How To Detox Toxic Metals That Cause Fatigue Transcript

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Introduction to Heavy Metals and Fatigue

Welcome back to the conversation. Today we have Dr. Wendy Myers. Hi, Wendy. Welcome. Hi, how are you? I am so good. And I'm so pleased to bring you back to our discussion today about health, wellness, mitochondria, specifically.

Your expertize is in detox and heavy metals. So I'm really excited to go into this talk. And I know our viewers really want to hear what you have to say today, too.

Yes. Well, thanks for having me. I love talking about heavy metals and detoxification and the importance of it, because I think it's a big missing piece of the puzzle with anyone trying to recover from low energy or chronic fatigue.

I absolutely agree with you. I feel like heavy metals are passed over and we focus a lot more on kind of lower hanging fruit. And that and this is something that's really critical.

So in case our audience doesn't know who you are, you are a naturopathic doctor and founder of Maya's Detox. You are a heavy metal detox and bio energetics expert, as well as the number one bestselling author of Limitless Energy How to Detox Toxic Metals to End Exhaustion and Chronic Fatigue.

You're also the host of the top 100 rated podcast, the Maya's Detox podcast, and that's all about protecting your health with detoxification. So we'll jump right in.

And I have a burning question for you. Why is everyone so tired? Well, you know, there's a lot of different reasons. There's a lot of different stressors in our environment.

You know, we have heavy metals. We have dozens of heavy metals that are drug strapped from the the earth's crust, you know, from industry. And we also have, like, you know, 100,000 chemicals, 40,000 of which are in use in the U. S..

And then we also have EMF for electromagnetic fields, people. Everyone has emotional trauma, which cannot be discounted.

Why Mitochondria Get Damaged

And as we look in the conventional medical research, it's like emotional trauma is shown to cost 65% or more of physical health issues. So that cannot be, you know, overlooked if you're on a healing journey.

And then we have all the all the other things that people pay attention to. Those are the top four things that people tend to overlook when they're trying to improve energy or overcome chronic fatigue or complex chronic illness.

But the other things, of course, are, you know, just emotional stressors and, you know, just diet and sleep and poor lifestyle and things like that. Yeah.

I'm so glad that you mentioned this piece around trauma and emotions. We're bringing speakers on this summit to discuss just that. People who specialize in trauma release from the body because the body remembers.

And I'm so glad that you know how toxic the world is. And you also know how important it is to do this emotional piece and also the energetic piece. And if we have time, they will go into the energetic piece as well, which is also one of your expertizes.

Now, in terms of metals, which metals are the ones that we're worried about in terms of harming mitochondria and energy production, impairing our ability to produce energy and really impairing our ability to heal our bodies from chronic health conditions.

What are the big ones? Yeah. So there's a lot of different metals that interfere in mitochondrial energy production, that Krebs cycle and the mitochondria itself.

It's very, very sensitive to environmental toxins and our our mitochondria actually are kind of, you know, they kind of their environmental watchdogs, they're looking for things in our environment and can shut down when there are different stressors in our body.

You know, I'm sure a lot of people are talking about, you know, viruses and illness and things like that. But heavy metals like arsenic, aluminum, tin, thallium, cesium, even mercury and lead and radioactive metals and deuterium.

All of these things can get into your mitochondria and wreak havoc and interfere in that delicate Krebs cycle that helped, you know, that are the way that mitochondria one of the ways that mitochondria produce energy.

But these these metals will poison enzymes and that's how they interfere in our body. They poison enzymes poison their production of proteins, but they poison enzymes that transport nutrients into the mitochondria.

And, you know, and essentially you don't have the essential nutrients that you need to make the ATP. And so the more toxic one becomes, the less able people are able to produce energy.

And then you have radioactive to metals. So over half of people in the in the United States alone have radioactive elements in their water. And so these are going to also wreak havoc on the body, including the mitochondria.

And then you have deuterium. So this is an element. It's a very large molecule that gets into the mitochondria, just destroys all that machinery. And so, you know, some people, you know, you can test your deuterium levels, drink load yttrium water to reduce the amount of deuterium in your body.

Real quick, we had Stephanie Sarnoff, Dr. Stephanie Sarnoff come on this summer and she did a talk specifically on deuterium. So everyone make sure you catch that talk because Wendy could talk about that specific thing for her whole entire time here.

So thank you for bringing that up. You're not the first person on this summit who's brought that up, and I'm glad people are thinking about it. Yes. Yeah.

And, you know, there's just a lot of things working against the mitochondria.

Common Sources of Metal Exposure

So it's not surprising that so many people are so tired. You know, I work with thousands of patients. It's a number one complaint. Everyone has. It's my number one complaint.

And when you don't make enough energy, you know, you can't fuel your brain, future digestion, fuel your immune system. You need energy to sleep. And sleep is a very energy intensive process.

So energy, you've got to have energy to heal. I know that people don't understand that. Can you just unpack that really quick? Why do we need energy to sleep?

Because I think I mean, I know the answer, but I want you to explain the answer because people think of, well, that's when my body's sleeping. That's when I don't need energy.

That's when I don't. You're resting. Yeah. Right. So why do we need energy just yet? It's this catch 22. Because, you know, you think, oh, you slept and your eyes were closed for 8 hours, and you wake up and you're exhausted,

you wake up, you feel about like you're hit by a truck.

But energy. So sleeping is a very energy intensive process. You are repairing your body. You're detoxing your brain, your liver is working on detoxification.

And so it's a very, very energy intensive process. So it's it's not just it's restorative, but it's not it's not something people want to think of as, you know, I sleep and I'm going to have energy tomorrow.

I guess a lot of people realize that it doesn't always work out that way. But I think what's really important is working on things that improve your heart rate variability and that can reduce your stress level and improve your, you know, overall functioning.

So keeping an eye on your heart rate variability is very important and the healing process. So good. I'm so glad you could explain that. And I have a few other question because I know everyone always wonders where am I getting all these metals from?

Where is aluminum coming from? Where is arsenic coming from? Where is mercury coming from? Where like all these metals that you explained and I know there's some tricky, sneaky spots where these come in.

I mean, there's the obvious like amalgam fillings for mercury and eating fish that are high in mercury. But there's tricky places where all these are coming to an aluminum tooth.

So what would you share with us? Yeah, and I'll go over each metal individually. But I think one thing to be aware of in general is like for me, I was very health conscious my whole life, taking supplements, eating an amazing diet, organic food, exercising, sleeping, going stress reduction and just all these things.

And I still didn't feel well. And I when I found out I had a heavy metal toxicity, I did some testing. You know, I was really surprised that I had heavy metals because I read all these articles about Mercury or Flint, Michigan, or lead toxicity, and I just didn't think that they applied to me because I was so healthy.

And so I think that's something that people really have to be aware of, that we all have some level of heavy metal. Some people are really good at detoxing them.

That's relatively few people. They just won the genetic lottery. But you know, if you think about this, you know, when you look at aluminum. So aluminum is was one of the most common metals in the earth's crust.

So that is found in aluminum foil when you go to a restaurant, they're using aluminum pans, aluminum cookware. It's very our aluminum utensils cook, you know, forks, knives.

It's very as light as disposable. It's cheap. It's in the underarm deodorant we're putting on everyday. It's in the air that we breathe. Air pollution is one of the main ways we get metals and toxins.

It's also in the anti caking agent and salt, sugar and flour. I mean, it's just everywhere. Many, many other places. And we look at mercury, very potent mitochondrial poison that is in.

Yeah, mercury amalgam fillings, large migratory fish. It's also a preserver of and 400 medications. It's just in a lot a lot of different things in the air we breathe as well because of coal burning and that and it's going to be a you know, then we get to thallium.

Thallium is something people don't think about. When I every single person I test has thallium and cesium. So what the heck are these? So thallium is naturally occurring in petroleum deposits.

So all that car exhaust and smog contains thallium. We're breathing it in and thallium is ten times more toxic than mercury. It's really nasty stuff. And then cesium is something that is being released into the environment from nuclear accidents.

Chernobyl, Fukushima, which is from Japan, which ten years later is still releasing, I mean, just an on godly amount of toxins, radioactive elements and cesium still into our environment.

And so it's just unfortunately a reality that we're getting cesium. We a lot of people have it. And so, again, potent mitochondrial poison volume and cesium get into our muscles where potassium is supposed to be.

So if you have chronic muscle cramps, taking potassium, magnesium doesn't relieve them. It might be that you have cesium and thallium in those enzyme binding sites and you need to detox those for your muscles to work properly.

It can also happen in the heart or you people can have attacked riccardia and you know, skipping heartbeats or have a lot of rapid heartbeats. The heart muscle isn't working properly because of thallium and cesium.

And so what I'm going to say that's not even looked for in Western medicine, and I worked in it for 21 years before I finally retired from one of the biggest HMOs in America.

And we did not look for these problems. We solely blamed heart disease on genetics, stress, diet, and being sedentary. No other. There's no other reasons as far as Western medicine is concerned.

Oh yeah. I also got a lot of issues and mitochondrial issues, but cadmium, get your body uses that to repair your arteries. So and it's very hard and brittle.

So over time you get our third sclerosis, you get hardened arteries, then you get high blood pressure, then you get heart disease. And this is one of the reason that smokers get heart disease.

They're smoking cadmium, medical marijuana when you're smoking it, also getting cadmium. And so this is why smokers get heart disease that that's the link.

It's the cadmium is one of the main contributing factors. So so back to the mitochondria. So then we have led people that have lead poisoning are extra chronically fatigued there.

We call them lead heads like they can just sleep 12 and 14 hours a day. So lead is coming. You get it? One from your mother, from your store, in your mother's bones, and then it's passed on to you and she makes your body.

And then also we can be exposed. And again, air pollution anywhere you have mercury in fish or shellfish are also usually have lead because it's led is released into the environment from coal burning industry manufacturing and then we also get lead in a lot of foods unfortunately, because they're just the lead gets into the air and then settles in the soils.

Additionally, we also there's lead paint any time, any home built before 1978. If you do restoration your or your neighbor is standing and painting their home, restoring an old home, knocking down a wall, you are introducing an obscene amounts of lead dust into your environment and if not handled properly, you know you cannot have a young child around any kind of project like that.

You're going to lower their IQ because of the permanent brain damage that is caused by lead, not to mention the mitochondrial dysfunction as well. And so I can just keep going on and on.

There's arsenic is well, arsenic is found in chicken.

Radioactive Elements and Water Contamination

So conventional chicken conventional chicken eggs, it's in the the chicken feed it because arsenic makes chickens. Arsenic makes chickens look more pink and plump and healthy.

It makes them grow 50% faster. So farmers make more money. And so if you've eaten and even if you're eating

healthy now you have a healthy lifestyle. Now what about all that chicken you ate, all that El Pollo Loco, you know, all that stuff you ate in the past, all those conventional eggs or at restaurants, or.

Any time you go to a restaurant and order chicken thinking you're doing something healthy. And this is what we need to really understand is restaurants are in the business of making money.

An organic chicken costs a lot more for them to put on your plate than conventional chicken. And so unless you're in a strictly organic restaurant, that that's what they advertise and you're paying the high price for that.

You're not getting organic food. Yeah, exactly. And that's the thing. Organic means chemical free. It does not mean heavy metal free. And so you can use sewage sludge in a to fertilize organic food and that sludge can have cadmium and other metals in it.

The water being that's watering organic food can have toxins and different contaminants in it. It's really just you can you know, they're buying this apart.

You know, there's a lot we have a lot of exposure of heavy metals. Even with totally healthy diets and lifestyles. Can organic farmers use cadmium in chicken feed?

Do you know so they they can there's you know I don't know about the kinds of chicken feed that they're not allowed to do the GMO. But I honestly am not aware of whether they can use arsenic free feed with.

Arsenic, not cadmium. Sorry, arsenic. It's asking. Yeah, I'm just I'm not aware. But again, they have to use organic feed. So that is one of the things.

Again, it's pesticide free. It's it doesn't have to be it's not heavy metal free and it has to be organic means chemical and pesticide free, insecticide and fungicide.

So that's metal is just, you know, they just seep into our food supply because they're not being tested. They're being tested in supplements. But again, there's very little oversight in the supplement industry.

So regulated sounds like sounds like heavy metals are not regulated in food production. Yeah, the spotlight is on pesticide herbicides. Before we shift gears, can you talk about one more category?

Could you talk about radon, uranium, radioactive, other radioactive elements as well? Because you mentioned that it's in a lot of water. I, I know we see it a lot in people who are sick.

So where are these areas that are, you know, the worst areas to be? Yes. So there's just a lot of, you know, water is another big source of contaminants.

170 million homes in the United States are receiving water that has radioactive elements in it. So this is a huge, huge issue. And the only way to remove those is with distilled water.

So it's it's it's just one of those things where you can't drink distilled water, ongoing because it will deplete you. It's very hungry. It'll deplete you of minerals.

So you can do that.

How to Test for Heavy Metals

You have to take a break and you have to you have to re mineralized that water, you know, putting actually a lot of sea salt in that water to criminalize your body.

So to be very, very careful about that. But the distilled water will remove radioactive elements. And I do believe ionic citrus as well will remove radioactive elements.

So there's just you know, that's one of the things that you do need to be aware of, because most people will have some or some amount of radioactive elements that are causing control issues.

Yeah, we drink distilled water in our household and we re mineralized with liquid minerals and make sure that we're eating lots of plants full of minerals and taking extra minerals too.

Because that's our concern is because Southern California is one of those hot spots for radioactive elements. That's where I'm at. Yeah. And you know, you're in the southern southern California.

You have uranium in the water southwest U. S., there's a lot of uranium. Everyone there has uranium on there. They're testing. And then the radon belt that goes somewhere through the middle of the country, right?

Yes. Yeah. Okay. So so any other you know, any of your favorite heavy metals that you want to share where we get exposed or we can move on to how to best assess for the toxicity levels? Yes.

So there's a lot of different ways to test for heavy metals. But one thing to note is there is no test that's going to tell you every heavy metal you have in your body, not just not happening.

The chemical testing is really woefully inadequate because there are so many chemicals and most of them only test a handful. So I am I don't even bother with chemical testing.

I would say it might be useful, but 85% of people have glyphosate. So again, you know, you just need to work on doing a detoxification program. And so for heavy metals, I love to start with a hair mineral analysis, also known as age tumor.

It's just a very inexpensive, noninvasive test that you can do. It has to be read properly. It's not as straightforward as it looks. There's a lot, a lot of ways you can read it or you can see hidden metals that are not overtly apparent on the heavy metals test.

And many people dismiss it as not being valid because they don't know how to read it properly. And so have you had some metals come out in the hair? Some metals we see best in the urine and some metals we see best in the stool.

So doing all three of those tests is a great way to at least see what your body is excreting, you know, and that that time period when you're doing those tests and then blood tests is really good for lead, but not for other metals, because the body typically will sequester away metals in the fat, in the bones.

It's not letting them, you know, just float around in the blood where they're causing all kinds of problems and health issues and damage. So the blood is really not accurate.

And most medical doctors will check their first and only tests for for metals. So that's really unfortunately, the people do that testing they get a false negative.

Oh, you don't have these metals. So let's go on to the next thing. And it's really, really an injustice to those people looking for a healthy answer. So again, I love hormonal analysis to begin, but urine and stool can round everything out to look at the whole picture.

But most people when they do. Hello. Well, most people when they do an initial heavy metals test who are chronically fatigued, they don't have the energy to detox.

So they may have very low metal levels. It's called a no show, but those people will actually if you don't have metals on your your heavy metals tests, that's a big problem because you have them.

You're just not detoxing them. So when people start doing a detoxification program and they start doing taking minerals, nutrients, natural kiloliters to grab on to metals and remove them infrared saunas, ionic footballs, coffee

enemas, liver support, then their body will start to be able to release these toxins.

Now that has the the nutrients and the materials it needs to remove them and then you'll start seeing more metals coming out on subsequent tests. So just want to make it real clear, it's not as cut and dried as it sounds.

I love that you just said this so I won't even do a metals testing in my practice until people have been working on moving toxins for at least a month or two so that we can actually see what's been sequestered and hidden away in their bodies.

And in terms of testing, you know why I find it most valuable and I wonder if you would agree. I find it valuable for accountability. So we have we know you and I know that we have metals and we're exposed to them because they're everywhere in our environment.

But for people to stay committed to a protocol and to detox metals, it helps them to stay accountable if they see toxic or any toxin, whether it's glyphosate or environmental toxins or mycotoxins or whatever it is.

I find that they're more accountable and will keep doing it if they can see what's there. That's the value in it. I mean, I think we, you and I, could both just go along and detox people without ever doing a single test just based on their symptoms.

Right. And knowing where they live and what they've been exposed to in their life. But testing helps with accountability. Personally, I think so. What would you say to that?

Yeah, absolutely. I mean, everyone needs to detox, so you don't really have to test because we know the toxins are in there. But the value in it also is, you know, some people have really strange metals or some metals that are we don't really see very often and different metals have specific nutrients that remove them.

So it can be helpful to kind of, you know, have a customized supplement protocol based on you know, the supplements we know, remove certain metals that you have.

And so it can be really, really helpful in that way, especially if people are doing detoxification or doing detox protocol and maybe they're not getting the results that they're looking for or just taking a really long time.

Nutrients and Binders for Detox

You know, testing and working with an educated practitioner can really speed things up. And then one more question on testing to provoke or not to provoke, what would you say?

Yeah, so I'm not a huge fan. I mean, provocation is always going to show metals. You know, for me, you know, when you're using DMZ, which is the most common metal provoke or, you know, it's it prefers mercury led nickel.

And so it's going we're going to see those in in at the expense of other metals detoxing in the urine. So I like to do a non provoked urine test. Just I want to see what the body's excreting on its own.

And so yeah, when you, when you just use DMCA, you're going to just see that that mercury led nickel. That's what that detox is. So you're not going to you might not see the cesium and thallium that's there.

We really do have a provocation. Totally concur with you. I generally don't either. And I just wait until we've done some binders and detox work and we're sweating and we're moving stuff out and then test.

This is so good. This is going to be so valuable to people watching this because there's so many different ways. I mean, you're getting information from so many different providers out there, and right now you have an opportunity to learn from one of the world's best.

So thank you, Jennifer, for unpacking this for everyone. So you don't have to provoke everybody. Okay. So tell me

now let's talk a little bit about what we do nutrient wise to help eliminate heavy metals.

So we've talked about the metals that are in our bodies. We've talked about where we find them, we've talked about how to assess for it. And we've even unpacked that.

You don't have to do testing for metals. We could just start working on metal detox. So what nutrients are really going to help people here? Yes, you're going to have three different categories of nutrients to detox.

You're going to have binders and minerals in key liters. So binders are things that bind on to toxins and kind of absorb them like a sponge, like the modified citrus packs and pectin, like, you know, charcoal, like C60, which is, you know, a type of carbon.

I like to add, like I said, activated charcoal. And then we can actually make zeolites or fall into that category as well. And there's other ones, you know, Lorella, things like that, that could be considered a natural killer.

But then we have minerals, so minerals are so, so important. Everyone is mineral deficient, especially magnesium. Calcium is really important to detox lead that we have, you know, zinc really important to detox mercury.

And then you need all the trace minerals, you know, a hundred different 80 or 100 different trace minerals that are out there and so, you know, minerals push out and displace heavy metals from enzyme binding sites.

And so just taking minerals is a detox in and of itself. And some people can only start with just a very little bit of minerals because it's the detox is too much for them.

They get a time or just from something healthy like minerals. Rocks, minerals, because that's not our food. So you can't get enough minerals in an organic diet, you just can't.

It has more minerals and conventional, but we need a lot of mineral replacement, heavily salt in your food pudding, sea salt and special kinds of salts into your drinking water.

Because you don't if you are drinking water and you're just just running through your urine, eating out drives you nuts and you don't want to drink water.

It's because you're mineral deficient. You can't hold onto that water unless you have adequate levels of minerals, you know. And so that's why people don't aren't properly hydrated.

They just can't hold on to the water. They like electrolytes and minerals. So taking minerals important and then selenium is important. Potassium, sodium, things like that.

And then natural key leaders are things like like I mentioned, you can do Corella, you can do like the ortho salicylic, acid or OSA. It's a type of silica, not horsetail or bamboo or things like that.

It's ortho salicylic, acid. It's a very specific type of silica that has an affinity to bind onto these metals that cause fatigue, like the arsenic, aluminum and tin thallium and cesium.

It also gets bismuth, which is in like a lot of mineral makeups as well, something that can be very, very toxic and bismuth. It gets that, too. And so that's a wonderful product as well.

And there's many, many other. Yeah. So real quick question. What about silica water? So I've heard silica water as well. And then you've mentioned this particular supplement, too.

Yeah, silica water is great. Every little bit helps, you know, every little bit helps. But just drinking Fiji water is not going to detox all the aluminum you have in your brain.

It's just not going to happen. You need something much, much, much stronger, especially if you have chronic

fatigue. But I'm all for soba water. I know where it.

And where do people get the the supplement that you just recommended if you can repeat it again. Yeah the water's like or the salicylic acid. I have a product called agency of you can also get it in Brazil.

That is the best. Agent bio. So they have. Yeah, but does we need silica? You know, the silica is what makes it a little shiny. It like look at my skin because I take a lot of silica and makes your skin shiny and healthy looking.

That's why bell peppers are shiny or Swiss chard has this shiny nice texture to it. That's the silica that's doing that. So when you take adequate levels of silica, you get healthy, plump, shiny skin as well.

Now I'm 50 years old and I'm telling you, just taking the silicon and drinking lots of bone broth for collagen and things like that is really, really important.

Oh, so good. So good. Okay. Sorry I interrupted you as we were talking about nutrients, so we talked about silica. What's your next nutrient? Yes. So those are a pretty good handful.

Those are good things to get started with. But, you know, other natural healers you can take I mean, they're not healers, but, you know, nutrients that help you with detoxification like vitamin C is really important.

Food based is really nice glutathione. I like taking the precursor to solidify and any C and acetyl cysteine just to give your body the raw materials to make do with iron I think is a is ideal.

And you can also take things like full becoming acid that's an amazing detoxifying as well cilantro extract maybe not as strong as some things, but you can throw that in there anyways.

Why Detox Must Be Done Carefully

But there's just a lot of different things that people can take just to facilitate detoxification. Sulfur containing amino acids like taurine, super important.

You do not have taurine in the vegan or vegetarian diet. Those are not those do not facilitate detoxification in your body. Also, the top five detox foods, egg yolks, onions, garlic, ginger, and then broccoli sprouts with the sulforaphane.

And so those are the top five detox foods. Amazing. So now just real quick, before we I want to I want to segway into the ways that mitochondria make energy and bio energetics.

But before that, I think it's important for us to just highlight this one point. Right now, you're giving so much information. I know our do it yourselfers listening right now are taking notes like crazy and they're so excited they're going to go buy a bunch of stuff and they're going to add a bunch of stuff into their routine.

And you and I both have worked with people who crash themselves trying to detox metals. So this is a very there's a very specific way to do this. Can you speak about that a little bit?

Because I really want to encourage people to find the people on this summit who resonate with you, who can help you with this in a systematic way that doesn't harm your body more or crush your energy more.

So just speak about that for a moment or that you've helped a lot of people who've crashed themselves. Yeah, very important. So if you're listening, you have chronic fatigue, you have complex, chronic illness.

You cannot do this alone. Okay? You may be able to take binders, but that's not going to get you all the way home. So you're someone you're going to need professional help to do this.

And usually when people if you try to detox and you just crashes, you only just feel terrible afterwards. Usually I

don't start with detoxification, I start with bio energetics, with people and doing things that clear energetics blocks in the body, clear emotional trauma, and doing certain protocols that will actually, by you energetically feed energy to your body, feed energy to your mitochondria, and get your digestion and detox pathways working better.

Because you need you need to get your body working better. And before you're able to detox. So it's not just, you know, some people will say, oh, you need to clear your detox pathways, have all your detox pathways open.

And that's true. But many times people need much more than that before they're ready to detox. So, you know, open your detox pathways, get your lymph flowing, which would involve like walking or rebounding or, you know, doing infrared sauna can get that circulation moving in, making sure that your pooping and your or doing coffee animals can facilitate that as well.

If you're just not able to regulate your, you know, going to the bathroom as much as you should be, if you're constipated, you're not in a good detox state.

And also sweating is really important as well. Infrared saunas will facilitate that. So getting all the different pathways open is really important. But for a lot of people, they have a lot of energetic blocks in their body like say, in their shockers and their meridians because of heavy metals and chemicals, because of emotional trauma, because of EMF electromagnetic fields from our computers and Wi-Fi and things like that, and because our body mainly communicates by you energetically.

So we have this energy field that, you know, it's been established, it's about ten feet diameter or, you know, three meters in diameter around our roof.

As we go into this, I know people are thinking right now some we're like, Oh, here we go. We're going to go, whew, this is not this is what she's talking about.

This by her bio energetic field is measurable. It's scientifically measurable. Yeah. So yeah. So stay tuned and listen to this because it could be life changing for you.

And I have a feeling like anybody who knows a lot about bio energetics, it's because you treated a lot of people without it and then you realized it's missing.

And when you add this piece, everything changes, right? Everything changes. Like when I before I did bio energetics with people or a specific protocol called Ness Health before I did that, really difficult for a people to move the needle when it comes to increasing their minerals and detoxification action.

Because there's so much working against our body absorbing nutrients and there are so many stressors that interfere in digestion and toxins that interfere in digestion.

It doesn't matter what you suck on with what you eat, it only matters what you absorb and metabolize. And so when I started using and also because people, they just they have a really tough time generating energy, it's really you can't supplement your way into making more energy.

It's very difficult because our mitochondria work physically with nutrients. You know, we need nutrients in that Krebs cycle to make mitochondria.

Bioenergetics and Mitochondrial Energy

We need the sun to charge up the bio photons of the mitochondria, but they also work by you energetically. And so this is with that point I was getting to is there is this energy or field around us and this is this this superhighway where our body communicates with each other, just like over Wi-Fi.

There's information sent on energy waves to send that information to your cell phone, your your movies or what have you. Our brain, our our hearts and out waves that have information on how the operating instructions and

when there's an energetic block, the the information the messages get scrambled out and so in don't they just doesn't work properly and so EMF is playing a big role in interfering on our brainwaves interfering our heart waves, interfering in our body's ability to communicate.

That's why it's shown the research has caused so many different health issues. So our mitochondria are the same way and so we can do things. We can do bio energetic testing, scans.

They give us a tremendous amount of information about what's going on the body on in the body and also give us a ton of information about what heavy metals you have, what MF is affecting you, what chemicals are affecting, what molds are affecting you and and and this program called Ness Health any s health also has protocols to feed energy to your mitochondria.

And so they also have university studies that show that mitochondrial function improves with doing certain protocols that they have. The company has developed over the last 50 years, there's 50 years of research behind ness health and the protocols and the the computer scan that they do.

So for me when I'm working with someone and they can't take supplements, they can't do detox protocols. They they're allergic to everything, have chemical sensitivity.

They can eat five foods or all of the above. You I do nestle with them and I encourage everyone to do nass health because and there's many other bio protocols out there that are amazing as well.

And that's health is not the only one. It's the one I've been using for the last seven years. And I know that works. So that's what I recommend. And so people can do this and dramatically improve their bodies foundational, functioning, just get it working better, digesting better, sleeping better, reducing stress.

And then people are more prepared to do a detox protocol and handle all that. And it gives your body the energy to detox. It kind of, you know, helps her liver function better, their kidneys function better, all the detox organs function better, so they're able to have a more successful and comfortable detox.

This is so good. Okay. So you were we were going to highlight all the different ways that mitochondria make energy. So there's a lot of, you know, professors and PhDs and people who study mitochondria.

You know, that's their life's work. Speaking on this summit, can you break it down for us? And of course, those talks are amazing and they're very high level academics.

Right. Which doesn't make it easy for the rest of us to understand. They're saying so could you easily explain to our audience the ways that our mitochondria make energy?

Yeah. So I briefly mentioned before, so there's overview nutritionally and the in the Krebs cycle and then bio photons charge you with the bio photons and then bio energetically.

So information being sent to the mitochondria, the mitochondria sending out energy to just the orchestration of all the trillions of things happening every second in our body.

And so nutritionally, you know, we need the right fuel for our body, we need the right nutrients for our for our Krebs cycle to produce energy in the might of Andrea and heavy metals can throw a big wrench into that.

So then we have the bio photons. We need to go in the sun and charge up our bio batteries. There's bio photons all over our body and we operate by the sun.

We need to have sun or sun lamp or something of that nature or you're just your mitochondria are not that you're going to be robbing your mitochondria of their ability to produce energy.

If you're not, you're not getting sun exposure. And then we have the bio energetic realm where we can feed energy

to our mitochondria. We can send correct operating instructions to our mitochondria.

So that's how they have a infancy record, salt water that has information imprinted on it. It's called cell driver or 83 is the name of it. And they have university studies that show that the cells work better.

Cell metabolism, energy production works better in the cells. When taking this 83, but much better to just do an overall nest health program using in pursuit of goals and a device called a my health.

My health is it's a device that I use. It almost looks like a cell phone. I can just type in, you know, recharge and that will recharge my adrenal glands and help to give me more energy and they're just there's 200 different functions in it to do various things.

And so for me, that's one thing that I use to kind of overall correct. My, my found my foundation of functioning, improve my, my health and reduce my stress, improve sleep, just sleep function on it.

That changes your brainwaves, the brainwaves you're supposed to have when you're sleeping always get a much deeper sleep when I do that than when I forget to do it.

And so there's a nest health and bio energetics really I feel like has a it's really the future of medicine, energy. Medicine is the future of medicine.

I think it cannot be overlooked, especially if you're someone out there like me that had felt like I was doing everything for my health, where health was my full time job and I'd always taken care of myself, exercise wise, eating amazing food.

I mean, amazing, fresh organic food. In California, you just can't get better quality food than they're taking high quality, expensive supplements doing the yoga.

The pilot is a stress reduction, the meditation just doing it, everything. And I'm like, why do I wake up feeling like crap? You know, because it's not enough.

Like just doing the the basic things, lifestyle and diet aren't enough. You have to add detoxification. You have to add the emotional trauma component and the bio energetic component as well.

And that is really what's going to take people to that next. And those are some of the missing piece of the puzzle. That's why I primarily talk about to help people, you know, just find those last missing things to get them to that that top of the mountain where they're really, you know, wanting to go to feel good.

Final Advice and Where to Find Wendy Myers

I was going to ask you to wrap this up and give us your pearls of wisdom. And you just did it without me, even say. And what would be your final words to say?

You just wrapped it up in a nice bow. So share with our audience where they can find your work, where they can find your podcast, where they can get in touch with you and learn more.

Yeah, you can find me on Maya's detox dot com. I also host my Aarti Talks podcast and everywhere you listen to your favorite podcasts and YouTube YouTube.com slash Wendy Myers and all the social media admirers, she talks.

Thank you so much, Wendy. You are always a light in any any type of, you know, summit or anything that I produce. I am so excited to bring you on to share this information.

You've helped just thousands and thousands and thousands of people around the world. And, you know, it's there's never been a more important time for this because we are getting poisoned with more metals now than we were

five years ago, ten years ago or even two years ago.

It just keeps increasing, increasing. So this is really vital information for people to know and think. Yes. Yeah, I'm very passionate about getting this information out because I know there are so many people ill, so many people going through the conventional medical, you know, the the roundabout door, they're just not getting answers and they're exhausted.

The meantime, getting sicker and sicker and sicker. So for me, it's just I'm really passionate about, you know, helping people find those answers because I was that person also where I just thought I was doing so much and spending so much money and spending so much time and just left feeling very frustrated.

And so for me, I like to help people give the get those those answers and those pearls that they've been looking for. Thank you so much. All right. Until next time, Wendy, take good care.

Bye now.