How To Detox Toxic Metals That Cause Fatigue Transcript

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Introduction to Heavy Metals and Detox

170 million homes in the United States are receiving water that has radioactive elements in it. So this is a huge issue. It's just one of those things where you can't drink distilled water ongoing because it will deplete you.

So you can do that. You have to take a break and you have re-mineralize that water. Putting actually a lot of sea salt in that to re mineralize your body.

So to be very, very careful about that, but the distilled water will remove radioactive elements. This is Dr. Talks. Welcome back to the conversation.

Today we have Dr. Wendy Myers. Hi Wendy, welcome. 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 expertise 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.

Absolutely agree with you. Heavy metals are passed over and we focus a lot more on kind of lower hanging fruit and this is something that's really critical.

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

And you also the host of the top 100 rated podcast, the Myers detox podcast. 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 lot a different stressors in our environment. You know we have heavy metals.

We have dozens of heavy metal that are dredged up from the earth's crust, from industry. And we also have 100,000 chemicals, 40,00 of which are in use in the US.

And then we also have, you know, EMF for electromagnetic fields. People, everyone has emotional trauma, which cannot be discounted.

Why So Many People Are Tired

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.

You know overlooked if you're on a healing journey. and then, we have all the, all of the other things that people pay attention to. Those are the top four things 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 just emotional stressors and just diet and sleep and poor lifestyle and things like that. Yeah, and 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 released from the body because the bodies remembers. And I am so that glad you know how toxic the world is and you also know important it is to do this emotional piece and also the energetic piece.

If we have time today, we'll go into the energy piece as well, which is also one of your expertises. In terms of metals, which metals are the ones that we're worried about in terms harming mitochondria energy production, impairing our ability to produce energy, and really impair our abilities to heal our bodies from chronic health conditions?

What are 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 mitochondrion actually are kind of They're environmental watchdogs.

They are looking for things in our environment and can shut down when there are different stressors in your body. I'm sure a lot of people are talking about 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 are one of the ways that mitochondrial produce energy.

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

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.

Then you have radioactive metals. So over half of people 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. If that gets into the mitocondria, just destroys all that machinery. Some people, you can test your deutereum levels, drink low deutarium water to reduce the amount of deeterium in your body.

Real quick, we had Dr.

How Heavy Metals Damage Mitochondria

Stephanie Senoff come on this summit 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.

Thank you for bringing that up. You're not the first person on the summit who's brought that 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.

So it's not surprising that so many people are so tired. You know I've worked with thousands of patients as a number one complaint. Everyone has. It's my number-one complaint and when you don't make enough energy, know you can't fuel your brain, fuel, your digestion, fill your immune system. You need energy to sleep and sleep is a very energy-intensive process. So you've got to have energy 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, and I mean, I want you to explain the answer, because people think of, well, that's when my body's sleeping.

That's what I don t need. Why do we need energy to sleep? Yeah, it's this catch-22 because you know you think oh you slept and you your eyes were closed for eight hours and You wake up and your exhausted you wake if 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 And so, it's a very, very energy-intensive process.

So, its restorative, but it is not something that 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 overall functioning.

So keeping an eye on your heart rate variability is very important in the healing process. 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 this metals that you explained, and I know there's some tricky, sneaky spots where these come in. I mean, there is the obvious like amalgam fillings for mercury and eating, you know, fish that are high in mercury, but there are tricky places where all of these are coming in and aluminum too.

So what would you share with us? Yeah, and I'll go over each medal 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, doing stress reduction and just all these things.

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

And so I think thats something that people really have to be aware of, that we all have some level of heavy mettle. Some people are really good at detoxing them, thats relatively few people, they just won the genetic lottery.

But, you know, if you think about this, when you look at aluminum, so aluminum is 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 hard. Aluminum utensils, forks, knives, it's light, is disposable, and it is cheap.

The underarm deodorant we're putting on every day, that we breathe. Air pollution is one of the main ways we get metals and toxins. It's also an anti-caking agent in salt, sugar, and flour.

I mean, it's just everywhere. Many, many other places. And then we look at mercury, very potent mitochondrial poison that is in mercury mug and fillings, large migratory fish.

Um, It is also a preservative in 400 medications. it is just in a lot of different things. in the air we breathe as well because of coal burning. Then we get to thallium.

Thallia is something people don't think about when every single person I test has thalium and cesium, so what the heck are these? Thalum is naturally occurring in petroleum deposits, all that car exhaust and smog contains thalion, we're breathing it in.

Common Sources of Metal Exposure

Thallium is 10 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, 10 years later still releasing, I mean, just an ungodly amount of toxins, radioactive elements and cesiums still into our environment.

And so it's just unfortunately a reality that we're getting cesium, a lot of people have it. And again, potent mitochondrial poison, thallium and cesiam 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 do have cesia and thalium in those enzyme binding sites and you need to detox those for your muscles to work properly.

And where people can have tachycardia and skipping heartbeats or have a lot of rapid heart beats, the heart muscle isn't working properly because of thallium and cesium.

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

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

Oh, yeah. It also causes a lot of issues and mitochondrial issues. But cadmium, your body uses that to repair your arteries, and it's very hard and brittle.

So over time, you get arthrosclerosis. You get hardened arteries Then you get high blood pressure, then you heart disease, and this is one of the reasons that smokers get heart diseases.

They're smoking cadmium, medical marijuana, when you're smoke it, also getting cadimium. And so, this why smoker's get a heart-disease. That's the link, it's cadamium is the main contributing factor.

So, back to the mitochondria, so then we have lead. People that have lead poisoning are extra chronically fatigued. They would call them lead heads like they can just sleep 12 and 14 hours a day.

So lead is coming. You get one from your mother. from storing your mother's bones and then it's passed on to you and she makes your body. And then also we can be exposed to, again, air pollution.

Anywhere you have mercury in fish or shellfish will also usually have lead because this lead is released into the environment from coal burning and industry manufacturing.

And then we also get lead in a lot of foods, unfortunately, because the lead gets into the air and then settles in the soils. Additionally, there's lead paint any time, any home built before 1978. If you do restoration, or your neighbor is standing and painting their home, restoring an old home and knocking down a wall.

You are introducing obscene amounts of lead dust into your environment and if not handled properly, 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 as, well, arsenc is found in chicken. So conventional chicken, conventional, chicken eggs, it's in the chicken feed.

Because 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 it, and even if your eating healthy now, you have a healthy lifestyle now.

What about all that chicken you ate? All that El Pollo Loco? All that stuff you ate in the past, all those conventional eggs were at restaurants. Or anytime 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 business of making money and organic chicken costs a lot more for them to put on your plate than conventional chicken.

So unless you are a strictly organic restaurant, that's what they advertise and you pay a high price for that, you aren't getting organic food. Yeah, exactly.

And that's the thing, organic means chemical-free, it does not mean heavy metal- free. So you can use sewage sludge to fertilize organic food, and that sludge can have cadmium and other metals in it.

The water that is watering organic foods can also have toxins and different contaminants in them. I started putting this apart. We have a lot of exposure of heavy metals even with totally healthy diets and lifestyles.

Can organic farmers use cadmium in chicken feed? No, so they can't, 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 could use arsenic-free feed with chicken.

Oh, arsenics, not cadmium, sorry. Arsenic. Yeah, yeah, just I'm not, aware, again, they have to use organic feed. So that is one of those things again it's pesticide- free, it doesn't have It's not heavy metal free.

It has to be organic. I mean, it's 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 testing in supplements. But again, there's very little oversight in the supplement industry. Dr. Kinn- Kinn Well, regulated. Sounds like heavy metals are not regulated in food production.

That spotlight is on pesticides, herbicides. Before we shift gears, can you talk about one more category? Can you about radon, uranium, radioactive, other radioactive elements as well?

Because you mentioned that it's in a lot of water. I know we see it a lots 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.

This is a huge, huge issue. The only way to remove those is with distilled water. It's one of those things where you can't drink distill water ongoing.

because it will deplete you. It's very hungry, it'll depletes you of minerals. So you can do that. You have to take a break and you have you to remineralize that water, you know, putting actually a lot of sea salt in that, water to re-mineralized your body.

So you have to be very, very careful about that, but the distilled water will remove radioactive elements. And I do believe ionic foot baths as well will removed radioactive element.

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

Yeah, we drink distilled water in our household and we remineralize 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, in the Southern Southern, California, you have uranium in Southwest US, there's a lot of uranium.

Everyone there has uranium on their testing. And then the radon belt that goes somewhere through the middle of the country, right? Yes. Yeah. Okay. So 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 level.

Yes, so there are a lots of different ways to test for heavy metal, but one thing to note is there is no test It's going to tell you every heavy metal you have in your body, 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 don't even bother with chemical-testing.

Glyphosate might be useful, but 85% of people have glyphocytes. Again, you just need to work on doing a detoxification program.

Radioactive Elements and Distilled Water

And so for heavy metals, I love to start with hair mineral analysis, also known as HTMA. It's just a very inexpensive, non-invasive test that you can do.

And it has to be read properly, it's not as straightforward as it looks. There's a lot of ways that can read it where you see hidden metals that are not overtly apparent on the heavy metal test.

Many people dismiss it as not being valid because they don't know how to read a properly. because some metals come out in the hair, some medals we see best in a urine, and some models we best see in stool.

So doing all three of those tests is a great way to at least see what your body is excreting, you know, in that time period when you're doing those test.

And then blood test is really good for lead, but not for other metals because the body typically will sequester away metals in fat and the bones. It's not letting them, just float around in blood.

where they're causing all kinds of problems and health issues and damage. So the blood is really not accurate. Most medical doctors will check their first and only test for four metals.

Unfortunately, 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. really an injustice to those people looking for a health answer.

So again, I love hair mineral analysis to begin, but yarn and stool can round everything out to look at the whole picture. 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 actually, if you don t have metals on your heavy metals tests, that's a big problem because you have them, you're just not detoxing them.

When people start doing a detoxification program, and they start taking minerals, nutrients, natural chelators to grab on to metals and remove them, infrared saunas, ionic foot baths, coffee enemas liver support.

Then their body will start to be able to release these toxins now that has the nutrients and the materials it needs to remove. 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 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 wondered if you would agree. I find it valuable for accountability. So 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 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, 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, 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.

Testing for Heavy Metals

But the value in it also is, you know, some people have really strange metals, like some metals that we don t really see very often, and different metals have specific nutrients that remove them.

So it can be helpful to kind of, have a customized supplement protocol based on the supplements we now remove certain metals which you have. And so it can be really, really helpful in that way, especially if people are doing detoxification or doing Detox Protocols, and maybe they're not getting the results that they are looking for, or it's just taking a really long time.

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 of, I mean, provocation is always going to show metals. You know, for me, you know when you're using DMSA, which is the most common metal provoker, it prefers mercury lead nickel.

And so it's going, we're going see those 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 is excreting on its own.

And so, yeah, when you just use DMSA, you're going to just see that that mercury lead nickel, that's what that detoxes, so you might not see the cesium and thallium that is there.

I generally don't either and I just wait until we've done some binders and detox work and we're sweating and moving stuff out and then test. This is so good.

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

So thank you Wendy for unpacking this for everyone. 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 talk about where we find them, we talked how to assess for it, and we even unpacked that you don't have to do testing for metals, you could just start working on metal detox.

What nutrients are really going to really help people here? Yeah. So you're going to have three different categories of nutrients to detox. You're gonna have binders, minerals, and chelators.

Binders are things that bind on to toxins and absorb them like a sponge, like the modified citrus pectins, charcoal, C60, which is a type of carbon, activated charcoal.

And then we can have zeolites will fall into that category as well. And there's other ones, you know, chlorella, things like that. That could be considered a natural chelator.

But then, we have minerals. So, minerals are so, so important. Everyone is mineral deficient, especially

magnesium. The calcium is really important to detox lead.

Then we have, you know, zinc, really importantly detox mercury. And then you need all the trace minerals, 180 or 100 different trace materials that are out there.

Minerals push out and displace heavy metals from enzyme binding sites. So just taking minerals is a detox in and of itself. Some people can only start with just a very little bit of minerals because the detox is too much for them.

And a herb cider just from something healthy like minerals, right? Yes, minerals. Because our food spot, you can't get enough minerals in an organic diet.

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

Because you don't, if you are drinking and you're just running through, you urinating out, drives you nuts and don t want to drink water, it's because you re mineral deficient.

You can't hold on to that water unless you have adequate levels of minerals. And so that's why people aren't properly hydrated, they just can't hold onto the water.

They like electrolytes and minerals. Taking minerals is important, and then selenium is super important. Potassium, sodium, things like that. And then natural chelators, like I mentioned, you can do chlorella, Like the orthosilicic acid or OSA, it's a type of silica, not horsetail or bamboo or things like that.

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

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

Well, and there, there's many, many other. Real quick question. What about silica water? So I've heard silico water as, well, then you've mentioned this particular supplement too?

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

It's just not gonna happen. And where do people get the supplement that you just recommended? If you could repeat it again.

Nutrients and Binders for Detox

We need silica. Silica is what makes vegetables shiny. Look at my skin because I take a lot of silicate. It makes your skin shiny and healthy looking.

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

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

That was so good. So good, okay. Sorry, interrupted you as we were talking about nutrients. We talked about silico, what's your next nutrient? Yes. So those are a pretty good handful.

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

Food-based is a really nice. Glutathione. I like taking the precursor to glutathion, NAC, and acetylcysteine. Just to give your body the raw materials to make glutathione, I think is ideal.

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

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 tauring in the vegan or vegetarian diet. Those do no facilitate the detoxication in your body. Also, the top five detox foods, egg yolks, onions.

garlic, ginger, and then broccoli sprouts with the sulforaphane in them. So those are the top five detox foods. Amazing. Now, just real quick before we…

I want to segue into the ways that mitochondria make energy and bioenergetics, 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 you and I both have worked with people who have crashed themselves trying to detox metals.

So 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 crash your energy more.

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 are someone you going need professional help to do. And usually when people, if You try to detox and it just crashes you and you just feel terrible afterwards.

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

because you need to get your body working better before you're able to detox. So it's not just, you know, some people will say, oh, need clear your detox pathways, have all your 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, doing infrared sonic and get that circulation moving, making sure that you're pooping or doing coffee enemas can facilitate that as well if you are just not able to regulate your, going to the bathroom as much as you should be.

If you're constipated, you are not in a good detox state. And also sweating, really important as well. Infrared saunas will facilitate that. So getting all the different pathways open is really importantly.

But for a lot of people, they have a lots of energetic blocks in their body, like say in the chakras and the meridians because of heavy metals and chemicals, because emotional trauma, and because EMF.

electromagnetic fields from our computers and Wi-Fi and things like that. And because our body mainly communicates bioenergetically. So we have this energy field that's, you know, been established, it's about 10 feet diameter, or, three meters in diameter around our bodies.

Real quick Wendy, as we go into this, I know people are thinking right now, some are like, oh here we, go we're

gonna go woo. This is not, this is what she's talking about.

This bioenergetics field is measurable. It's scientifically measurable, 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 energetcs, it's because you treated a lotta people without it and then you realized it was missing and when you add this piece, everything changes, right?

Everything changes. Like when I, before I did bioenergetics with people or a specific protocol called Ness Health. Before I did that, really difficult for people to move the needle when it comes to increasing their minerals and detoxification because there's so much working against our body absorbing nutrients.

And there's so many stressors that interfere in digestion and toxins that interfering digestion. It doesn't matter what you supplement with what eat, it only matters what to absorb and metabolize.

And so when I started using, and also because people, they have a really tough time generating energy. 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.

We need the sun to charge up the biophotons of the mitochondrion, but they also work bioenergetically. And so this is what that point I was getting to is there is this energy field around us, and this super highway where our body communicates with each other just like over Wi-Fi.

There's information sent on energy waves to send information to your cell phone, your movies or what have you. Our brain, our heart send out waves that have information on them, they have operating instructions.

Bioenergetics and Mitochondrial Support

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

That's why it's shown the researchers cause so many different health issues. So our mitochondria are the same way. And so we can do things, we could do bio-energetic testing scans that give us a tremendous amount of information about what's going on in the body and also give a ton of informations about heavy metals you have, what EMFs are affecting you, chemicals are effecting you.

And this program called NES 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 year of research behind NES health and the protocols and computer scanner they do. So, for me, when I'm working with someone and they can't take supplements, they cannot do detox protocols, and are allergic to everything, have chemical sensitivity, can eat five foods, or all of the above, I do Nest Health with them and I encourage everyone to do it.

There are many other bioenergy protocols out there that are amazing as well. Nest health is not the only one. It's the one I've been using for the last seven years.

and I know that it works, so that's what I recommend. And so people can do this and dramatically improve their body's 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 their body the energy to detox. It kind of, you know, helps their 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 are going to

highlight all of the different ways that mitochondria make energy.

So there's a lot of you 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 what they are saying.

So could you easily explain to our audience the ways that our mitochondrion make energy? Yeah, so I briefly mentioned before, there's overview nutritionally.

in the Krebs cycle and then bio photons, charging with the bio-photons and them bio energetically. So information being sent to the mitochondria, the mitocondria is sending out energy to just do 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 bodies. We need them the nutrients for Kreb cycle to produce energy in their mitochondrion and heavy metals can throw a big wrench into that.

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

or you're going to be robbing your mitochondria of their ability to produce energy if you are not getting sun exposure. And then we have the bio-energetic realm where we can feed energy to our mitochondrion.

We can send correct operating instructions to our mitochondria. So, Nest Health, they have an infosutical, it's saltwater that has information imprinted on it.

It's called cell driver or ED3 is the name of it, and they had university studies that show that the cells work better, cell metabolism, energy production works better in the cell when taking this ED-3, but much better to just do an overall Nest health program using infostutacles and advice called My Health.

My health is 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 there's 200 different functions in it that do various things. And so for me, that's one thing that I use to kind of overall correct my foundational functioning, improve my health, and reduce my stress, improved sleep.

There's a sleep function on it that changes your brainwaves, the brain waves you're supposed to have when you are sleeping. I always get a much deeper sleep when I do that than when i forget to do it.

And Ness Health and Bioenergetics really, I feel like, has a It's really the future of medicine. Energy medicine is the feature of it. 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, eating amazing food. Amazing fresh organic food in California. You just can't get better quality food than there. taking high quality expensive supplements, doing the yoga, the Pilates, a stress reduction, and meditation, just doing everything.

And I'm like, why do I wake up feeling like crap? You know, because it's not enough, like just the basic things, lifestyle and diet aren't enough. You have to add detoxification, you have the emotional trauma component, and the bio-energetic component as well.

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

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 saying what would be your final words to say.

Final Advice and Where to Learn More

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

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

And you've helped just thousands and thousands of people around the world. 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, 10 years or even two years.

It just keeps increasing and increasing. So this is really vital information for people to know and thank you. Yeah, I'm very passionate about getting this information out because I know there are so many people ill, so may people going through the conventional medical, you know, the roundabout door.

They're just not getting answers and they're exhausted. In the meantime, they are getting sicker and sickers and It's just I'm really passionate about helping people find those answers.

Because I was that person also where I just felt like I doing so much and spending so money and so time and just left feeling very frustrated. And so for me, I like to help people get those answer and those pearls that they've been looking for.

Thank you so. All right. Until next time, Wendy, take good care. Bye now. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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