energetic blocks in the energy field.

So, this is incorporating like traditional Chinese medicine, where this nest health scan, it's a bio feedback scan, looks at everywhere. You have an energetic block on your meridians, on your chakras, and just looking at every organ and organ system in the body, you can see where maybe there's maybe a scar that's causing an energetic block, maybe there's an emotional trauma causing an energetic block.

And there's, heavy metals cause energetic blocks, EMF, electromagnetic fields emitted from our cell phones, computers, you know, dirty electricity in our home.

All these things interfere in our body communicating with each other, and, like, say, our brain communicating with our heart, etc.. so when, when we have these energetic blocks, they're going to interfere in these messages that the way the body is trying to communicate.

And, and so when you do like this energetic scan, this biofeedback scan from us help you, you're looking at 800 different data points, and it's incredibly accurate.

It's just it's really, really fascinating. And you can see all the foods to which you have a sensitivity. You can look at, a lot of different facets of your immune system functioning.

And I have a lot of people coming to me, say, clients that could only eat five foods that were reacting to everything, like nine months later, doing this program can eat anything that they want, no reactions whatsoever.

And and that is because you're sending correct operating instructions to your immune system. So I have not seen anything else, kind of correct immune system functioning in this way because as you guys have probably discovered, you can't zinc your way and glutamate your way and bone broth your way out of histamine reactions and the mast cell activation syndrome that's plaguing so many people today.

And so and I believe the underlying root cause is, you know, heavy metals and chemicals. And then we also have, you know, all these different energetic blocks, interfering and correct functioning of our physical body.

It is really amazing. I have the the RNs system too. And I was talking with one of my clients and she was talking about vitamin A and how, you know, the data was showing by vitamin A deficiency.

And I said, well, let's scan you with that. And it just popped right up. And it's like, wow. It was just I think she didn't really believe it until she's like, oh my gosh.

Like these are just exactly the things that we were talking about. So yeah, it's it's uncanny. It's it's a little bit scary how accurate the next scan as in you're looking at so much information and you know people have like their say they come to me and they have their they know what their physical health issues are.

And they look in the scan and they'll see a, an energetic block on their, you know, their pancreas and they have diabetes. Or they'll see energetic blocks in their heart.

And they have congestive heart failure or what have you. And so when you start clearing these energetic blocks, you know, over time, you're not going to see some miracle in 1 or 2 months.

And so I have to caution people, you know, if this is something you have to do for at least 6 to 12 months and you'll you'll start, you know, people will start seeing results after the first, you know, 1 or 2 months know, you know, when you start clearing these energetic blocks, you have a lot more energy.

You, you sleep a lot better. you have a lot less stress and just less stress and, like, energy wasting in the in the body, you start, just having, your there's more efficiency in your body, in use of your, your energy, etc., including more energy freed up for your immune system because you need a lot of energy to power your immune system.

And so when you start doing this type of program, people, they will start seeing improvements. But people have to be patient in seeing results in their immune system.

Overreaction. And it does take time. I think really getting to that root cause and true healing is it's a marathon. It's not a sprint. But when you do the marathon, when you when you're really patient and you take that time, that's when you see these amazing health transformations that we're like, luckily able to see.

Now when if someone's thinking, okay, well, what what did the can you just dive into this a little bit so they have an explanation on what you do to heal.

So once you've gotten your scan what you're doing, then to move forward. Yes. And so once you do the scan the the software will work kind of compile the top priorities in the scan because you can't fix everything at once.

So to look at your immune system, you're like I said, your chakras and all these, all these different data points, you know, nutrition, what you need to focus on to look at your, all your toxicities, it'll look at em.

I look at all your different sensitivities and look at your emotional trauma as well, because emotional trauma causes physical health issues. So this is something in the conventional medical research where we see over 65% of physical health issues.

What you think is a physical health issue is there's actually an emotional trauma underlying root component to that. This is absolutely preventive, something the big focus on my work when I'm working with patients as well.

And so one of the reasons the nuts work so well is because addressing this emotional trauma component and so how it works is you get, assigned or, you know, you get recommended about five different, liquid remedies.

And so there's about 80 of them in the health system, and they're called infant ceuticals, and they have information imprinted onto them. And so you'll get a recommended, but, you know, 5 or 6 of those based on the top priorities in your scan.

and so it'll be that maybe you have an energetic block on your kidney meridian, or maybe you have some emotional trauma that is, you know, the main thing you need to work on in that scan.

And you do a scan about once a month and you start, you know, get these, you know, 5 or 6 liquid infant cuticles with energetic information, correct operating instructions, so to speak, imprinted onto them.

And then you take those once a day and that's it. It's a very inexpensive, very simple, you know, way to address your health issues. And, and then there's another component, which, you know, when people really get into and start seeing results, then maybe they'll add what's called, my health device.

So this is this, device right here. I use this every single day. And I've personally worked with Ben Greenfield and Doctor Miracle, and many other people that teach them.

You know how to use this. Doctor McCullough has three of these. Ben Greenfield has, you know, a 1 or 2, and, there's a number of other people that that use this same protocol or this device. And, so this basically has, you know, hundreds and hundreds of functions in it and you just, you know, tune it to whatever function you want and you put it on your heart.

You know, I just put it kind of inside my bra, and it just sends out information to your body. It's very, very simple. Like last night I traveled yesterday, I started feeling like I was getting a little bit of a cold, little tickle soreness in my throat, and I put it on cold flu immunity.

And this morning I'm fine. And, so there are lots of very powerful immune system, you know, programs in the, in this device called, my Health. And when you do a scan, you'll get assigned about as six different functions that are specific to your scan with the software found in your scan.

And you do those functions on my health, it's very, very simple to use. And so there's the yeah, those are the two. Yeah. Those are the two different ways, that are kind of the way that you address the issues found in your nasal scan.

That's great. And so then you're, you're saying you're seeing you're doing this first before you're getting. And once you see, once you're getting people through that bioenergy, then you're able to get some of the detox supplements in and they're able to tolerate.

Yeah. And that's exactly what I do with people. When I someone comes to me and they can't tolerate anything,

they're just reacting to everything I do as health.

And you just do that for a few months and you start seeing the immune system calming down and just not react. I think I have not seen anything work like that.

And so that's why I'm such a huge, proponent of the nest health system is about 50 years of research behind that. It's I and also just going to the trainings I've seen people with severe autoimmune issues, have gone into remission.

People with chronic infections for years go into remission. just really incredible stories of healing when nothing else really work. And so for me, my message and my calling is really introducing people to the power of bioenergetics, because it's the future of medicine.

Using Bioenergetics to Support Detox and Healing

it's really because, you know, you still have to tend to your physical body. Your body needs nutrients and needs good food. It needs supplements and needs exercise, sunlight and things like that.

But when you're checking up all of those boxes and you still have health issues, when you still have trouble losing weight, you still react to everything, that you come into contact with.

You can't walk down the detergent aisle on the grocery store, what have you like, what do you do? And that's the place that I was in. I had really I'm checking off all the boxes, taking the highest quality supplements, eating the best food, exercising, sleeping in the sun, just just doing everything.

And it takes a lot of time and energy and effort to do everything right. And then you still kind of wake up feeling like, yeah. Or, you know, you wake up, really brain fog or, you know, when you're doing everything right and you still have health issues, where do you turn?

Like, what do you do? And so for me, bioenergetics, really took me to that next level. And I've seen that happen with, with so many patients. Like I said, we put 5000 people like through this type of program.

Yeah, I agree. And I think with people that have histamine issues, people with Marcus are dealing with that problem with we're okay. We're trying everything. We're doing everything right.

But you're still reacting to food. You're still reacting to supplements. You just keep feeling like you're butting your head against the wall sometimes.

And and I'm with you. I take a step back and sometimes it's like, okay, doing this work and dealing with the trauma and and doing some of the other things.

I'm like, we're not going to make any more progress until we get some of these things cleared. So it really does make such a huge difference. Yeah. And I see where so many people listening to the summit may be so frustrated because they go to a doctor after doctor, they go, they look at programs for program.

And maybe this is the answer and they can't do them. They can't do the programs. They can't eat fermented foods that heal their gut. They there's. So I can only imagine the frustration that so many people have listening.

Like, what the what the hell do I do? You know, and so, for so for me, like, in my experience, bioenergetics really, he does call and gives people the kind of the, the, the protocol that really anyone can do, no matter what kind of situation or and or no matter how far gone, that someone feels that they are.

You can do anyone can do bioenergetics. Absolutely. And there's there's other protocols as well. I have a friend of mine and her name is Sterling Hill.

She's a geneticist. She has an amazing website called MTA, a support.com, and she was dealing with cows for for

decades. And really nothing helped her.

She did do nest health for a little while, but she didn't really stick to it. But, I introduced her to nest, but she recently contacted me with these patches that are, really interesting.

In 2021, the technology behind these patches won the Nobel Prize. And, it's really entering the called super patch. And so you can kind of see them right here.

let's see if you can get there. They are. They're called super pads. You can see the. Summit resource page too, so that I can read them. Yeah. Yeah. So they're called Super Patch and she said that for her, she wears three of these patches and they, her cows went into remission completely up for four months.

So that got my attention because I implicitly trust, this person and, I just she is a savant. I mean, she's absolutely brilliant, and she's been suffering for a really long time and has a vast knowledge set about how the body works.

And so when she tells me this, put her in remission into remission, definitely got my attention. And so how these patches work is they just have like a Braille system.

They're just a series of dots. It's essentially and you put this Braille patch on your skin and that sends information to your brain, essentially. And the guy who founded this company, discovered this Nobel Prize research because he was trying to to reverse his mother's dementia.

And so, the three patches that address the the M caps are, they're called float, defend and liberty. And so she said she put those three patches on her body every single day.

And I for four months. She doesn't have the mcats anymore. So I don't know if you would get those same results, doing that, but it's worth a try because they're fairly inexpensive and easy to do.

And so, yeah. So that's another option for people to try. And so that you can get those a super patch.com/myers detox. Okay. Great. Yeah we can like we'll put that all of that information in our summit resource page.

So everyone can just have a great at like instant access. So if you're if you're in the car or someone listening to this, you can come back and get all this great information.

Well thank you so much. Now I do want to bring it back to a little bit to heavy metals because I know that's your passion. Do you see heavy metals particularly linked to, cars?

Yes, absolutely. Heavy metals are linked to, cars and immune system malfunction. And in the research, the main heavy metals that impact immune system functioning are lead, cadmium, arsenic and, and nickel and mercury as well.

And so these impact the immune system in a number of different ways. So specifically they can affect the neutrophils. They can affect the macrophages where they they just kind of slow down.

They're not really like hungry and looking for a meal, which is, you know, a, you know, pathogen to digest or what have you. And they essentially just impede the immune system functioning in many different ways.

And certainly when the immune system isn't working properly, you can see that exaggerated like histamine response. You can see, you know, the cell danger response like I talked about.

This is Robert, Doctor Robert Navios work where when the body is overloaded with toxins, the, the mitochondria are going to shut down energy production because they don't want to feed a pathogen.

They, you know, the body's going to shut down energy production for various reasons, and then that shuts down fuel to the immune system. The immune system needs energy to function.

That's why when we see people with, say, chronic fatigue, they have poor immune system functioning in response. When we see people with, poor sleep that only sleep 4 or 5 hours a night and eventually they start having immune system, malfunction, we start seeing more cancers and more, you know, muscle activation syndrome or whatever, autoimmune, etc., because the immune system needs energy to function. And, yeah, and so that's essentially how heavy metal will impact the immune system.

yeah. Thank you. I and it's a fairly easy to a test really. I think that it's not it's not done enough. Maybe just because once you know you have it, it's something that you can really head on addressed.

But we're not. But not everyone is going there. I feel like. Yeah. And, you know, heavy metals and and chemicals indirectly impact the immune system functioning.

I mean, there's heavy metals that poisons enzymes that transport nutrients into our mitochondria. So there's so I mean, just hundreds of chemicals that, will reduce the mitochondria ability to produce energy.

So many heavy metals and chemicals that destroy our gut bacteria contribute to leaky gut, which then overload the immune system as well. you know, our livers, our frontline, our immune system functioning when the liver becomes fatty, when it's just overloaded with toxins, it just can't get to it, quickly enough.

then the the, you know, the when the liver is just overloaded, it can't get the toxins quickly enough. We see, you know, immune system malfunctioning is there as well.

And there's lots of other examples. but heavy metals and chemicals impact every different organ system in the body. And so when we start even seeing, like the number one cause of diabetes is heavy metals and toxins, namely arsenic and iron and things like that.

And when the body is overrun with high blood sugar, the liver is just dealing with that all the time. Detoxification takes a back seat. because there's so many other like survival mechanisms that need to be going on when you're eating a standard American diet.

that's just, really hard. Your digestive system very inflammatory. The liver has to deal with that. And so again, detoxification takes a back seat.

Heavy Metals, Testing, and Detox Cautions

So after years and years of abuse or just, you know, maybe not being aware how to take care of the body detoxification again, you know, don't get enough sleep.

Detoxification takes a back seat. And then we start seeing these toxins building up and impeding our immune system directly. And indirectly. So, everyone has heavy metals and chemicals in their body.

There is no exception. You know, we have you know, there's been estimated to be over 100,000 chemicals in our environment. There's about 40,000 in use.

at this time, there's 40,000 different chemicals that are being used on the planet. There's dozens of heavy metals. And so this just makes its way into our body.

And we have to we have to get rid of this stuff to kind of clear the roadblocks to proper health, proper functioning, also very anti-aging as well. When you remove all of these things, constantly creating oxidants and free radicals in our body, using up all of our antioxidants, in our system.

And so when you start getting rid of this stuff, not only do you have better health, but our immune functioning, but you, you start seeing like age reversal as well.

And it's pretty powerful stuff. Yeah, those are all great points and I love how you brought up. It just accumulates

over time because I think sometimes people would think, well, I don't have that expert, you know, where would I have lead right now?

But, you know, lead could have been stored in your bones since you were a child and and maybe as your bone composition changes, it's expressing in your body now.

So it's sort of this accumulation over time. Yes. Yeah. I mean, you know, when you're being created in your mother's womb, you know, all the toxins your mother was exposed to, you can get into your she has mercury fillings of lead from her bones, from the body stores lead in our bones so that our body is made from our mother.

So that gets passed down to us. In addition to the the daily exposure to hundreds of chemicals that we all have, it accumulates. And at some point it starts causing problems and health symptoms and diagnoses. Yes.

And one of the things with with heavy metal testing in particular, there's, you know, the hair testing, there's urine testing, there's blood, there's different types of testing.

Do you have a preferential test that you like where you like to diagnose heavy metal? Yeah. So I like to start with what's called an age TMA or a hair tissue mineral analysis.

That's, really the easiest test to take, the least expensive, and gives us a ton of information about what's really that the body is excreting into the hair over the last three months.

So it gives us a three month glimpse into what the body is excreting. The hair is kind of like a garbage can, so that the body will release heavy metals into the hair so that we can see what's going on.

But it also gives us a picture of mineral status. So if you're mineral deficient, you're. And because minerals and metals occupy the same binding sites in the body, minerals are very good at pushing out and displacing heavy metals.

So just taking minerals is a great detox. That's the beginning point, for many people. But when your body is mineral deficient, which we all are, your body is forced to retain heavy metals to do different jobs in the body.

So looking at minerals and metals in a cerebral analysis is really key to designing a really good, natural, safe detox, program. But I also like, to look because I like to look at other tests as well, because heavy metals have different exit routes in the body and chemicals as well.

So we, the body excretes toxins in the urine and the stool and the skin and the lungs as well. but here's a very, here mineral analysis is a great place to start.

But I also like to look at urine. but that only gives us a 24 hour kind of snapshot of what you're urinating out. Stool is a great way to look at cadmium.

blood testing is also great. because, you know, there's just it just gives us a different picture. But I'm not talking about the blood test. You get it? You're a conventional medical doctor.

I can only recommend the Quicksilver scientific blood test. It's a very, very different way of testing the blood. And so. And that's going to look at different types of mercury.

So there's different types of mercury that we need to look at organic mercury and inorganic mercury. And so that's really important to look at. and so that you're not going to get that at your, your conventional medical doctor, which is only going to look at for heavy metals.

And it's, it's just, I think a lot of people do a disservice to themselves when they maybe kind of get a clue. The clue into heavy metals might be a root cause of their problem and go to their doctor.

They want the tests covered by insurance, and they do this test. And the doctors like, oh, you know, all those tests are negative. You don't have heavy metals and they don't like start looking at other things.

And so you can, a big problem with blood testing is false negatives. And I assure you, everyone has heavy metals. but, you know, you need to be really careful about the kind of testing you do to get accurate results.

And also be aware if you are very ill, if you're chronically fatigued, you have complex chronic illness. You may not be able to detox, you may not have anything coming out.

So many times. A first test has no metals coming out has no toxins coming out because your body doesn't have the ability any longer to release toxins.

It's just accumulating, accumulating, accumulating. So you need to be aware of that also. And then when you start doing a Detox Program, taking minerals, doing sauna or whatever it is that your practitioner recommends, then you start seeing toxins mobilize from the tissues in the fat and they start coming out on tests.

So you just need to be aware of that. That's great. Can you just tell that? Because I know some someone might be like, oh wow, how will I know? How will I know if I'm the one that doesn't show up?

So what would be some signs that you may not actually be detoxing? It's just the only thing you're going to know is one of you're chronically ill. That's usually a good sign that you're not detoxing well.

And number two, if you don't have toxins coming out on your tests because if you're chronically ill, you have toxins. I mean, there's just no doubt about it.

But, if you don't have any metals or toxins coming out on your tests, that doesn't mean that you're home free. And that's not the issue. And I think a lot of doctors even will maybe look at certain tests and think that they're not accurate or they don't work because maybe they don't have an understanding of this no show phenomena where on an initial test, many times people don't have, but not many times.

Occasionally people don't have toxins showing up on their hair, urine, or stool tests. Most doctors do urine testing, which is, you know, a great way to look at metals. But, you know, there's no single test that's going to show you all the toxins you have in your body because they're stored away in your fat.

They're stored away in your bones. Your body is a potential intelligence storing this stuff away so it's not impeding your your functions of your body, your brain and your vital organs.

So you have to do things to coax this stuff out. You have to give it the antioxidants, the nutrients, the minerals. Your body needs energy to do all that stuff.

So this is not going to turn around doing a detox program for a couple of months. detoxification is a lifestyle. It's not something that one does, just for a couple of months or once a year, you have to set the stage and give the body what it needs so that it is able to release and process, heavy metals and chemicals.

And so if you've been accumulating this garbage for two, three or 4 or 5, six, seven decades, you cannot possibly expect that your health issues are going to turn around in a few months.

So I caution people again, to be very, very patient, especially the more ill they are. the if they have, a lot of symptoms that are unable to work, even have chronic fatigue, have multiple diagnoses.

There's a foundation, there's foundational work that you may need to do, like doing a NES Health program or doing other things to get to a stay more stable, stable health before you can even start to do a detox program.

And so I think, there's just there's going to be layers of complexity to it where and that's why I recommend people work with, you know, an expert detox practitioner.

so that because the worst thing that you can do, really, if you're a very, very ill, is to start doing a Detox Program and don't be adding fuel to the fire.

And I think people can get into trouble. that's why I, you know, working with our, my team of practitioners, you know, depending on your individual case or circumstances, we'll start people doing some gut healing first.

some, you know, minerals start doing maybe NES Health and get people kind of stabilized and sleeping better and, and things like that before we kind of, you know, start adding, you know, you know, toxins to your bloodstream that your body then has to deal with.

Yeah, I totally agree. Because people detox has become people have become more aware. So it's like, oh, I'm going to do a detox, I'm going to put. And then sometimes it's really you're not a great candidate for detox.

Or people, even when they come to me will say, well, I want a detox. I'm like, oh, wait, we have to do this and this and this first before we even go there.

So those are all wonderful points. Now, if someone wants to find you and learn more about this, where can they find you? Yeah, they can find me on myersdetox.com.

And I have over 500 podcasts about the subject of detoxification and and also anti-aging, kind of moving more into anti-aging. And we talk a lot about bioenergetics as well, lots of podcasts on NES Health that you can dive into that's NES Health and also I have hundreds, you know, over 500 free articles as well.

All all showing the scientific research behind how heavy metals and chemicals cause like every different imaginable health health on and and diagnosis as well.

Well, thank you so much. And thank you so much for being with us today Wendy. Yeah. Thanks for having me. Thank you. Have a great day, everyone.