Detoxing Heavy Metals & Toxins That Fuel MS Symptoms Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and autoimmune rise

Welcome to another episode of the M. S. and Autoimmune Summit. I'm Doctor Terry Wahls, your host. And our next guest is Doctor Wendy Myers. She's a natural physician and a founder of Myers Detox.

She's an internationally recognized expert on heavy metal detox, anti-aging, aging, and bioenergetics. She's a sought after speaker, a number one bestselling author and host of the podcast Myers Detox Podcast.

Welcome, Doctor Myers. Doctor Myers, I'm so glad you are here. It's going to be a super interesting conversation. So, you know, we have so many people developing autoimmune diseases.

There's been this dramatic uptick since World War two. Do you have let's start there. Why do we have this dramatic and escalating increase in autoimmunity?

Yes. Well, you know, my expertise is toxins and heavy metals. And certainly we've had an explosion in the use of glyphosate and other types of pesticides, herbicides, insecticides and just an increase in every, every type of toxin.

You know, heavy metals are unleashed into our environment from mining and industry and small, you know, smokestacks and other in our air, food and water.

And I think people don't realize over the last 20, 30 years how we've had a dramatic increase in these toxins in our environment and thus in our bodies that negatively impact our immune system and its functioning.

And so what have you. And so the main heavy metals are, say, cadmium, mercury, lead and arsenic that dramatically impact and impede your immune system's functioning.

Toxins, heavy metals, and cancer risk

And so when and just heavy metals and chemicals impact every single organ system in our body, our brain functioning or central nervous system, you know, metals like mercury and aluminum are very a neural filling.

They love fat. They love getting into our nervous system, our brain and our spinal cord. So obviously, these are going to have a dramatic impact on our nervous system functioning.

Our immune system functioning. And that's part of the reason that's not the only reason, but it's a big part of the reason why we're seeing a rise in autoimmune.

You know, and here in Iowa, we've been we've also recognized this dramatic increase in cancers. And I know alcohol is part of that. Would you say these toxins are also part of what's fueling the rise in cancers as well?

Yeah, absolutely. I mean, cadmium causes more cancers than all of the other heavy metals combined. And that's why you see smokers getting cancer. Because what the what cadmium does.

And this is just one heavy metal. I mean there's many, many other toxins that contribute to cancer. But what cadmium does is when a cell divides, it interferes in the genes copying properly.

So you have a cell that has a genetic mutation in it that then grow it. Can you know, start dividing and growing into a tumor, be it benign or have it be carcinogenic and, you know, cancerous or malignant.

And so a cadmium plays a big role in that happening. And then on top of that, you know, we all have cancer cells. We have 100 million cancer cells at any one point in our body.

But it's when our immune system starts failing for various reasons, say, toxins impacting the flora and fauna in your gut, which is the seat of your immune system.

When you see cells dividing improperly, when you have the other metals and chemicals interfering and your immune system functioning like your neutrophils and your and your macrophages, and you know, the other components and cells of your immune system.

It's only when as we get older we have less energy. And all these toxins are breaking down and interfering in our immune system function then in cancer are just allowed to, proliferate.

And so the immune system's no longer able to do its job as, as well in killing off all these cancer cells that we just develop, you know, naturally on our on a daily basis, we, you know, we it's just part of, you know, being a human, we develop cancer cells, but it's more a function of the immune system being impeded.

And when someone develops cancer, you know, and I'm thinking about our autoimmunity, our M. S., asthma, psoriasis, Hashimoto's, a thyroid disease that, you know, continue to grow and grow and grow.

And we have more children being diagnosed with serious autoimmune diseases. What what can our listeners do? So we've just talked about two big threats, the autoimmune threat, the cancer threat that are tied to our toxin exposures.

Mineral repletion and basic detox support

Yeah. What can our listeners do? Yeah. There's so much that you can do. There's so much that you can do. And so I plead with anyone that has, a health issue that maybe their doctor is not able to get a handle on or they've been, you know, they're dealing with one symptom, a diagnosis after another, or they're they have a complex chronic illness or chronic fatigue, or they just can't get a handle on what's going on.

And there's no resolution. You know, people really need to think about detoxification. And it's something they're not. It's simple. They're not going to get from their conventional medical doctor.

It'll even be poo or it'll even be looked down on or something they don't need to do or whatnot. But I assure you, if you go on my website on Myers detox.com, I have hundreds of articles and hundreds of podcast, with experts and medical doctors and everything has, you know, exhaustive research behind it as well as your website as well about how toxins in the exact mechanisms are causing all these different health issues and symptoms.

And so when it comes to detoxification, it can be very simple and it can get very advanced. And so the basic premise is just taking minerals. Because when you take minerals improve your body's ability to detox and you push out and displace heavy metals.

So, you know, magnesium. Hang on. Let's stop for a moment. I think this is a really important concept that people may not appreciate. If you are mineral insufficient, then that creates attraction for these heavy metals, because your body's trying to fill the void with the things that are available.

So if I'm low on my minerals, I'm much more vulnerable to the toxic minerals that are in my environment. Would that be a correct way of phrasing that for our listeners?

Yes, absolutely. Because if you are zinc deficient, you'll be more susceptible to accumulating mercury because these metals and minerals, they can do the same jobs in the body.

The metals don't do it as well, but they still work. The body is able to use them in various ways, and it seems kind of strange if you are. Also, if you're zinc deficient, you'll be more likely to attract cadmium, and if you're potassium deficient, you'll be more likely to attract, thallium and cesium in your in your muscles, and you'll get cramps and potassium.

And, you know, magnesium might not relieve those because you have cesium and or thallium in these little binding sites in your muscles that normally wouldn't be there.

So it's really important to replete your minerals. And that's very, very easy to deal. You know, it all kinds of different minerals. And that's kind of the main focus of my supplementation.

I love spirulina also because that's super, super nutrient dense and mineral dense. So that's a great strategy, especially in that's a form of algae a blue green algae. Yes.

And not everyone tolerates that. But if you do, that's, a great, you know, food based supplement that you can take. And then getting a little bit more advanced, you can take binders.

I love C60. I love my vital sea. That's a great company. It's a it's a carbon based kind of molecule that will bind on to a lot of different toxins and large toxins that we have.

And you can also take, you know, modified citrate packed in which you talk about a lot is fantastic. And then you can also take charcoal and things like that.

So, you know, I'll mix those up, I'll kind of rotate those. And then you can also as far as foods, you know, we need sulfur to detox. So sulfur based foods like the brassica vegetables, broccoli, sprouts, onions, garlic, ginger is really amazing.

And egg yolks all if you tolerate those also very rich in and sulfur and choline and things we need for detoxification and and so those are the simple things more advanced you know, infrared saunas, tried and true method for detoxification.

There's, research that shows that people that use a sauna and this is just a regular sauna. Infrared saunas are more effective for detox, but just using a regular heat based sauna five times a week, you have a 40% reduction in mortality from all causes.

So that's pretty shocking. But if you use it three times a week, there's a 25% reduction in mortality from all causes. So that is really statistics like that speak for themselves.

So and it's it's very pleasurable. And and I'll stop you for a moment.

Saunas, foot baths, and liver support

I know many of you with M. S. or heat intolerant, and you really can't do saunas. So starting very slowly, very gradually, very gently as you accommodate your tolerance for heat, you know, you never want to get so much sauna or heat exposure that you develop any of your symptoms.

So start small, go slow. And many, many of my followers have been able to recover their heat tolerance by this very slow, gradual approach. Then. Yeah. Back to you, Wendy.

Yeah, because people can because there's a lot of circulation going on and detoxification stuff getting mobilized from the cell. So people don't like that flare up in their symptoms, you know.

But if you take binders and drink plenty of water, it's and like you said, work your way up very, very slowly. Yeah I agree. And but if someone really can't do heat they can do ionic foot baths.

I love ionic, but those are very easy to do. And there are, you know, more affordable and, you know, easier to do. So could you explain that our listeners may not know what that is?

Yeah. So ionic foot baths is where you just put water and salt into a tub, put your feet in it and you have a device. I like the health and med or the major difference foot baths.

Those are, those are great. So you put your feet in, there's a frequency and you know positive and negative ions are they go back and forth between positive and negative ions.

And so it it creates this frequency that attracts the metals and pulls them out of your system and into the water. And you add 2 or 3 days after the foot baths, you have an increase in mobilization and urinary excretion of toxins.

So that can be a great way to to detox as well. And I use those interchangeably. And what were the name of some of the companies that you just mentioned?

Yeah, I really like health and med.com. And, and those are the cheaper ones and they're, they're just as effective as other more expensive ones. But they're very, very affordable health.

And med.com. Okay. Yeah. They're banned I use one, I use one at least once a week and they're, they're great. And, and then the other thing you can do is coffee enemas.

The it's really important to get your liver online because a lot of people have many things working against proper liver function. They have fatty liver.

They have a lot of seed oils in their diet. If you have poor immunity, you know, it's, the liver just has a lot of things working against. If you have poor gut function, you have, like, gut dysbiosis.

Your liver's having to deal with all that, you know, too much sugar, high blood sugar. The liver is just really detoxification takes a backseat because the liver is dealing with all these 9114 alarm fires.

So whatever you can do to improve and support liver function really important with foods, with herbs, bitter herbs and, or taking bitters and doing coffee.

Animals are a great way. Let's explain coffee animals, because I don't think our listeners know what a coffee enema is, and they're sort of imagine their cup of coffee, an enema.

It's a little hard to get their head around. What, that what you're talking about? Yeah. It's really the last thing most people want to do, but they're they're really important.

Some of the guys listening are like, no, hell no, that's not happening. But essentially it's just you have an enema bucket and you're taking some pretty, pretty diluted coffee, and water and insert that via your rectum.

And yes, you're emptying out your colon, but that's not really the goal. The goal is having that caffeine go through your intestines, through the portal being to the liver, and kind of irritate the liver.

And that that caffeine dilates all those capillaries in the liver and irritates it. So it starts kind of having a purge. Bile and bile is a binder that binds onto all, it binds onto all different types of toxins.

So you essentially have a liver flush when you're doing that. And this bile will, you know, exit to the colon. And so when you do that, maybe every other day or once a week is a good piece, you'll find that you, you're, you're just facilitating the excretion that's, excretions of toxins in your body.

You feel like a million bucks after you do one of these also. And so for me, I've been doing them for 15 years. Really does an an invaluable part of my health regimen.

But it takes a minute to kind of figure it out and kind of get used to it. It takes a few tries. So don't don't give up that it's it's really, really important, especially if you have fatty liver or you have a chronic health issue.

Okay. What about let's see these liver packs that you put over the liver. Yeah. Like castor oil. Castor oil packs. Yeah. Those are fantastic. I want to talk about that.

Yeah. I love castor oil packs because they the castor oil. And when you put it on your abdomen or really anywhere in your body, those oils will absorb into your body and will, will basically absorb toxins, almost like bile does in our body.

And so it's a great way to kind of boost, a copy animal or just doing it by itself. It's a little bit messy. You know, some people, you know, for me, it's a little bit messy, but I do like doing them because they do have a lot of benefits for helping the body excrete toxins.

Yeah. You know, I've done, infrared, you know, near infrared sauna, and massage oil, castor oil over my liver in the sauna. And that's been, you know, a lovely part of a, daily routine.

Avoiding toxins in products, air, food, and water

Yeah, that's a good idea. Yeah. And I probably now, do you know, my morning meditation, my workout, and a new infrared sauna 5 to 7 days a week. Oh. That's amazing. A lovely part of my day.

Yeah. And, yeah, detoxification does take time. You know, you do have to dedicate some time to doing all this stuff and learning about it. But there's a big, big payoff in improving your, your health and your symptoms and improving longevity and dramatically.

Okay. So we've we've talked about some detox strategies. We haven't talked about avoidance. Do we have a little bit of a few comments about how our listeners could reduce their exposures? Yes.

Yeah. So, you know, we want to get stuff out of our body. But, you know, if you if you have kind of the bathtub running and it's draining at, you know, at the same time it's it's really hard.

You've got, you've got to, you know, avoid, toxic products. And so this can, this is, there's a learning curve involved that can take some time. But you know, what I encourage people to do is go room by room in your house, like, maybe start with their beauty products or their personal care products.

And you know, research things and maybe like, environmental working group.org/skin deep to find products that are not as toxic, you know, replace their cleaning products one by one, research and just try some different things to find what you like, you know, stopping wearing perfumes.

And I have a whole library of information on my website about going through each item and replacing it up with perfumes and fragrances. Our listeners may not know what the concern is about fragrances and perfumes, because there's a lot of enjoyment with those nice exotic fragrances.

I know we have many, many women listeners, and the guys like putting on their aftershave and smelling good. So what's wrong? What's trying to smell good?

I like to, I like to smell good too, but the problem is there's all the perfumes and all of these products that are beauty products. And, the laundry detergent.

The dishwashing detergent, they all have petroleum based chemicals in them to create these perfumes, all the perfumes on the market, everyone at the department store, they're all petroleum based and they have phthalates in them.

And phthalates are a chemical that are they're very difficult to get rid of on the body. They interfere on our hormones. They really wreak a lot of havoc on our body.

So it's you can you can get perfumes that are made of essential oils and they're not that easy to find. Strangely, I like living libations. Accommodate got some great perfumes and beauty care products are all natural and organic and but yeah, the the perfumed stuff has got to go.

And even the major labels where it says unscented are actually using chemicals to mask any scent in the product. So it's it's not enough to just go unscented.

You know, you have to use brands that really care about the health of their customers. And so you can find all that stuff on Gorg and my on my website as well.

And we're using an essential oil that is compatible with skin use. Would that be an okay option or. Yes. Yeah, absolutely. Yeah. I mean, you can there's lots of amazing brands out there.

More and more popping up every, every year. That will have, you know, like living libations. They have organic essential oils in organic alcohol in their perfumes that you can use.

So, yeah, you just have to find ones that that work for you that aren't irritating. And as far as avoidance and other ways, you know, I have an air filter.

Really the number one entry point of toxins into our body is the air, because we breathe in like, you know, 10 to 20,000l of air per day. So I have a Jasper air filter.

It's the best air filter that I found. It's amazing. So I have three of those in my home. And and when it comes to the other entry points are food and water.

And so we're all we're drinking maybe 2 to 3l of water and maybe, you know, a couple pounds of food, per day. So definitely the air is, a bigger contributing factor to our toxin load.

So, you know, with the food going organic as much as you can, super important, especially when it comes to meat and dairy, because those are particularly, problematic with different, you know, GMO feed and glyphosate in the fat.

That's where a lot of these toxins accumulate is they're fat soluble. And then in our water, you know, water filtration super important. And, you know, reverse osmosis is typically the winner to get the most toxins out to go with that. Yes.

You know, and for, air filtration that you could get, Hepa filter look for that. But you can also talk to your furnace, air conditioning unit. You may be able to get a whole home filtration system installed.

And so, that can be super helpful as well. So again, think about your air, your water, your food, to reduce your exposure. That will be super helpful.

I just want to, touch base with we talked about, a bunch of binders, C60 my bottles. See, modified citrus pectin, charcoal. You mentioned clay is, clay binders.

Is that a possibility? Yeah, yeah, clay is great. I mean, you know, there can be bentonite clay. There's lots of products out there that are, combinations of clays.

I don't recall any at the top of my head, but like Quicksilver Scientific, they have a binder that has some clay in it. So. Yeah. So there's lots of great binders out there.

Advanced detox: bioenergetics and plasma exchange

And and one thing I wanted to mention, if we're going to like another level of detoxification, there are some people that are very, very ill and they have they can't take supplements.

Their immune system reacts to everything that the mast cell activation syndrome, they've got, they don't tolerate the heat in the sun, as you know, maybe their options are limited.

There's a couple other route you can go. I love using bioenergetics. Some program called Nest Health. It's actually called energy for life now. So energy for life.com for a company called Zito.

Those can really improve your body's functioning foundationally improve immune system functioning and get you to the point where you can do detoxification.

You can take supplements, so your immune system stops overreacting. Bioenergetics is very powerful. Bioenergetics. Could you expand a little bit more?

I don't know, our listeners would understand what you've just told them. Yeah. So the these two programs are software. And so you do a scan of your body's energy field, a scan of your body, essentially.

And everything in our body has a frequency that could be measured. And so every emotion, every emotional trauma, every heavy metal, every pathogen, everything has a frequency that can be measured.

And so using these software you can figure out what what needs to be addressed, what is impeding physical functioning the most, and pinpoint that and then send frequencies to your body to clear that energetic block.

Whether it's an emotional trauma, a heavy metal, or, you know, an energetic block in your meridians or your shoppers or whatever's going on with you, you can clear those.

And for me, this is the bioenergetics is the number one thing that I go to when I'm having any kind of health issue or symptom. So I'll do I have lots of devices in my office here, and I'll do a scan of my body and then send frequencies to address that issue.

And it's it's incredibly easy, simple, noninvasive, painless and effective. And so yeah, yeah. Again for the listeners, we have more appreciation of the energy flows through the body.

And you can think of the electrocardiogram. That's a measurement of the energy flow through the heart, the electroencephalogram. That's a way of measuring the energy flows through the brain.

And now we've been able again, thanks to quantum physics and quantum mechanics, we can measure the energy flows around the body. And that's part of what Doctor Myers is talking about in many of our conventional physicians are unaware that we have the technologies to measure these energy flows, although we conventional physicians who use these technologies when we measure, electrocardiogram and when we send our patients to have electroencephalogram.

So we're measuring the brainwaves, we're measuring the heart waves. So there is technology that can measure the flow of energy through the body. So this again, we've gotten better at this as our technology to measure these flows and these energy flows, through the various organs in our body.

Yeah. And these software companies have been around for decades. So this is nothing new. They've got lots and lots of research behind them. You know, energy for life has got plenty of university studies.

They have like 20 different studies. Zeta has been around for 30 years. I also you like spooky.com. That's a rife system. And so there's lots of different options out there.

I really encourage people to explore that because there's a really high return on investment for your time, energy and money. But the results you get for your health and I'm always measuring everything like, what's my ROI here?

What's my return on investment for my time, energy and money? I want easy, cheap and fast like everybody else. So that's why I turn to bioenergetics. And then also one other thing I want to mention is, people that another level you could go to with detoxification is something called a plasma exchange therapy.

And that's we do that. Yeah. That's becoming more readily available in the United States, and especially for anyone

that's very ill, that has chronic fatigue that they you know, they're really, really not well, plasma exchange therapy not cheap.

But in three months you can remove, you know, 80% of the toxins in your body. And all it's doing is and then there's a company called MD lifespan.com.

And they're going to be opening clinics in 2025 to 25 different cities. And, but right now they're based in Chicago. And and so what they're doing essentially is taking about 70% of your plasma, which is a liquid portion of your blood, and that's where a lot of your toxins are.

And when they and it's almost like doing an oil change in your body like an old car. But this old oil, it's really toxic. You know, you can drain that oil, put new oil in and get that in, you know, the car or, you know, going again.

And then the oil still going to be dirty, though, even after you do that. So you drain the oil again. So, you can do a plasma exchange every 30 days and you only need to do it usually three times.

So in three months you can, you can pull out a lot of toxins in your body and see a huge, remission in your symptoms by doing that. Because really, for so many people with health issues and chronic complex illness, it's that the toxins in our environment and how they interact together that is impeding our brain functioning, our nervous system functioning, immune function, diabetes.

The number one cause of diabetes is toxins. And yeah, just every different organ system that you can imagine, your kidneys, etc., your reproduction, your fertility toxins are really throwing a big wrench into things.

So you need to get this stuff out of your body so that you can recover your functioning. And even better, if you don't have symptoms yet. We know that everyone has toxins.

It's a much better kind of route to go. And what I'm hoping to do is, is prevention, preventing physical damage or neurological damage, brain damage and, you know, preventing Alzheimer's and and Parkinson's and other forms of dementia by pulling these toxins out before they cause physical damage.

And, again, for the listeners, for people who have a more aggressive, disease course for their mass or other neuro immune condition, the conventional neurologist is using plasma exchange for those patients.

So even our conventional physicians are recognizing the value of plasma exchange. So absolutely, this is a well-recognized, well accepted treatment modality for people with aggressive neurologic disease.

Well, Doctor Myers, we could chat again for hours, but we should probably wrap this up. What what is, have you picked the most important message you want our listeners to take for our conversation?

Yeah.

Closing thoughts and where to learn more

I mean, really is the most important message is that, you know, we all have toxins in our body. It's only going to continue to increase, hopefully with Robert F Kennedy at the helm of the HHS, that we'll see a reduction in toxins in our food supply.

I'm really looking forward to that. But right now, you've spent decades accumulating various toxins in your body, in the air, food and water. You do have toxins, and you're going to have to address it at some point.

You do. So I really encourage people to kind of look into this, you know, Doctor Walz, you're doing amazing work bringing, awareness about the importance of detoxification to, to your audience as well.

But, yeah, this is something you really seriously want to start learning about incorporating into your health regimen

because you'll go a long way to reversing your health issues and symptoms and even, most importantly, preventing so many of the health issues.

The heart disease, the hypertension, the different forms of dementia, diabetes, etc. that many people are just kind of sitting ducks for because they're not aware of the underlying root causes of so many of these chronic health issues and chronic inflammatory conditions.

So that's just my my passion. And my purpose is really getting people bring some awareness to the importance of detoxification. There's so many simple, inexpensive things that you can do.

Okay. And so where do people go to find more out about you? Doctor Myers? Yes, you can find me at Myersdetox.com. And I also have the Myers Detox podcast.

We have over 550 episodes all about focus on this topic to, you know, for just the every manageable health issue and different ways to detox and just giving people a really thorough education on the topic.

Now, this is wonderful. Thank you so much, Doctor Myers. Yeah, thank you.