Introduction and Guest Background

– Welcome to this episode of the Environmental Toxicants Autoimmunity and Chronic Diseases Summit. I am Dr. Wendie Trubow and I'll be your host today and I know I see this every time, but I'm super psyched to be interviewing Dr. Wendy Myers because first of all, how could she not be cool with a name like Wendy?

– Right. – Let's just start. I know and I rarely ever meet them. So Dr. Wendy Myers is a naturopathic doctor. She's the founder of Myersdetox.com. She's a heavy metals, detox bio energetic expert. And she's also the author of the number one best selling book, Limitless Energy, How To detox toxic metals to end exhaustion and chronic fatigue. She's the host of the top 100 rated podcast, the Myers Detox podcast and it's all about protecting your health with detoxification, which is near and dear to my heart too. So, welcome, Wendy. Is there anything I missed? – No, That's about it.

– All right then. So we're gonna talk about toxic metals that damage your immune system. And I think just as setting the stage for our listeners that if you have some kind of autoimmune disease or chronic disease, you're likely have toxins. So we wanna untangle that.

So you feel amazing. So I think the first thing that I want to talk about with you because I mean, this is like your total sweet spot is a lot of people are developing immune system dis regularization dis regulation as evidenced by the increasing prevalence of autoimmune disease, allergies, asthma cancer. What is your opinion about some of the underlying causes of this? – Yeah. Well, obviously, you know, toxins are a huge underlying root cause.

And there's many and I'm an expert on heavy metals. So I kind of focus on the heavy metal aspect. But I know in my research over the last decade that the research is clear that there are heavy metals like arsenic and cadmium lead and mercury that are very prevalent in our environment, very prevalent in our body in our bodies and these suppressed immune system functioning and they do this in the number of different ways which I'll get into.

How Heavy Metals Affect Immunity

But these metals in our environment, they're just, they're everywhere. I mean, if you look around you on your desk there in your room, there's all kinds of metals and everything and these metals are being drudged up from the earth's surface and used in manufacturing, they're released into the air.

Then the there's coal burning going on, you know, leaded gasoline, all that gets into the atmosphere, settles into the oceans and into our food supply, into our soils, into our even organic food has heavy metals.

It's pesticide free, chemical free, it's not heavy metal free. That'd be impossible. And so there's a lot of, there's a big problem with heavy metals being introduced into our bodies and it's stored in our fat, stored in our nervous system, stored in our bones and our tissues.

And these place a burden on our ability to produce energy which is needed to power the immune system and I'll get into metals that cause fatigue in a minute.

Um And we, we have metals that interferon are different, um, immune cells which I'll get into in a minute and it just places a huge burden on our already overworked immune system. You know, we could have, you know, 50 million cancer cells at any one point in our body and our immune system works to, you know, kill all those off and, you know, you know, eliminate them in our body. But you've reached a certain point where you reach a tipping point in your toxicity levels when you don't have enough energy to detox when you don't have the right diet, when you don't get enough sleep.

When you don't have the right nutrients to excrete these toxins, you have genetic issues with your detox pathways

or whatever, all of the above you reach a tipping point where your immune system isn't able to function optimally. And that's where it gets over reactive like an auto immunity and mast cell activation syndrome, allergies and asthma, things like eczema, what have you. And then we start seeing, you know, the devastating effects of auto immunity, not to mention heavy metals also impact your digestion. Can decimate your microbiome, your good gut bacteria, your gut lining as well. Your ability to absorb nutrients, produce hydrochloric acid, heavy metals interfere in every different aspect of your digestion. So all of these things kind of combine to poor immune immune function and poor immune reaction as well.

– It's like when your kids are young and they're hungry and tired and it's a really bad combination. Like you never liked the result of a hungry tired toddler. You never liked the result of heavy metals with digestion on top of, you know, it's almost impossible to avoid glyphosate.

If you eat any high fructose corn syrup, you're getting a dose of glyphosate and mercury. So you're getting a double whammy. So I think it's, it's really critical what you're talking about. So can we drill into?

You said you'd come back to, you know, what, what role the heavy metals are playing drill into that in terms of how they mess up the immune system and they get functioning a little bit more. – Yeah. And so this is just scratching the surface, but the main metals that affect immune system functioning are the mercury arsenic lead and cadmium. And these are prevalent pretty much everyone unless you just genetically have an amazing capability to detox.

You know, or just, you know, you've been detoxing for a long, long time. You're gonna have some level of these in your body. So, mercury, we are finding in fish and shellfish. It is in the air that we breathe.

It's in 400 different medications. It's just all over the place. Arsenic. We find that in conventional chicken eggs and we find it in rice, conventional chicken meat arsenic is fed to chickens around the world or it's in the chicken feed and because it makes the meat, the chickens grow 50% faster and it makes the meat, you know, more healthy looking, give it kind of like a pink color.

And chicken farmers are paid by the weight of their chicken. So there Looking to get a boost there. And then we have led, lead is just, it's just everywhere. I mean, it's in, it was used to be in leaded gasoline. It's still in gasoline, in developing countries. It's still in paint, especially white paint in developing countries. Any house in the U. S.

1978, usually there'll be a layer of lead paint somewhere and they're devastating to do restoration or scraping and standing of a home on the outside of the paint.

It's devastating if you haven't had a toddler in your home, you, you absorb lead and then, you know, from mother to baby lead is passed in the bones down to the child as well because lead is stored primarily in our bones.

And then cadmium, cadmium was found in cigarette smoke. It's also found in a fish and shellfish as well. It can also be used in fertilizer. So we get in our soils as well.

Leads prevalent, very prevalent our soils, a lot of lead and arsenic based pesticides that may have been phased out, but there's still persistent and the soils.

So as you can illustrate lots of ways, we're getting this stuff, not to mention the water as well. And so these metals inhibit our immune system in many different ways. So, one metals impact and inhibit the function of macrophages. So these are really important cells of the immune system that are formed in response to an infection or accumulating, damaged or dead cells. So, macrophages are really large specialized cells that recognize engulf and destroy target cells.

The number two, we have neutrophils and their functions very negatively impacted. These are the first responders when the body is invaded by bacteria or viruses or other organisms. And they're guided by chemical signaling and they travel to the area of infection and attack.

So, neutrophils contain tiny compartments called Granules in which they store toxic chemicals that act as their

weapons against microorganisms. So, these substances are really effective at killing bacteria viruses, but they also contribute to inflammation with its accompanying, you know, swelling redness and often pain. And so if you look at live blood cell analysis with people who are sick with infections and they have heavy metals, you'll see their neutrophils are really sluggish.

So they're just not wanting to hunt around and find a meal. They don't work very well. Number three metals impact natural killer cells. So most of our white blood cells are these natural killer cells.

Common Metal Sources and Immune Disruption

And they are specialized to kill certain types of disease cells, especially cells that have become infected with viruses and cells that have become cancerous.

And so, like I said, medals across the board negatively impacting these different areas of the immune system. And number two, there's heavy metals that cause fatigue.

So there's metals like arsenic, aluminum, tin, thallium and caesium. And these metals poison enzymes that transport nutrients into your mitochondria. So your mitochondria, your little cells powerhouses that create your body's energy.

So when that's negatively impacted, you have less ability to produce energy, less energy to you know, fuel your immune system. And interestingly enough, you also need energy to sleep.

You know, people think you sleep too, you know, wake up restful, you actually, you know, sleep is a very energy intensive regenerative restorative process.

And if you don't have enough energy to sleep, if you get poor sleep, your immunity is going to be, you know, greatly impacted the next day. And most people are chronically sleep deprived. People, you know, Americans, huge percent of people get, you know, maybe five or six hours of sleep at night, which is not enough for them. And over time they were taking that credit out of the bank. Over time their immune system begins to, to suffer and pay the price for that.

There's also a phenomena of allergies to heavy metals as well. So people can become allergic to heavy metals just like they can a blueberry or gluten or what have you. And so when people do have allergies to heavy metals, like mercury is a really common one, they can get over reactive lymphocytes, they can have an over reactive immune system where we seek like for instance, and the thyroid as mercury likes the deposit and the thyroid and when people have an allergy to the thyroid, the immune system can attack the thyroid tissue, giving them a diagnosis of Hashimoto's. And so that's just one example.

But if you do have an allergy to metals, you can develop an autoimmune disease because of that. And so there's a lot of people that have allergies to titanium, which was found in joint replacements and tooth implants.

People have allergies to titanium dioxide, which is found in countless food and personal care products. As a whitener. Also nickel, the heavy metal nickel can be a big proponent of autoimmune diseases as well in the presence of that.

And we get that in Nichols primarily we're getting that. If you've ever had braces, you'll have a lot of nickel in your body. And also if you had a lot of fast food and processed foods with partially hydrogenated oils, nickel is used as a catalyst to kind of infuse hydrogen into the fat to make it more shelf stable. So that's a big, you know, big source of nickel as well. – There's a lot in that to unpack one day when you really look at that out of curiosity. Do you eat West Coast oysters?

Because those are super high in cadmium. – You know, I tend, I don't eat oysters that much because they generally have heavy metals in them. But I do eat them occasionally because they are very, very nutrient dense. So sometimes I'll trade the nutrient density for, in some heavy metals. I have a detox lifestyle so I don't worry about

it as much. But I tend to eat oysters from like New Zealand and I don't know, that just depends on what's available.

– Sure. I have a consistency thing. So, oysters, Mussels clams are not things that I eat. Let's just put it that way. – Yeah. – It's that my kids love it.

My husband loves it, but not my food. – Yeah, I think generally across the board it's, there's certain food groups that are higher in metals and, and toxins. You may want to avoid them.

But, you know, I, I think that, you know, shellfish can be extremely nutritious and I think nutrient, nutrient density is really important and a lot of shellfish and they're very like the top 11 or 10 nutrient dense foods or shrimp and oysters and things like that.

So, you know, I, I imbibe occasionally but I'm not doing it every day. – I want to come back to what you mentioned, you alluded to this detox lifestyle.

But let's back up. How would people know that they might even be high in, in metals? I mean, how would they even assess that to understand what's their current levels? – Well, you don't have to be high in heavy metals to have a problem. I mean, everyone has heavy metals and chemicals in their body. No one is exempt.

I mean, and there are some people, I mean, everything is, is graded on a bell curve. You know, where some people here are very toxic in metals and chemicals. And these are people that typically have genetic issues where they don't detox very well and they're going to be sicker.

They're gonna have complex chronic illness, chronic fatigue can't function. And so in those people don't detox very well, but then you're gonna have the other side of the spectrum where people are, they just have like these Olympic livers that can win the liver Olympics and they have great detox jeans and, and they don't even have to have a healthy lifestyle. You know, those are the people that grandpa, that drink and smoke until he was 100 you know, that's probably not you.

But there are some people out there, they just seem to, you know, just kind of goes right through them. But so there's a whole spectrum but if you are, you know, morbidly obese, your body is storing toxins in your fat.

If you have complex chronic illness, you probably have a very high in toxins. If you're, you know, chronically fatigued, um in bed, you're going to have a lot of heavy metals, you reach a tipping point where your body just can't get this stuff out as fast as it's coming in and just builds up and builds up.

And I think a lot of people that are starting to have a lot of symptoms, maybe don't heed the warning that their body is giving them and just keep with their same lifestyle, their same diet. They can't figure out what's wrong with them quickly enough. They go to conventional medical doctors who say nothing about toxins or metals or chemical testing or detox or anything like that among other things that can be helpful. And, and so they just reach a point where um you know, their health is suffering.

– So do you feel like people need to address or evaluate these toxins with actual tests to say yes, this and this and this is present or do you look at it more holistically and say look, if you are suffering from some chronic complex, chronic medical condition or you can't lose weight or you losing your hair or there's something, or an autoimmune disease.

Do you just assume that there's toxins there? – I assume everyone has toxins. And then this is just established in the research and the World Health Organization does testing, you know, every so often and the last time they did a test, they found that people have on average 500 chemicals in their body.

Umbilical cord, blood, 270 chemicals, we have dozens of heavy metals. I mean, we have this stuff. It's just, it's in, as it gets in us in our air for food and water or beauty products.

There are so many chemicals, there's thousands of new ones coming out every year. There's 100,000 chemicals in

our environment. It's just foolish to think that you're going to be exempt from that. You just haven't maybe had symptoms or you, you've grown accustomed to those symptoms or just think you're getting older or whatever the case is. And so, everyone should detox, everyone should be doing something on a daily basis toward detoxification.

But I think it's always smart to do testing because there's some specific toxins or metals that people have that require specific ways to address them, like specific supplements. But in general people, I'll get into detox protocols in a second. But in general, it's smart to be thinking about removing toxins from your body before you get a diagnosis before you're chronically fatigued, before your hormones are a mess.

Or you get a diagnosis or, you know, because the, if you look at the odds, if you look at, how many people are on five medications or more, how many people have, you know, number one killers, heart disease, hypertension diabetes. You know, just other health issues that people have heavy metals and toxins are the underlying root causes of those.

If not, you know, one of the causes, one of the outright, number one causes like diabetes.

Assessing Toxic Burden and Detox Basics

Number one cause is heavy metals and toxins. It's not just the carbs, people are eating too many carbs that, you know, yeah, plays a role. But it's, it's toxins playing a role as well in the, the, you know, the prevalence of the disease that we have today in our society.

– So I think it's obvious that that we're going to work to stay away from metals as much as we can. But that's sort of spurious because you can't stay away from them. So if we're assuming you're getting exposed and we're assuming that if you have any type of physical issue, you name it, we will say yes to it. Basically, then you have some sort of toxicity occurring. How can people best work on getting rid of this on their own or do they always need to see a functional medicine provider.

– Yeah. Well, there's basic things you can do on your own. Like you can take a binder on your own. You can take supplements on your own facility, detoxification, minerals or one of the, you know, not very sexy, not a lot of people are focusing on minerals and their supplement regime, but that's the number one way you push out and displace metals from your body.

People can focus on the top five detox foods which are onions, garlic, egg yolks, ginger and broccoli sprouts. Those are some foods that I try to eat every day or juicing, you know, ginger, what have you that I eat on a pretty much daily basis to facilitate detox in my body. People can eat you know, powder broccoli sprouts, you know, they have got plenty of those around and different things like vitamin E but like the natural form like the one Otto for most vitamin E is really, really important. That's a number one antioxidant your body uses.

You know, you can take Bluetooth Ion but I prefer people, you know, facilitate their body's endogenous production of glutathione. But some, some people, you know, like to take like to take it.

There's just lots of other supplements, magnesium. Oh My gosh. So important. So many people are, are deficient in magnesium. And so there, you know, I think for people that are ill or looking to detox, you need to kind of go back to the basics before you start getting into really complex kind of protocols. Because there are so many people I know friends and family and clients and what not just by doing basic things, you know, taking minerals because it's, you know, your body doesn't work without minerals.

You know, you're going to have anxiety, poor sleep, poor detox, you know, so poor, you know, bowel movements and things like that. And so just taking minerals, getting proper sleep, proper hydration, getting some sun every day, eating a better diet, just those basic things will get everything kind of working again. You've got those in place then, you know, see what's left over, see what symptoms you have leftover.

But detox should be a part of everyone's lifestyle. And so, and we'll get into like protocols and things I recommend

in a minute. – So it sounds like for the average person listening, there's a lot you can do on your own.

I mean, you've talked about food and some supplementation, but just as you were talking about juicing, I had this thought of juicing and onion and I immediately was like, absolutely not, but you can certainly juice ginger, take a multivitamin.

What are things you would say to people don't do this on your own. – So don't try to interpret heavy metals test on your own. You're not going to get it right or you're gonna misinterpret them, especially when it comes to heavy metals test where there's no medals on it.

People like, oh yeah, I'm free and clear now. That means your body can't detox. And so I, I see this all the time or, or doctors even misinterpret the results.

I think if there's no, or maybe the test you're doing only test for like four medals and there's like 30 you know, you may be doing a bad test for us being interpreted improperly. So, that's it's called the no show phenomenon where people don't have metals in tests and they just kind of go into the next thing and, oh, that must not be it. But, you know, most people don't have the energy or the nutrient status or the minerals or they're not doing detox protocols that help coax out toxins from our fat tissue, their fat stores. And so, yeah, big surprise.

There's no metal showing on their first test. But as they kind of give their body what it needs to release this garbage, then we see more medals coming out on test. I still have medals coming out.

I've been doing this for 10 years, you know, over 10 years. And so are, it takes 10 years to get rid of the, all the lead that's in our bones. There's a lot of garbage inside of us. And so it's just, it's not something you do once a year. It's detox is really a lifestyle.

That you need to be thinking about and doing on a daily basis. – So let's talk about that. I always say to people, you gotta have the foundations of your life set. You need to sleep, move your body, detoxify your relationships. Eat whole unprocessed organic, wherever possible foods get enough water, make sure it's filtered in high quality and, and then, and only then when you've optimized, just the basic function poop every day, then you can start to work on the more aggressive removal.

But you have to crawl, walk, run, you can't go right to run or you're gonna be really sick. – Yeah. And especially if you have a complex chronic illness, you need to be working in the practitioner that knows what they're doing and knows how to, maybe get you stabilized before or you're gonna, you know, dump more garbage for your body to process that.

It's just not ready to. Maybe you need to fix your digestion first. Maybe there's just other priorities going on. So you need to work with a qualified professional that knows what they're doing before you detect, especially before you do calculation or something like that is just a recipe for disaster. – So, what are some of the, have you, have you touched upon what you would consider to be?

Simple detox tips or are there more? – Yeah. So, well, that's pretty much it for the simple detox tips, but the more kind of advanced ones are doing ionic foot baths, which I absolutely love. I only recommend the ion cleanse by A M D just because it's a medical grade footbath. And so those excrete toxins into the water.

Advanced Detox Methods and Bioenergetics

But it's really more about 2-3 days following a foot bath, you're excreting more toxins into your urine and stool. And so it's just facilitating your body's ability to detox.

But definitely a lot of stuff comes out in the water as well. And people on average need about 400 hours of ionic foot baths. So it's just not something, it's not an overnight Success, but it's very easy to do them, you know, watching TV, or while you're working, anyone can do them, kids can do them.

There for me have been really pivotal in, in my detox journey and I have clients that start doing them and they're not doing anything else. They start, they lose £15 without changing their diet or doing anything because their body is, your body is using fat cells to store all these fat soluble toxins.

And when you start giving your body away to excrete, the toxins, usually want to take a binder that's absorbing these toxins like a sponge to help, you know, facilitate their removal. But once you're doing, taking doing this protocol to get rid of the, these toxins out of your fat cells, you're probably just releases the fat, you know, it doesn't need the stores anymore.

Doesn't need a little garbage cans. So that's one byproduct. And then I also love infrared saunas. And so these are, you know, they're more expensive. They take up room in the home.

Not everyone can do saunas, Children under seven can't do saunas that are very ill that have certain skin issues like rosacea or that or just, they can't tolerate heat for whatever reason. Some, some autoimmune diseases, they just can't do heat, but most people can do them and, and they're a great way to sweat out, you know, these fat soluble toxins out through your sweat and, and also, you know, relax your nervous system, which a lot of people are very stressed, you can't detox if you're stressed out.

And so it's very important to do things um that help to relax your body because if you're in a chronic stressed out state, this is the number one enemy to detoxification.

So it's gonna be really difficult to just tell people just relax, you know, some people have trauma, they have other stuff going on where their nervous system is just this chronic, you know, the pedal is just on the gas nonstop.

And so they're not able to just relax and get out of that. But the sauna helps them, you know, to get into their parents and their nervous system and facilitate detoxification. – You at one point, I think you do a lot of work with bio energetic and strengthening an immune system.

Can you talk about that? – I can try. Excuse me? Yes. So, one of the, the number one things I love, when it comes to correcting immune system functioning is using bio energetic because, you know, a lot of people think of, oh, let's take some, like, how do you fix your immune system?

You know, let's take some vitamin D, let's take some zinc and, and maybe they'll fix their diet. But it's, it's very difficult. In my opinion, using physical means, physical methods, food supplements, detox. What have you to correct immune system functioning? Yes, it can be done.

It takes time and those things are essential. But what's more effective, I think and quicker and very elegant is you know, when we take the fact that our physical body takes instruction from our energy field.

So we have an energy field around our body About 10 ft in diameter around our body. And there's a lot of information in this energy field and our physical body takes instruction and direction and there's communication happening in this energy field.

And so you can do a scan of your body using software called Nest health. And in doing this scan, it takes about 500 different data points. A lot of different aspects of your immune system functioning and pinpoint where there's a weakness or where there's a blockage in your energy field, which can be from heavy metals from chemicals from emotional trauma, which plays a huge role in auto immunity and immune system functioning.

In general. You can also have energetic blocks for various reasons on the meridians or chakras and other on your organs and that will interfere in your physical functioning because you can't get the correct operating instructions.

You know, the efficient communication happening in your body. And so nest health software identifies the issues and you can do certain protocols to correct you know, release energetic blocks and send corrective operating instructions to your immune system.

And so I haven't really seen anything that corrects immune system functioning as well as using the protocols developed by Nest Health. Over the last 50 years, there's a lot of different bio energetic modalities out there.

A lot of our amazing, they're great. This is just the one that I happen to use. There's zero, which is amazing. There's, there's just so many different devices out there. And it's fascinating and this is really cutting edge technology that I've seen improve people's health, like improve their food sensitivities, people that can only eat five foods, people that have chronic allergies that have, you know, other immune system functioning improved very rapidly.

And so, and it's just about changing the information, removing the energetic blocks. And so that to me is much more efficient into the point and much more direct means of, you know, improving your immune system functioning.

– So as you were talking, I was thinking, okay, there's leaky gut and then there's leaky, bio, energetic and until you get your bio, energetic, clean and, And intact you're at risk for continued immune dysfunction.

It sounds like. – Yeah. Well, you know, I think when people have energetic blocks, there's a lot of energy wasted in inefficient communication in the body.

People don't, they're stressed. This is a, it's a big stressor to have all these different energetic blocks to have emotional trauma, which is a huge, you know, 65% of physic health issues are caused by emotional trauma.

This is well established and conventional medical research done by Kaiser Permanente with 17,000 patients that had adverse childhood events. So emotional trauma plays a huge role in physical health issues, including immune system issues and auto immunity.

And so by you know, using bio energetic sex, that's where you address and clear these emotional traumas. They are frequency in your immune system and they require sound therapy or energy medicine like bio energetic to clear them, talk therapy does not clear them because many of them are not consciously aware of them to even speak about them. So using bio energetic uh to me, just a very efficient, easy way to improve your immune system functioning, – Do you find that meditation makes a difference in bio energetic work?

– You know, meditation is amazing. There's a lot of research that, you know, it helps to you know, relax your immune system, lowers your heart rate variability. And it's definitely, you know, it's wonderful. It doesn't clear emotional trauma, which I think is more people's problem than just needing to relax.

But I think it's a wonderful practice and, you know, but I think for me using, you know, sound therapy, bio energetic bio field tuning is, I think is a more effective, you know, modality that gets you more results for the return on investment for your time.

– So where would you recommend someone start who's just getting started? And you know, there may be listening to this and going, oh I never really thought about this.

Where to Start and Final Takeaways

Where do they start um with, with detox or, or bio energetic I would say starting with with, let's do both, let's do the bio energetic and then let's do the detox.

– Yeah. So bioenergy X, I would just start with a nest health scan. That's really the easiest way and it's fascinating how accurate the scan is. People are really, really shocked by you. You get so much information in the skin.

It's amazing I've been doing for about seven years and it's just helped me clear so much stuff. I mean, within two months, my bulimia stopped, I have clients that they just stopped smoking, they stopped drinking, they stop other kind of, you know, addictive type behaviors and, and not to mention, you know, so many different health issues resolved as well.

And then when it comes to detox, I would start with heavy metals testing like a hair mineral analysis. Hair analysis is a great screening tool to just see kind of check in, see where you're at what metals you have.

It doesn't test all of the metals. There's no one test that tests all of heavy metals. But Harriman analysis is really my first go to kind of see where we're at. You can develop a really good customized detox protocol based on that. And then you can also do urine and stool metals test if you really want to see your total, you know, body burden of toxins and see because some metals come out in the hair, some of the urine, some of the stool, some of the skin. But looking at the hair first, I think gives for me, gives me the most information, – Got it.

Where can people find you Wendy? Because this has been a great, we've started to scratch the surface, but I'm sure people will have questions about where to find you. Can you share about that?

– Yeah, you can find me on Myersdetox.com. That's all we talk about is detox and I've got four, almost 500 podcast now and you know, almost 1000 articles for free that you can dig into. – This is amazing.

So in summary, toxins are everywhere you, if you think you're not getting exposed, think again, right? You can detox from them but you will never be fully free of them. That it's a process, it's a journey, not a destination and then start working on.

How can you start to pull these out in ways that are safe and when you reach the limit of your personal work with a provider? – Absolutely perfect. Very well said the queen of one liners.

– Alright, Wendy. So thank you so much for being with us for this episode of the Environmental Toxicants Autoimmunity and Chronic Diseases Summit. If you're just tuning in, you need to go back to the beginning and listen to Wendy Myers talk all about toxins because you know it is it is possible to heal from autoimmune disease and chronic diseases. So, Wendy, thank you for being here today.

– Thanks for having me. – My pleasure. Love talking with you.