



# THE FATIGUE SUPER CONFERENCE

## **The power of detoxing for great energy and health**

Guest: Wendy Myers

**Alex:** So for today's interview I'm talking with Wendy Myers. Wendy Myers is the founder of [myersdetox.com](http://myersdetox.com) she is a detox expert, functional diagnostic nutritionist and Nesby energetic practitioner in Los Angeles, California.

She's the Number.1 bestselling author of 'Limitless Energy: How to detox metals to end exhaustion and chronic fatigue' and host of the Heavy Metal Summit. Wendy currently hosts two podcasts 'The Myers Detox' podcast about detox and 'Supercharge' podcast about NES health by energetics.

She's passionate about the importance of detox and to live a long, disease free life and she created the revolutionary Myers Detox Protocol and Mitochondria Detox after working with thousands of clients.

So Wendy welcome and thank you for joining me for the interview.

**Wendy:** Thank you so much for having me I'm thrilled to be here.

**Alex:** Great. I always like to start a little with people's backgrounds and what's drawn them into the area. A lot of people have interesting personal stories, I know that's true for you as well. So, yeah, maybe just to start off tell us a little bit about what got you interested in detox?

**Wendy:** Well my entire family has been negatively impacted by heavy metals and toxins, including my own health. You know my father died from esophageal cancer from smoking and it's cadmium toxicity, my daughter had an autism diagnosis at one point largely due to aluminum toxicity, which affects brain development and learning and what not, and I personally had health issues as well. Thyroid dysfunction, resistant weight loss and fatigue and brain fog due to some of the things we're going to talk about today in this interview and so for my own personal journey adding heavy metal detoxification had played a huge, huge role in dramatically turning around all

of my symptoms so virtually I just felt fantastic and it's largely accredited to heavy metal detoxification.

And I started myerdetox.com in pursuit of, you know, just following my own health journey and learning about what was going on with me with the answers I wasn't getting from my doctor's and just learning about heavy metal toxicity I was, just published all this information on myersdetox.com. You know hundreds of articles and you know hundreds of podcasts all about detox.

**Alex:** When you first got interested in health and nutrition for personal reasons and also as you mention people in your family, did you immediately land at detox as being the piece or was it that you kind of, I think often what happens is people try a lot of different things that don't quite get them there and then they kind of, what was your actual journey to detox as a specific methodology?

**Wendy:** Well I was, like a lot of people, I started with diet so I was experimenting with all different types of diets and when I had really kind of exhausted everything I was doing, tons, all kinds of different diets, I was taking a bag full of very expensive supplements, tons of supplements. I was exercising, I was trying to sleep, de-stress, grounding, walking on the beach, all kinds of things and I still felt like crap and I felt like, that you know health is my full time job. I'm reading about it, doing all this stuff, I wasn't working at the time, I was just a full time stay at home Mom. I just thought what exactly do I need to do to feel good and feel my best? And I very luckily happened upon heavy metal testing, hair mineral analysis, very early in my health journey and I think that's where a lot of people also come around to doing heavy metals testing when they've tried everything and they're still not feeling well they think 'oh heavy metals that, maybe that's the missing part of the puzzle that I need to do something about' and that's when most people come and find me (laughs).

(14.36)

**Alex:** Was there a specific kind of light bulb moment like when you got back your first hair mineral test result and suddenly it was like 'oh that explains what's been happening?'

**Wendy:** Yeah exactly so when I got my results back, and I was kind of hesitant 'like is this really a valid test' and you know I was a little skeptical at first but when I got results back I was high in arsenic, I was high in mercury and I was high in thallium, I was high in cesium, in neuranium, and I didn't find all that out immediately I went to a hair testing lab that didn't give me a complete picture but I eventually learned I had all these toxicities.

And so for me, I mean after reading about my mercury toxicity I identified with so many of the symptoms I thought this has to be what's going on with me, I mean obviously my mercury was so high because I was a sushi addict for so long but, I still am (laughs) admittedly, but you know I knew that this was the missing part of the puzzle that I needed to address and over time detoxing I felt a lot better so I got a lot of these metals out of my body but it's a continuous process. You know detox is a lifestyle, it's not a one week a year that you do, you know we're constantly exposed to metals and toxins in our air, food and water, in our beauty products and so we have to be thinking about what we can do on a daily basis to remove these toxins from our body.

**Alex:** Yeah. It's that some what ironic thing that people spend 51 weeks of the year in a toxic lifestyle and then go 'oh I'm just going to do a detox for a week and everything then's going to be fixed and made OK' (laughs).

**Wendy:** Yeah, yeah.

**Alex:** It's a kind of, it's a slightly odd approach one would say. In terms of from your perspective, we'll come more into some of the specific metals, we'll come into hair mineral analysis, some of the testing people can do, but say a bit more about how it is that these things actually impact upon energy. Like from the point of view of fatigue being obviously the key theme within this conference, how do heavy metals have an impact on the body and why are they such a significant impact for some people in terms of their fatigue?

**Wendy:** Well what you're probably learning on this summit is that there's a lot of different underlying route causes of chronic fatigue, but heavy metals play a huge role because what they do specifically is, metals like arsenic, aluminum, tin, thallium and cesium, is that they will poison enzymes that actually transport nutrients into our mitochondria. So you can be taking all the mitochondrial enhancing supplements that you want but if you have some or all of these heavy metals those are going to have a tough time getting into your mitochondria to get into the creb cycle to make ATP, which is your energy. And so that's kind of a missing piece of the puzzle, you know it's not as simple as, I know, I'm sure many of you guys have taken mitochondrial supplements or brain boosting supplements, which are just mitochondria supplements typically, but you have to remove these metals that are interfering in that uptake of the nutrients if those supplements actually work.

**Alex:** So say a bit about some of the ways that those metals get into the body in the first place because I think that a lot people may be, some people may be skeptical and cynical saying 'well it's just modern life, everyone lives like that, why is it that I'm having all these symptoms and others may not'. But say a

bit about some of the different situations and triggers and things that can cause people to become toxic in the first place.

**Wendy:** Yes, yes. So I want to explain one more thing in regards to how these metals interfere in our mitochondrial and energy production, there's a metal called tin and that can actually dispel the charge on the outside of your mitochondrial membrane rendering your mitochondria not able to produce energy as effectively.

But how do we get these metals? How do we get tin and arsenic, aluminum, thallium and cesium. Well thallium is one of the biggest problems interfering with energy production. It's 10 times more toxic than mercury and it's a naturally occurring metal in petroleum deposits. So you know where this is going, you know all of the car exhaust and smog that's unleashed into the air is also unleashing thallium that we breathe in on a daily basis. Definitely more so concentrated if you're in an urban area.

And then we have cesium so if you grew up near Chernobyl, the nuclear fall out from that, if you live in Japan or are eating a lot of fish in the ocean, you know cesium is being unleashed at an alarming rate for the last 4 or 5 years from Fukushima nuclear disaster in Japan. And so anywhere we have nuclear testing like in the, in southeast, the Pacific and the South Pacific and other areas where there's the nuclear disasters, then we can have a lot of cesium in the environment.

And then we have aluminum, which is being sprayed into the air, we get that in you know our air but it's also something that we get in a lot of different products. Our underarm deodorant most notably, any of the commercial underarm antiperspirants are going to contain aluminum, but it's also an anti-caking agent in flour, in sugar, in baking soda so we ingest that in those ways typically.

As far as arsenic, that's going to be in conventionally grown chickens and eggs, primarily it's also in rice and also can be in drinking water. It's a huge problem in India, Bangladesh, and Argentina, in the US as well where arsenic is poisoning ground water.

And then there is, so those are arsenic, aluminum, tin, thallium and cesium. Tin can be in water as well and, but there's lot's of other place that we get these toxins. I have a guide on my website called the 'Toxic Metals Sources and Symptoms' guide that people can download for free and, on [myersdetox.com](http://myersdetox.com), and that will go over everywhere that we get each of these metals.

**Alex:** And I think it's important to say that they have a bigger impact on some people than others, right? So there's also, people may say 'well you know everyone's living in the same world why is it that I'm suffering from you know be it chronic fatigue, be it adrenal fatigue be it someone that doesn't have a specific diagnosis but just knows that they don't have the energy that they expect they should have.

So what can you say around how people can understand why people's capacity to handle, let's say that toxicity, might be different?

**Wendy:** Yeah. Well the longer you've been alive, the longer you have time to accumulate toxins and so older people can definitely be more prone to having higher levels of metals. Also depending on where you grew up it if you lived in a fairly toxic environment, like if you lived near a coal-mining town or near mining or near an area where the ground water or soil has been contaminated, you're definitely going to have more toxins. And some people genetically are just not blessed with genes that facilitate detox.

So these people might be, you know, have lots of intake of toxins, the same amount of intake as the next person but they just can't get them out. They're not able to detox them. And then also people have sensitivities and allergies to certain metals, which can make the symptoms much worse than the next person with the same amount of metals that does not have the allergy. So that's kind of the difference in why people have more severe symptoms than others.

**Alex:** And I guess also it, it's a little bit like loads on a boat that people have different loads right? So it may be that someone's got a genetic weakness and then they are also someone that has a particular personality type which makes their, becomes depleting to their system over time and then they get exposed to certain things and then a particular life event happens that is another load.

So it's in a sense, this is a, one way you could put it is it's an unseen or often missed load that's there on the system and as you say it can have significant impact in terms of energy production and you could be doing all the right things and not deal with this piece and it's a little bit like rearranging the deck chairs on the Titanic because you're not dealing with the route of the problem.

**Wendy:** Yeah exactly, exactly, and especially if you're going to a conventional doctor. They're not looking at heavy metals or toxins at all and many functional medical doctors are not looking at that as well even though they're a kind of step in the right direction and maybe they're recommending

supplements as opposed to medications. It's just largely missed by medical professionals when people are seeking help or explanations for their symptoms and diagnoses.

**Alex:** Yeah totally makes sense.

And then in terms of, you mentioned hair mineral analysis as being one of the ways of testing. So say a bit more about what that is, what people can expect, some of the things that you can find from doing that?

**Wendy:** Yes well hair mineral analysis is one of my favourite ways to, as a screening tool initially for metals, because it's largely non-invasive, it's, you can do it in the comfort of your own home and you can do the results over the telephone or the computer, it's great. And that is a great way to test for some of your heavy metals, not all of them because there is no perfect test out there, but you can do hair, urine and stool tests for metals because different metals come out in different routes in the body. Some we see only in the hair, some we see only in the stool, some we see only in urine. So ideally you want to do all those three tests to be able to get the complete picture of your body burden of metals.

But hair mineral analysis is also great because we also see your mineral levels, mineral toxicities or mineral deficiencies, because minerals play a huge role in detoxification. You have to have sufficient mineral levels in your body to prevent uptake of metals in your body, to prevent your bodies retention of metals, and you need to take minerals to push metals out of your body. Because they occupy some of the same binding sites in the body.

So I think it's a very important part of the picture to look at mineral levels when you're attempting to detox your body because we need to give you magnesium, we need to give you selenium, we need to give you zinc and other nutrients that are really, really important in detoxing your body.

**Alex:** Another way I guess of looking at it is you can have two people exposed to the same level of toxicity but a different level of minerals and therefore not having the ability to resolve that to a certain level in their bodies own way, and therefore there's additional support that's going to be needed.

**Wendy:** Exactly, yeah, and some practitioners detox people only using minerals. I mean they are that effective but I don't do that; I like to add a natural chelator, things that grab on to metals, binders that will absorb metals and toxins to enhance natural and safe detoxification.

**Alex:** So we'll come in a bit to some of the ways that, that you would actually detox people but maybe just, a bit more in terms of the testing. What would be the cycle that you would work with? So you would test someone, you would do intervention, how often would you retest and how often would you expect there to be a change in those test results?

**Wendy:** I like to do any kind of testing that I do about every 6 – 12 months to track progress and to course correct if needed and change people's supplements based on the metals that they have, but about every 6 months to 12 months is ideal.

**Alex:** And I guess that's also for the client, that can be very motivating to see that, because sometimes I think what can happen is that people don't yet feel a significant difference in terms of how they feel physically but when you see a test result where you can see there's progress there that can be a powerful motivating factor.

**Wendy:** Yeah absolutely. I mean when you see, you know, 10 different metals on your tests you're like, it's clear that these are causing problems, causing symptoms, you need to do something about them. And it's rather exciting, at least for me, to see different metals coming out on the tests and, you know, you know what you're doing is working.

**Alex:** Well there's a kind of ironic thing that happens with, particularly people that have had severe chronic fatigue or fibromyalgia for many, many years, is most people when they go and have tests, of course you want everything to come back normal because you don't want to have something wrong with your body, but there's a kind of odd thing that starts to happen where people literally cry in relief when they see 'oh my god there's something wrong that actually shows in a test'.

**Wendy:** Yeah.

**Alex:** Because they're so used to having tests and everything coming back normal...

**Wendy:** Yes.

**Alex:**...when they clearly know that something is clearly not normal because their whole health situation is far from normal.

**Wendy:** Yeah and that's why I was really happy also when I did my first hair mineral analysis. You know I had gone to my medical doctor and I found out I

had low thyroid function when I wasn't feeling well and I found out I had low thyroid function, I had the hormone levels of a menopausal woman, I had you know Vitamin D deficiency and I had adrenal fatigue, and I went to a functional medical doctor, and they wanted to put me on hormone replacement therapy and give me some supplements.

But I thought, you know, what caused this to happen in the first place, what knocked out my thyroid, what caused me to have the hormone levels of a menopausal woman when I'm 37 and now for years and years of research I know why. You know mercury interferes in thyroid hormone production and conversion, you know different metals interfere in your hormone production.

So for me a big part of the puzzle, a big piece of the puzzle was finding out my metal levels and doing something about it and was really a big relief also because I really felt like I had the answer that I was looking for. And some people are, I mean going through that revolving door with their medical doctor for 20 years.

**Alex:** Right.

**Wendy:** Before they find out what's going on with them. So for me I'm just trying to shout with a mega horn, you know, you need to be looking at metals and chemicals or you're totally missing the boat, they are a big cause. They are not the only piece of the puzzle but they are a huge, huge cause of fatigue. We know that in the research.

**Alex:** That's right and if they are the key blocker, let's say, in someone's recovery process until that piece is dealt with everything else is going to be very limited in the impact it can have and for other people it may not be the most important piece but it can become an important piece at a particular stage of the recovery process. Obviously sometimes things have to come in different sequences.

**Wendy:** Yeah I mean if you have chronic fatigue, I mean definitely thallium is contributing to that and mercury and lead are also big factors as well. Lead will completely surround your mitochondria and choke them off. Mercury plays a big role in interfering in energy production as well and I mean almost everyone has mercury and lead in their body, it's impossible in our environment not to have those. People also have varying levels of thallium and so, you know, that's going to be a huge, huge factor in your recovery absolutely.

**Alex:** So then let's come a bit more to what we actually do about it. So let's say someone's got a fatigue related condition, they have a hair mineral or urine or saliva test, there's the moment of relief it's like 'oh my god there's



something wrong, there's something to work with here', what's the next step that you take with people? And it doesn't have to be the first part of the answer but I'd also love to hear more about your mitochondria detox given specifically we're talking about fatigue and energy here.

**Wendy:** Yes, well a great first step is just to do something about it. You can go to [mitochondriadetox.com](http://mitochondriadetox.com) and learn the two simple supplements that I recommend for people specifically to detox metals that cause fatigue, metals that we're talking about today. And that's an activated silica that helps to specifically bind on to metals that cause fatigue. It doesn't bind on to mercury or lead but it will get a lot of the metals like thallium, cesium, arsenic, aluminum and tin that we talked about and then taking a binder called CitriCleanse, it's a first step I recommend to every single person I work with so that's a good place to get started.

The second step is you want to do testing. You know it makes sense to test not guess, we want to find out what specific metals that you have and you want to start there as a starting point to find out any other supplements that you may need because different metals have different supplements that are more effective to move those.

So when we're working with people on my Myers Detox Protocol we start with testing hair and then maybe urine and stool are warranted and then find out what metals they have and then design a custom supplement protocol to remove the specific metals they have, and based on their health history as well and their sensitivities and what not, but that's the best place to start. If someone can't afford testing or working with a practitioner the mitochondria detox goes a long way to removing a lot of different metals and chemicals.

**Alex:** And what are some of the binders you use, and what are some of the, and obviously I want to kind of caution this that if someone is able to work with a practitioner such as yourself or someone else that's an expert in the area that's obviously preferable because the danger is people end up taking more stuff than they need or stuff for longer without having that clarity.

But when you're working with someone what would be some of the details and some of the protocols that you would use. So some of the ways that you would bind to toxins or you would pull them out of the system?

**Wendy:** Yes well there's different things like my CitriCleanse supplements, that's a modified citrus pectin that's really, really helpful at getting into the blood stream and absorbing dozens of metals and hundred of chemicals. So that's a great first start before you do any kind of detox you have to have a

binder and that's a very simple things that almost anyone can do, even babies can take modified citrus pectin, it's all natural.

I also love infrared saunas, incredibly effective for so many different reasons. I mean it really helps you to sweat out all different types of metals and chemicals and there's so many different benefits to doing an infrared sauna, I was just writing an article yesterday about all the different benefits of infrared saunas. I prefer near infrared bulb saunas, I think those are probably the most effective and economical type saunas that feed your mitochondria also. They have the red light, the red light bulbs that emit near and far infrared rays. You know mitochondria actually have near infrared receptors so that helps to charge them up and feed them light that charges up the biophotons because it's not just your diet and nutrients that helps make energy, it's also your mitochondria are powered by near infrared light. So that's another way to feed them the nutrient that is sunlight and/or near infrared rays, that are also emitted by the sun, to help charge up the mitochondria to make energy.

**Alex:** Can you say a bit more for those that are not familiar the difference between using an infrared sauna versus using a typical sauna? Why that has particular benefits for detox?

**Wendy:** Yeah. So when you're doing an infrared sauna it's not just about sweating, you know we sweat when we exercise and a lot of people think why can't I just go outside and go for a run. Well when you go for a run you're releasing cortisol and that kicks in your sympathetic fight or flight part of your nervous system, we don't detox in that part of our nervous system. Doing an infrared sauna gets you into your parasympathetic mode, which helps you detox better. So you can go into a regular sauna, say one that's at your gym which is called the Swedish or Finish dry sauna, and that's also helpful as well to detox but you can't stay in it very long. You can't tolerate that high heat, which can be 180/200 degrees Fahrenheit, I don't know the Celsius conversation my apologies, I'm American. So you can't stay in that for very long to be terribly effective for detox but the research shows they have lots of health benefits too.

An infrared sauna heats you up from the inside, it heats up your tissues and does a lot of different things to detox so you just have more productive sweat. You have more toxins and metals in your sweat and there's a lot of different ways where it facilitates and improves detoxification. It increases the amount of easy water, structured water, in your body and in your cells that help to produce negative ions that is dramatically beneficial to your health for various reasons. More on that on my website, but long story short an infrared sauna, whether it's near or far, is much more beneficial than just a typical sauna that you find at your gym where you go and it's just really hot.

**Alex:** Makes sense and also often for people which are more severely effected you can have an infrared sauna at home and it doesn't have to be building a whole construction it can be a blanket based sauna or there's different ways of doing it. So I guess there's also just a kind of practicality piece that if it's something people need to be doing on a daily basis it can be much easier to do that as well.

**Wendy:** Yeah exactly, you know I really, truly believe that the people who are going to be living longer, disease and medication free are ones that are doing regular infrared sauna sessions and so you really want to get one for home use because you want to do it about 3 – 5 times a week and the research shows that people that were doing a sauna for 5 days a week had a 40% reduction in mortality from all causes. That's massive and that's just in a regular sauna, there's going to be more benefits to infrared saunas. They really do have a dramatic impact on your health if you do them on a regular basis. So ideally you want to get one at home, I like Sauna Space I think they're a great brand, I also like the saunas on creatrixsolutions.com those are also great and cheaper.

**Alex:** So you mentioned about having the right binders, we've talked about saunas, what are some of the other pieces of the jigsaw in terms of detoxing or some of your favourite protocols that you like to work with people?

**Wendy:** I love coffee enemas; I think those are a great way to enhance liver function. A big bottleneck for many people to detox is poor liver function, why do they have that? Because they have a bad diet, because there are so many toxins our liver is in charge of breaking down they're just on overload and so many people genetically have weak liver function, like myself. So you have to do things to facilitate liver function and doing a coffee enema is a great way to mechanically purge the liver. It cleans out the colon yes but that's not why we're doing the enema. We're doing the coffee enema because the caffeine stimulates the liver via the portal vein to excrete its toxic contents into the intestines for elimination. So a coffee enema's a great way to relieve a lot of detox symptoms if you're detoxing, relieve pain, relieve headache, relieve nausea and just generally feel better.

**Alex:** For people which are newer to the area of detox maybe just say a few words about why the liver is so crucial in detox?

**Wendy:** Well your liver is in charge of breaking down all the chemicals and metals that we ingest in our diet and unfortunately because we have 80-100,000 chemicals in our environment and dozens of metals and just more

and more is released each year the liver is in charge of breaking all that stuff down and taking out the trash. So there's phase 1, phase 2 detox the liver and it can be dramatically compromised based on your diet or based on your genetics or based on your amount of heavy metal and toxin exposure. So really any part of a detox or healthy lifestyle has to be considering improving and facilitating liver function so taking liver enhancing supplements, doing coffee enemas are a great way to do that. I think it's a really important part of any health regime.

**Alex:** Great. So we've talked about binders, saunas, liver detox and particularly coffee enemas. Any other pieces that you want to talk about in terms of ingredients of a detox protocol or indeed some more specific, I'm thinking of some of the practitioners perhaps who are watching, some more specific supplement protocols that you like to work with as well?

**Wendy:** Well, you know, it's going to be very, very specific based on each individual. I mean there's no kind of one size fits all programme for detoxification but if people want to learn the basics of detoxification I have my Myers Detox Protocol course where I outline a lot of the different basic things that people need to do to facilitate detox.

Stress reduction is very important, a lot of people are in flight or fight mode their foot is pressed down on the gas pedal where they're just stressed out all the time. Even people that don't feel like they're stressed our bodies are under a lot of stress from all the blue light we're exposed to all the time, which impedes our sleep quality, all the EMF, the Electro Magnetic Fields from computers and wireless and you know when we're running around out and about and in our home we're just exposed to so much wireless internet and EMF's that puts a big stressor on our body; and just emotional trauma and just all the daily stressors of life nutritional stressors, that our bodies are under stress and it's going to get worse with the 5G and that impedes detoxification so you have to have strategies to help people with that.

Energy conservation, you need energy to detox, so on the Myers Detox Protocol course I teach people about what type of exercise they should be doing to facilitate detox and you know all kinds of infrared sauna tips, how to get the most out of their infrared sauna sessions, how to do coffee enemas and ionic footbaths are also really helpful.

So lots of information to be had on my Myers Detox Protocol course but you know in the future I'm going to be opening the Detox Institute to be able to train practitioners on how to read hair mineral analysis because I think it's been largely poo poed in the health industry and certainly by physicians

because there's not been a lot of scientifically validated research on how to interpret hair mineral analysis and so the courses that are complete but I just need to publish and put into a learning format. All on how to read hair mineral analysis all has been backed by research and science so I think that is, also my goal is to teach practitioners how to read them and incorporating heavy metal detox into their practice and working with clients.

**Alex:** Yes it sounds great and I think one of the ways I also like to think about the detox process is there's the things that you do to set your body up to detox itself and there are the things that you do to help facilitate that process.

So you mentioned, for example, about people being in the flight, fight or freeze mode and it's a really valid point because if the system is ultimately over stimulated, what we would classify as being in a Maladaptive Stress Response, then you can be doing all the other right things but your system is just not in a state where it's able to take on an additional, beyond kind of daily function, an additional load on the body is having to detox and work things through.

So it's the importance of people remembering, I think what can sometimes happen is people take that very allopathic medical perspective of 'oh there's a disease I have to kill it or there's something in my system I have to take something to get it out' and not remembering that there's a whole system approach. That it's not just things that you do to the system it's also things you do to allow your system to be in a stronger place to deal with itself.

**Wendy:** Yeah you have to lay that foundation to facilitate detox and certainly, you know, improving bile flow as well is important, getting the liver functioning better. Bile is the best binder on the planet and so we have to improve that flow as well and that is from diet and taking supplements. Yeah a lot of medical doctors will say do IV chelation for metals but its not that simple. It's not like 'oh the metals are there lets rip them out', the bodies actually using those metals for different things and so you might with IV chelation get some metals that are floating around in the blood but you're not going to really be able to do a deeper detox. You're not going to get metals deeply embedded in your tissues and in your brain with chelation alone. It takes nutrition, it takes mineral supplementation in order to facilitate the body to allow the release of certain metal that are in certain deposits sites and organs in the body. So you really have to do, like you said, a holistic approach, which is what I teach is that using diet, minerals and supplements, de-stressing, detox protocols that were actually validated by scientific research and doing all of those things together get the most successful outcome to removing metals from the body and chemicals.

**Alex:** And how about the speed that you go with people. So where this questions coming from is that one of the things that, a lot of the patients that we work with at The Optimum Health Clinic are people that have been ill, like you mentioned earlier, that have been ill for 10/20 years and their system has been significantly impacted by that. Some of those people will have had quite unpleasant experiences doing detoxes in an unskillful way where they've tried to do too much too quickly and actually what's happened is they've just ended up feeling a lot worse in the process of doing it and then they've stopped and they've said 'I'm not going near any kind of detox stuff again'.

So there's something that is obviously really important about the speed at which someone detoxes and listening to the bodies response and working with that and I'd love to hear you talk a bit about how you with the clients you work with, how do you figure out that speed and kind of track that process:

**Wendy:** Yes well everyone is so different in their health status and things that work for them and don't work for them. Detox protocols that work or don't, supplements that work or don't, diets that work or don't so it's really important if you're ill or if you have tried detox before and it hasn't worked for you, you have to work with a practitioner to navigate all the different pitfalls that one can experience when doing a detox. For many people, some people have sulfur sensitivities that we have to address so they can't take sulfur based supplements that are particularly used for detox, some people have severe food sensitivities where they just can't tolerate a lot of supplements or some people can't take any supplements 'like what do you do with these people?' and so for those we do a bioenergetics programme called Nes Health and we've found that's very, very helpful at improving people's immune system function so they're not reacting to supplements. Or improving their energy levels or improving their sleep so just getting them kind of feeling better just doing some foundational work and just improving their health and getting it up to the point where they can handle a detox.

Many people know they need to detox, people listening might be at that point now, where they know they have metals, they know it's a big part of the problem but they just can't do anything about it with conventional methods of detox. So I started using bioenergetics to address that client population for which nothing else has really worked. So we have to build them up to get them to the point where they can detox.

**Alex:** So you're working on a much more of a kind of subtle energy level almost initially where you're engaging more of the bodies own process and then as someone, I guess, expands their capacity to tolerate things then you can bring in some of the bigger guns in terms of that process.

**Wendy:** Exactly. So we work with clients wherever they're at in their health journey, whatever they can tolerate. We are able to handle people wherever they are in their health journey and we're not just working with heavy metal detoxification, we're looking at the person as a whole and addressing any type of health issue that they have.

**Alex:** So once you've, once someone has, you know you've gone through the stages of identifying that there's toxicity, you've done testing, you've detoxed that, someone's starting to feel significantly better in terms of their health and well being. What's the process for someone to stay clear long term because obviously it's a significant breakthrough to get at least significant progress let's say, if not kind of having a perfectly detoxed system, how do you maintain that? So what's the kind of steps towards staying clear long term?

**Wendy:** Well you know we want to drain the bathtub toxins so we can have the facet on and running full steam so we have to prevent the influx of toxins as much as we're able to control. So again I have lots of information on [myersdetox.com](http://myersdetox.com) on choosing the right kind of beauty products, choosing the right types of household cleaners, using air filters and taking other types of measures. You know reducing certain types of foods, eating organic and different types of tips and tricks to be able to address every area of your life.

Choosing the right cookware, the right kitchen storage containers, all of these little things, these small changes add up to making a big difference in your toxic load. You know when you start eating organic food only you can reduce toxins in your body, your pesticides, by 60% after only one week of eating organic. I mean you can make a significant impact on your toxin levels by eating only organic. You know all this stuff it can be quite a learning curve, Rome was not built in a day, you have to go and address each area one by one, step by step, and we have a lot of resources on the site to be able to do that.

But you know people can maybe feel overwhelmed when they're first learning about detoxing and attempting to detox their home and their personal care products. People don't have to feel like that they just have to look at each area of their life and maybe address the lowest hanging fruit first, like for many people they just need to start drinking better water, properly filtered water or drinking bottled spring water. And there's a lot of different things you want to be thinking about but you can do it. Over time you will be making better and better choices and reducing your toxic body burden.

We're about to come out with a detox home checklist that will be available on [myersdetox.com](http://myersdetox.com) soon to help start thinking about all the different areas they want to address.

**Alex:** What would you say to someone that's watching or listening to this whose been ill for many, many years, and be that they've just not been completely incapacitated they've just been frustrated in not feeling quite right. Or indeed somebody that's been completely incapacitated that feels like they've tried everything, they've tried doing some kind of detox stuff themselves, they've seen a bunch of different people.

When you work with people that are almost in that place where they're afraid of being hopeful about something, they're just expecting it to be another thing that's not gonna help. What do you say to re-engage and reconnect people to the potential for things to change?

**Wendy:** Well many times people are just not doing a proper detox or just not doing it correctly, they're not doing it in the correct way and also a lot of people have just been focusing on the physical realm. Like just focusing on the diet, taking the supplements, doing the detox protocol.

And that's great and we have to tend to our body physically but for many people it's much more elegant to work on the bodies energy field because if you can make changes in the bodies energy field you can elicit physical changes in the body. So for many people they've just exhausted everything they could do physically and now its time to revisit or introduce someone to bioenergetics to elicit changes that way because emotional trauma is a big part of people's physical health issues and that can be addressed elegantly with bioenergetics and it's just not something people are going to be exposed to again at their conventional or functional medical doctor's office.

So we do a lot of different things that people have never been exposed to that are worth a try for people that feel or think that they've tried everything.

**Alex:** It's always that thing that when people say that they've tried everything that's a place that people come to through frustration. The truth is that there are things that we know about the human body now that weren't known a year ago, or five years ago, or ten years ago and I'm sure it's true for you, one thing that's been fascinating for me having been in the field for I guess, if I include the years I was ill as 23 years, but in the years as a practitioner something like 16 years is how much things keep evolving, and that's also part of what's fascinating.

An number of things that you've mentioned, for example today, just weren't around 10/20 years ago and that keeps on evolving, which makes me wonder of what you feel, what's particularly exciting to you as a practitioner at this point in time? Like some of the more recent things that you're discovering or you're exploring.



Yeah what's the kind of, the growing edge for you at this point?

**Wendy:** Well for me I'm really fascinated by bioenergetics because the programme that I use it's a software based bioenergetics programme that uses a kind of biofeedback mouse, it looks like a little mouse, that you send to someone's home and it tests about 450 different data points and it's uncanny the things that are discovered in the bioenergetics test that are revealed in this test. There's an 85% correlation to people's known physical health issues.

So this test can show you the energetic blocks in every part of your organs, very, very detailed biological analysis. If you have an energetic block on your pancreas, or your kidney or your liver or your brain or in your thyroid or wherever the place may be, in your ovaries or wherever. And you can see all the different places you have energetic blocks and get a protocol to remove those energetic blocks to restore physical functioning in that organ or in that area.

And it's just amazing the results that I've gotten personally, we have thousands of clients on this programme, and it's just amazing to see how people absorb nutrients better after being on this programme, they sleep better, they have better energy, they just feel better emotionally. And I think that's a big missing piece of the puzzle for many people is the working energetically on the body as well as working with the body physically with diet and supplements. There's only so far that people can go with working physically in the body, you also need to be working energetically with the body as well and I've just seen astounding results with people improving their immune system function and just other results that I just haven't seen ever with just taking supplements and adjusting the body physically alone.

**Alex:** I'm doing an interview with Harry Massey as part of the conference so he'll be pleased to hear you say that and for people that want to explore more on that, that'll be a good point to dive in more.

**Wendy:** Yes listen to that interview he's an absolute genius. He's the founder of nes health bioenergetics programme, the software that we use in Myers Detox and it's just amazing.

**Alex:** Yeah, fantastic. For people that maybe want to find out more about you and your work, you've mentioned some different resources but just to pull that together where can people go and what are some things they can expect from going there?

**Wendy:** Yes well if anyone is, you know I've peaked their interest about if they have heavy metal toxicity, you can take a really quick quiz to determine your potential levels of heavy metals in your body, burden of metals. You can go to [heavymetalsquiz.com](http://heavymetalsquiz.com) and take a quick two minute quiz and get some information about where to get started, so where to go from there.

**Alex:** Fantastic. Wendy thank you so much for your time and sharing of your wisdom. Is there anything else that you feel that we haven't covered that you'd like to say or is that a good place to end?

**Wendy:** Well I also, I want to communicate to people that I know many of you have maybe tried a lot of different things and you know with detoxification this is a lifestyle, it's not something you do for a month or a month or for a few months and expect to have astounding results. You know detoxification takes time. For many people they spent 30/40/50/60 years accumulating toxins, that's not going to turn around in three months.

Detoxification is something that takes time, it can take at least a couple of years to detox your body and so I caution people that do any kind of programme or any kind of health protocol or detox and expect results in three months, get bored or think it's not working and then you know course correct and do something else. You know I think the biggest issue people have in seeking out treatment and protocols they don't stick to things long enough and certainly detox is no exception to that. People need to be thinking about detoxing their lifestyle and doing things on a daily basis to detox their body or reduce toxin exposure in their life.

**Alex:** I think it's a really valid point and I think it's easy for people to get disheartened quickly, and I think that's going back to the point we were saying earlier that's also where checking with a practitioner can be very valuable, that's where retesting at certain points can be valuable because sometimes you see the shift in symptoms before it's reflected in a test result so people can be disappointed in a retest even though they feel an improvement, and other times it can be the other way round. That they feel nothing's really changed physically and then you retest and go well it's just dropped by 50% and that gives someone the confidence to keep going with that path.

**Wendy:** Yeah those are very common scenarios, you know you have every type of scenario like that but overall if you're doing a correct detox programme you're going to be seeing results whether in your symptoms or on the test results themselves. It's unavoidable but they, yeah if anyone, like I said, wants to learn more about their heavy metal levels they can take the quiz at

heavymetals.com or I have tons of resources on myersdetox.com. Hundreds of articles, hundreds of podcasts about the subject.

**Alex:** Fantastic. Wendy thank you so much for your time I really appreciate it.

**Wendy:** Yeah thanks for having me.