



Conscious Life presents

How Toxins Make Us Imbalanced and Fat

Guest: Dr Wendy Myers

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[00:00:09] Dr Anu Arasu

Welcome. I am Dr Anu. I am co host of the Hormone Super Conference. And today I'm joined by Dr Wendy Myers. Dr Wendy is a naturopathic doctor. She's also a bestselling author of *Limitless Energy*. She is the host of a top 100 rated podcast, [Myers Detox Podcast](#), and the founder of [MyersDetox.com](#). Welcome, Wendy.

Dr Wendy Myers

Thanks so much for having me.

Dr Anu Arasu

It's such a pleasure. So, Wendy, you've got so much to teach us. From your opinion, from your perspective, why is it that so many people have low hormones these days?

Dr Wendy Myers

Yes. Well, there are so many things working against our hormones, and we get heavy metals and environmental toxins from the air, food and water. So I know a lot of people listening to this conference are very health conscious and eating amazing diets, and taking care of themselves and trying to reduce stress and sleep and exercise and take amazing supplements. But all that aside, you can be doing all of that and still be... Everyone is accumulating heavy metals and environmental toxins, pesticides on a daily basis and have been for decades. And these are shown in the research to interfere in our hormones in a myriad number of ways, our sex, stress and thyroid hormones. And I'll go into all those in a second. But for me, it's not surprising how many people have thyroid issues, thyroid hormone production issues, how many people have estrogen dominance or have imbalanced hormones, not making enough hormones or testosterone or making too much toxic estrogen, and also are not making enough stress hormones or making too much. Our bodies are under a lot of stress today, and all of these hormones have toxins that interfere in them in a number of ways.

[00:02:07] Dr Anu Arasu

And energy is such a big issue for so many people. And I know that you are also an expert in bioenergetics. How do toxins, these toxins that we're just all exposed to and we can't really avoid, how does that relate to energy?

Dr Wendy Myers

Well, our mitochondria, obviously, are the energy powerhouses of our cells and of our bodies. And again, heavy metals, specifically arsenic and aluminum, tin, thallium and cesium. These will actually poison enzymes that transport nutrients into our mitochondria and they reduce our mitochondria's ability to produce energy. And so this is a big reason why people are feeling tired in their 20s and 30s and 40s. And a lot of people just think that they're getting older. I mean, you're in your late 30s, I'm sorry, you're not getting older, where you're going to start getting tired. But people just kind of, like, chalk it up to that. They go to their doctor, the doctor checks her thyroid or whatever. They try to figure out just the basic things that could be underlying root causes. But no one is looking at this very clear toxin, inhibitor of energy production. And so the mitochondria also work in other ways. They work by the sun. They have biophotons that need to be charged by the sun. Mitochondria fuel is oxygen. That's the main oxygen source. So just infusing the body with oxygen, hyperbaric oxygen chambers, increasing exercise is helpful.

But because there are a lot of different air pollutants, the oxygen levels have been reduced. And if you live at high altitude, there is also less oxygen there. For me, you have to do things to replace oxygen. So I drink a water called Watt-Ahh. You get it on AquaNew.com. And that water dramatically increases oxygen levels and therefore mitochondrial energy output. And then we also can feed our bodies energy bio-energetically. So there are many, many different devices where you can feed energy to your biofield. That might be a little bit beyond our conversation here, but there's just four different ways that our mitochondria take different resources, that we provide it to produce energy. And you need energy to heal, you need energy to sleep, you need energy to regenerate. And so anyone who's chronically ill, who has chronic fatigue or complex chronic illness, you got to get your energy going. You've got to do all these four different things to improve your body's ability to produce energy, because you're not going to be able to recover without the energy. And so that's really, for me, my number one focus when I'm working with anyone, and anyone wants more energy.

I mean, who doesn't want more energy? So, for me, that's been, like, the backbone focus of my work and my book, *Limitless Energy*, is to figure out that puzzle, because that's everyone's number one complaint for the most part, that they want more energy. And so that's that piece of the puzzle. And detoxification plays a big role in increasing energy production.

Dr Anu Arasu

Right? And it really is a puzzle, isn't it? Because most of us wouldn't have even heard of things like cesium or some of the other heavy metals that you're talking about. How do we know when we're getting exposed to these? Where should we be looking?

[00:05:46] Dr Wendy Myers

When you're breathing. Yeah, when you're breathing, that's the number one source of toxins in our environment. It's air pollution. And there's massive amounts of research that you can look at from all over the world. The air pollution, where there's... In urban environments, the children are getting sicker, they have more asthma, they have more allergies. There's higher rates of lung cancers and things in non smokers. There's huge problems around the world, not just with your lungs, but with air pollution contributing to major health issues and cancers around the planet. It doesn't matter how healthy a lifestyle you live, you have to breathe. So really having an air filter in your home is really key. Not cleaning your house, scared about germs and viruses and all this stuff. Your body can deal with those things. It doesn't deal well with chemicals breathing in bleach and ammonia and other chemicals and synthetic petroleum based fragrances that people are using in their cleaning products. You've got to clean up your cleaning products because that is a huge source of toxins in people's homes that they're breathing in. So that's just the air pollution, it's just one source, water is another one.

A lot of people are drinking filtered water. A lot of people are not drinking properly filtered water. But even if you do drink properly filtered water, you're showering in water every day that's got all kinds of hormones and medications and heavy metals and environmental pollutants. And then the food, even if you eat organic food, organic food is pesticide free. It's not heavy metal free. And organic pesticides are also problematic. Those are not health-producing for us as well. So all of these things sound really kind of depressing. But there's a lot that you can do. There's a lot of control that you have with what you put in and on your body as far as your diet, water, beauty products, personal care products, and a lot of things you can do to detox your body to continuously remove these toxins that are not only interfering in your hormones and mitochondrial energy output, but also interferes in every different organ system of your body because that's what heavy metals do, is they poison enzymes, they poison protein production, they poison hormones, converting to other hormones, T3 to T4. Mercury interferes in that. They block the hormone binding sites on the body.

So a lot of different metals and organophosphate chemicals and pesticides will mimic estrogen and just fill up all those little binding sites. So your body is like, great, I have plenty of estrogen. I can reduce production of that. We don't need that, we've got plenty of it. So there's many, many different ways that these toxins are interfering in our body and hormones, metabolism, you name it.

Dr Anu Arasu

Wow. So you mentioned organic. I mean, is organic worth it, in your opinion?

Dr Wendy Myers

Yes. Absolutely. Yeah, definitely. If you want to be healthy, you do need to eat organic, if only to avoid one toxin, which is glyphosate or Roundup Ready pesticides that are used at least in the United States. But any kind of wheat, because wheat is exported around the world from the United States. So that is going to have glyphosate in it if it's not organic coming from the United States. And so that is really problematic for your body. Destroying your gut, bacteria, destroying neurotransmitter production, destroying hormone production. There's so many different pathways and processes in the body that that negatively impacts. So just that alone, just the organic wheat

can make a huge difference. And a lot of grains, they're using different pesticides. So pesticides are very problematic for your hormones, specifically. The organic pesticides are safer. But if you're not eating organic, you are eating all kinds of pesticides that have been banned in many, many countries because they are known to cause cancer, they are known to cause neurological diseases. So, yes, you do have to eat organic.

[00:10:18] Dr Anu Arasu

You mentioned earlier that you were not surprised that there are so many thyroid problems. And then you mentioned mercury as being one of the things that affects the thyroid. Why else do you think thyroid problems are so common?

Dr Wendy Myers

Well, namely, I think thyroid issues are common because of mercury toxicity. And that's something that's really hard to avoid. But mercury is really hard to avoid in our environment. It's just from coal burning. It's in the air. All the industrial manufacturing, all the companies in China that don't have scrubbers on them. And then that mercury and that lead and all the other cadmium and nickel and all those other metals settle into our oceans and then get into our fish supply. So we're eating it, we're breathing it in, these metals, and they're in the shellfish and whatnot. So mercury will inhibit thyroid function in four different ways.

So mercury inhibits thyroglobulin production, which is needed to make the precursor T4 thyroid hormone. It will interfere in T4, converting to T3. It will interfere with thyroid hormone in your bloodstream. And also if you have a sensitivity to mercury, because your body can produce an immune reaction to a blueberry, so it certainly can produce an immune reaction to mercury. Mercury loves to get into the thyroid gland and other glands in our body. So if you have Mercury in your thyroid and your body doesn't want it there, because your body is innately intelligent, it knows that this toxin should not be in your body. It can launch an immune response which will then destroy your thyroid tissue.

So not everyone with autoimmune thyroid issues, or Hashimoto's, is because of mercury toxicity, but some of them definitely are. And so in these four different ways, mercury has a huge impact on why so many people have thyroid issues, undiagnosed or on, you know, tens of millions of people on thyroid medication in the United States alone, not to mention around the world. And mercury plays a big role in that.

Dr Anu Arasu

And, of course, autoimmune thyroid disorders or diseases, they make us put on weight. So do you think that there is a link between all of the toxins that we're being exposed to and obesity?

Dr Wendy Myers

Yes. I actually just filmed a docuseries with 90 speakers about this very topic. So it's something I'm very well versed in. But yes, there's many, many different ways that heavy metals and toxins promote obesity and resistant weight loss and diabetes as well. Toxins are the number one cause of diabetes, which contributes to weight issues. And this is a quote from Dr Joe Pizzorno, who's

one of the world's top researchers on toxins. So when it comes to weight, one of the ways our body stores toxins away from our vital organs and our brain is in fat. So again, the body is so smart. So if you are one of those people that's doing everything right and you're eating right and taking the supplements, and you're going to bed hungry and you're fasting and you're working out all the time, and you're like, what do I have to do here to lose weight? I would be an Olympic athlete in my 20s if I was doing all this stuff. I assure you, toxins are being stored in your fat, and your body is not going to let it go. I mean, you could force your body, you could starve yourself if you want, but for many people, doing everything right, got all the boxes checked, and the scale isn't budging. You want to be looking at your toxin load and looking at getting on a detoxification program. And I've got hundreds and hundreds, if not thousands of testimonials of people that lose weight when they start detoxing.

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Additionally, when you look at the toxins and how they affect your thyroid, which is key to have a fast fat burning metabolism. When you look at testosterone levels and how toxins affect testosterone, you need testosterone to build muscle and burn fat. That tanks in men and women because of toxins. When you look at how the gut microbiome is destroyed, the good gut bacteria are destroyed by toxins. You have to have a healthy, robust microbiome to have a healthy weight. There's a huge correlation there to people's weight. When you look at estrogen levels and all the toxic estrogens, estrogen signals to your body to put on fat, because that's why women have more of a layer of fat than men. We have more estrogen. So the liver, when the liver is overwhelmed with all these toxins, 100,000 different chemicals, dozens of heavy metals, many of which it does not know how to process, or it simply doesn't have the nutrients because you're nutrient deficient, to break all this stuff down, your liver is going to get backed up. And again, the body's got to store this stuff somewhere if it can't get to it for processing. So like 100 million people in the United States alone have nonalcoholic fatty liver disease, and so their livers are not functioning, or not functioning optimally.

Typically, the tests you do at your doctors are not testing for detoxification ability, though elevated liver enzymes are one indication that your liver is not working so well. So all these different things, there's many, many more that I could go into very clearly illustrate how toxins, heavy metals, environmental chemicals contribute to the obesity epidemic, resistant weight loss and the diabetes epidemic as well.

Dr Anu Arasu

Wow. So what I'm hearing here is this is a really big issue, and I think there are so many people who think detoxification is just a natural process. And if your liver tests are normal, you don't need to think about it. Or that if you're buying glass instead of plastic and drinking some filtered water, then that's all you need to do. But what I'm hearing is that actually this is a huge subject, and it's really a big driver behind some of the biggest diseases we're seeing today.

Dr Wendy Myers

Absolutely. And it's not the only contributor, but it is a very big contributor. Toxins are a huge contributor to most of the chronic health issues that we're seeing today, with high cholesterol, with high blood pressure, with diabetes, autoimmune disease, just, you name it. All the information on

my website, MyersDetox.com, and some of the articles I have have 180 research citations. Everything I talk about I back up with scientific research. And so you can look on my website on MyersDetox.com. It's all there. No matter what kind of health issue you're concerned about. And even subclinical symptoms like brain fog, fatigue. When it comes to low libido, or just so many different things, you can tie it back in the research to different toxins.

[00:18:02] Dr Anu Arasu

And what do they do to our brain?

Dr Wendy Myers

Yeah. So, toxins affect our brain in, again, many ways. There are many heavy metals that are very neurophilic. They love fat cells. And our brains are made, and our nervous system is made of fat. So aluminum, mercury, lead, these all get into our brain tissue. And aluminum actually will over-excite nerves and even kill them, where they're excitotoxic, where they just overstimulate them so much that the brain cells will die. And many people that have pain syndromes are due to this, as well. But the heavy metals and different toxins will slow cognition, or the transport of information will be too fast. So people will have anxiety and pain syndromes as a result of that. And there's just lots of different ways that the heavy metals and environmental toxins can cross the blood-brain barrier, get into our brain. Inside that cavity, arsenic and other toxins, and dramatically affect the brain's performance. Slower cognition, slower reaction times, and even can cause balance issues. And many people that drink well water then get manganese built up in their brain stem, and it can mimic the symptoms of Parkinson's. And people can have balance issues and falling and things like that, and it's just a heavy metal, and they get misdiagnosed with Parkinson's.

Alzheimer's also can be due to mercury and lead and aluminum toxins. And there's some doctors out there that think that the beta amyloid plaques that are characteristic of brain degeneration and Alzheimer's can be a response to aluminum in the brain, as well. And so there is a lot of burgeoning research out there, but the research is clear on many things, that these metals are neurotoxic and affect our nervous system, given to our fat in the myelin sheath and cause a number of different problems.

Dr Anu Arasu

Wendy, it's such a minefield because we were exposed to these from so many sources, then even if we try to be vigilant about our food, we don't even know sometimes where the food is coming from or what the processes were involved in producing that food. So, is it worth us testing our levels for these toxic metals? Will that make a difference?

Dr Wendy Myers

Yes. Well, you don't have to test. I mean, we know that everyone has hundreds of chemicals in them, and they have heavy metals. It's impossible, it doesn't matter if you live in the country or grow your own food, it doesn't matter. We know everyone has these. But I do like testing, because when you test for heavy metals, you find exactly what metals you have, and that information, that knowledge is power, because specific substances or supplements remove specific heavy metals. So if you know what metals you have, then you can have more of a targeted supplement protocol,

targeted detox program to remove those. And then you can also see your progress over time by regular testing. So I like to use hair mineral analysis because it's very inexpensive, it's non invasive, you can do it from home, and it's a very reliable test, Science backed test that's used in many sciences to test for minerals and heavy metals. And it has to be properly read. It's not as straightforward as many people think. So it does need to be interpreted by someone trained in how to read hair mineral analyses and designed a supplement protocol around those who's an expert in detoxification.

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But for me, that's what I like to start with. And then we offer testing for urine testing or stool testing, because some metals come out in the hair, and that's where we see them best. Some metals come out in the urine, some come out in the stool. Blood, I don't like blood because typically, if you go to your doctor and you're trying to get it covered by insurance, they test you. But they're only testing lead, cadmium, mercury, and arsenic. And there's dozens of heavy metals, and that can lead to false negatives because the body doesn't allow these metals to float around in the blood, it's going to sequester them away, so it's not damaging the body. So unless you've had a very recent acute exposure of one of those four metals, it's going to show up negative and you're going to be like, oh, I'm good there. Let's go on to the next thing to figure out what's going on with me. And so, blood, the only blood test I like is Dr Chris Shade's blood test. That's a very whole different animal. But for me, I like hair mineral analysis to begin with.

Dr Anu Arasu

And I guess the other thing that came to me when you were speaking was the fact that if someone has a specific problem, like Hashimoto's hypothyroidism or a disorder that could be caused by heavy metals, then in that case, they would probably want to get tested because that's actually going to change that specific health outcome. Whereas for many people that are not necessarily manifesting a problem. What would you say to those people who are not manifesting an actual issue yet? Should they get tested? Should they just be more vigilant? How would you go about it?

Dr Wendy Myers

Yeah, so even if someone doesn't have symptoms yet, but they might have stuff going on that they've just gotten used to, where their memory is not as good, or they're tired, or they have a little muffin top that they just can't seem to get rid of. Not a 911 emergency. For some people, that might be. But at some point, people reach a tipping point where you've been accumulating toxins for decades, and at some point, it will reach a point where you'll manifest symptoms or you'll get a diagnosis, or you'll have a stressor, like a death of a loved one or a car accident or something that just pushes you over the edge, where your genetic weak link will then reveal itself, whether that's a thyroid issue or an autoimmune issue or fibroids or what have you, whatever's going on with you. And so it's very important, if you're listening to this, keep an eye on this, because at some point... Prevention is not sexy. People don't... If it ain't broke, don't fix it. But I assure you, if anything, if you start detoxing, you will prevent illness. You will start aging in reverse. I'm 51 years old, and I think I feel and look better. My brain works so much better than it did in my 30s.

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And so detoxification is very anti-aging because you just remove all this garbage that is using up all your body's antioxidants. You just can reach a new level of health that you didn't think possible. A new level of performance in whatever it is that you're trying to do, a new level of your hormones being great and getting your libido back and getting excited with your partner again and things like that, there's always another level to go to in your health. So a lot of you health enthusiasts that are doing everything right, for me, that was me. I was doing everything right. And I was like, there's got to be something more. Because of my mood and my neurotransmitters, I just didn't feel like I was waking up feeling as good as I should, and it was because of toxins affecting my gut and my neurotransmitters and my mood and things like that. So for me, that was that next level. And detoxification helped me get there. It helped me normalize my weight and my hormones and things like that. So even if you don't have a diagnosis, many people are dealing with subclinical issues or want to improve their performance on whatever level that is.

Dr Anu Arasu

This is absolutely the heart of hormone imbalances, isn't it? Because people can go around with a whole bunch of seemingly unrelated symptoms, and they may not have a diagnosis as such, but actually there are processes, there are dysfunctions and imbalances that can be fixed. And Wendy, I notice also that detoxification processes have been such a big part of so many traditional cultures. I mean, like saunas and sweat lodges. What's your take on that?

Dr Wendy Myers

Yes, so I'm a huge fan of infrared saunas. Say, in the Finnish and Swedish cultures, they use those traditional hot saunas, which are great, and they're much healthier and happier and have lower disease rates as a whole because of that part of their culture. And there was even an amazing study that was done over 25 years, I believe, where they showed that people using just a regular sauna, like the traditional hot sauna you'd find at your gym, had a 40% reduction in mortality from all causes using a sauna five days a week. That is astounding. And when you look at using an infrared sauna, which is much more effective at removing toxins in your sweat, because, for one, the infrared heats you from the inside out, and it helps your cells release toxins more because of that. And you can stay in it longer because the ambient air temperature is much lower. For me, I can't stay in a regular hot sauna for that long. It's just way too hot for me. I'm doing 5, maybe 10 minutes where I can do 45 minutes in an infrared sauna. So infrared saunas, if someone does a study like that, reproduces that 25 year study, I would love to see that at some point, because I think that people would have even more results because of the amount of toxins that are released from an infrared sauna.

And there's so many other health benefits to people's immunity. It kills off infections and parasites and other tumors and things like that, because those are very heat intolerant. And it also helps you to activate your parasympathetic nervous system. You have to be in that more of a relaxed parasympathetic nervous system state to detox. That's why exercise, where you're releasing cortisol in a sympathetic state and you're sweating, not the same. You don't have the toxins produced in the sweat at the same level as you're going to in an infrared sauna that is helping you to relax and get into that parasympathetic state. I gave my mother a sauna. She got off her blood pressure medication within 30 days in an infrared sauna. Lots of amazing benefits for your

circulatory system, your heart and arteries and things of that nature. So big, big fan of infrared saunas.

[00:29:11] Dr Anu Arasu

That's an amazing statistic about the mortality differences. And on that subject, what would you say to everyone that they could do right now to implement a change that's going to make them detoxify better?

Dr Wendy Myers

Yeah. So the number one thing they can do, the easiest thing to do is, you need to eat foods that facilitate detoxification. So the top five foods are broccoli sprouts and not broccoli, but the broccoli sprouts, they contain a lot of sulforaphane, which your liver needs for detoxification. Also, egg yolks are amazing, but the pastured eggs, not the gross ones from the grocery store, that are like, have a yellow yolk, you want an orange yolk, an egg that's organic and pastured, that's going to have a lot of choline in it. And other things you need for detoxification. But kind of weird, right? You wouldn't think of that one. And then onions and garlic and ginger. So those are amazing foods for detoxification. And so I try to incorporate those in juices and just my diet generally. And so also you want to be thinking about sweating infrared saunas, that's not as practical for many people. But also you can take binders. So binders are super important. These are substances like citrus, pectins, activated charcoal, zeolites that absorb toxins like a sponge. And that's a super easy thing most people do. They need to be taken an hour away from medications, thyroid hormones, et cetera, and supplements and other food.

So that's just something to be aware of there. And also just taking minerals, we're so mineral deficient because it's deficient in the soil, it's deficient in the food. And stress depletes our minerals as well. And so minerals are so key to push out and displace heavy metals from all of the different enzyme binding sites in our body. And so taking magnesium, taking calcium, the right form of calcium, taking zinc, taking potassium, electrolytes, things like this, super important. And many people are getting those in their multivitamin, but they're usually not the right form and they're not nearly enough to replete our depleted mineral levels.

So that's a whole podcast in and of itself, but I'll just leave it at that. Your supplement program needs to be focused on minerals. People get all marketed to, they get all excited about these antioxidants and this smoothie additive and this and that. You need to focus on minerals and you'll see a big change in your health. You need minerals for your nervous system to relax, you need minerals to sleep, you need minerals for your muscles to work properly. I mean just everything. And detoxification as well.

Dr Anu Arasu

The top minerals that you would recommend. Just the basics?

Dr Wendy Myers

Yes. So I like magnesium glycinate five times your body weight in pounds, in milligrams per day. So if you weigh 200 pounds, you need 1000 milligrams of magnesium a day, probably a lot more than

what you're taking right now. You need calcium. I like calcium lactate or ionic calcium. This is the one that I take. I really like this brand. It's Mother Earth Minerals - Ionic Calcium. If you have calcifications in your arteries or your tissues, this form of calcium will burn up those calcifications like a house on fire. So most of the research that vilifies calcium is bad research using very poor forms of calcium that we don't absorb as Humans. So you've got to make that distinction there. And then, also, I really like zinc. Any form of zinc is fine, that's great. And then I really like potassium. You can just drink lemon juice or any kind of citrus juice. You'll get a lot of potassium there. But if you need more, you can take again the same brand they have potassium you can take, that's fantastic. And then the trace mineral, I really like Trace by Activation Products. It's fantastic. Quinton is also amazing for trace minerals and that's for me a cornerstone.

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I don't ever drink water without minerals in them. Our body is made of saline. It does not want plain water. That is the worst thing that you can do for your body. You need to drink water with either... I don't love sea salt in it. I like more concentrated forms of minerals. So I like the Trace product by Activation Products, it gives you a really nice mouthfeel of all the different minerals. Makes the water taste better. And so that's super important and something to think about. I don't like Himalayan salt. It has too much iron in it. It's not the right profile of minerals, but any other sea salt is fine if you want to go that route.

Dr Anu Arasu

Wow, so much information, Wendy, where can people find out more about you if they want to learn more?

Dr Wendy Myers

Yes, you can find me at MyersDetox.com. I have a wealth of information from 500 podcasts, over 500 articles on this topic. I've been beating this drum for a while, and I have the [Myers Detox Podcast](#) you can check out as well on all of our social media @MyersDetox.

Dr Anu Arasu

Thank you so much. You're a true expert in this. Very, very grateful for all of the information that you've shared.

Dr Wendy Myers

Yes, thank you so much for having me.