



## **Information Medicine to Heal Emotions**

### **Guest: Wendy Myers**

**Niki Gratrix** Hello everyone, and welcome back to the Trauma and Mind Body Super Conference. I'm super excited that we have Wendy Myers here with us today. Welcome Wendy.

**Wendy Myers** Thanks so much for having me.

**Niki Gratrix** So Wendy almost needs no introduction these days. She's an outstanding detox specialist and she also runs a very popular podcast. She's a functional diagnostic nutritionist with many years of experience. And she's now worked with many thousands of clients and she's very experienced.

So we are super lucky to have Wendy. And we're going to be talking about a very interesting topic, something called information medicine. So, Wendy, we're going to drop in the deep end on this. But do you want to do it as a sort of introduction, maybe an overview of what information medicine is and more to the point, how did you get into this? Because obviously you came from the biochemical detox background but you've evolved in what you do when you work with people. And you've brought in this information medicine, which is a type of energy medicine, right?

**Wendy Myers** Yes. So, I, like many people, got into health with my own health issues. And I didn't have severe health diagnoses or anything like that. But I was always looking to improve my health and to feel like I'd done everything physically I could do, the diet, the supplements, exercise and just the heavy metal detoxification.

I'd done all this stuff and just felt like I had trauma in my past that I wasn't able to address with the tools at hand. And I met Harry Massey, I met another man named Robert Marking who introduced me to this pendant, which we'll talk about in a little bit. And Harry Massey is the founder of NESHealth.com. And so he introduced me to his bioenergetics program that helped me to release my trauma in a very simple way. I mean, I've had years of therapy and cognitive behavioral therapy and read all the self-help books. And still felt like there was this level that I just wasn't able to get to on my own. And so for me, bioenergetics information medicine, if you will, helped me take my physical health and my mental health to this next level that I wasn't able to get to with other conventional methods.

**Niki Gratrix** Wow, that's so interesting. And it's interesting also because it was hard enough, especially in the U.S., which is quite, shall we say, it's quite materialistically focused. So Americans and the British and the West in general, we get what we can physically touch, see, taste and feel. And this is a good kind of movement, I'm glad there's this functional

health movement where we're moving into more natural supplements, away from pharmaceuticals. But it's now almost like the next evolution of understanding. And we just got all the doctors to understand natural functional medicine and things like systems biology. Now we want them to understand physics.

**Wendy Myers** Yes.

**Niki Gratrix** Which is the invisible body. And yet it's as scientific as anything in biochemistry, there's huge amounts of science behind it. The problem is that just like doctors aren't taught about nutrition, they're certainly not taught about physics. And you have to sort of get into some of the physics of understanding how some of these new technologies work. So shall we just get into talking about the pendants, because I love the pendant. And it forces us to have to sort of jump in with two feet. We can mention NES infoceuticals as well. But how did you get into the pendants specifically?

**Wendy Myers** Yes. Well. So I met someone named Robert Marking at a NES Health bioenergetics training and it's just strange how it happened. But he came there at this conference to meet me and I started talking with him. And he said, "hey, why don't you just try my pendant?" And he put a pendant on me, he activated it. He activated it, or he tuned my body's energy field. And I'm sure we have to explain some things to people that have never heard of bioenergetics or energy medicine before, I'll do that in a second.

So he activated this pendant to my body field and I felt this tremendous release of stress that I had been dealing with. I had mold in my home, I had stress in my business, I just felt stress, I had just gotten a divorce, I just had stress on every level in my life. And it just all kind of went away. The stress was still there, but I was managing it better. And Robert explained to me later that it also releases traumas as well in a very easy way. Because a lot of this trauma that we have just has an energetic imprint in our body and it can be released fairly easily, beyond how people may expect.

Because people think they have to go to cognitive behavioral therapy and talk about all their problems over and over and over for years and years, like a lot of people have done. And it doesn't really work all that well. It helps, but there's easier ways to release trauma. So this pendant is one of them and I just felt so relaxed, I just felt like I could almost take a nap. I went to this high stress, sympathetic, dominant nervous system state, where you just are go, go, go, our society today is very stressful on many levels. And I was much more relaxed, I slept so well that night. I felt this sense of joy that I hadn't felt in a really long time, I just had this huge release. I felt very clear, like my mind was functioning very clearly. It was a very profound experience for me, I had not experienced anything like that.

And I proceeded to watch him at this conference do the same thing with thirty other people, and got their immediate feedback the next day, or the day they got the pendant activated on them. And these were medical doctors, acupuncturists, all bright kinds of people in the medical field and they had the same results that I did. Dr. Mercola was there, his personal physician, Dr. Lee Cowden, all of them got activated with their pendants and all had the same experience and so it was really neat. But for the pendant, how it works is, when we think of bioenergetics, we have this energy field in our body. Our body has a communication

system where we have neurotransmitters, we have hormones, we have a nervous system and all these ways that our body physically communicates.

But we also have this invisible energy field where different parts of our body is sending information on energy waves, this is quantum physics. There's tons of research on PubMed for quantum physics, bioenergetics, just do a search. And so our heart will send information to another body part. And that's how these trillions of things are happening every second in our body that cannot be accounted for just by physical communication. And so, what the pendant is doing, is getting your energy field regulated and working properly. So you have better communication, more efficient brain function, just quicker, faster communication that isn't interfered with. Because a lot of things like EMF, emotional trauma, damage our body's energy field. They create these energetic blocks in our body's energy field, in our meridians, in our chakras, which are other ways of thinking about the body's energy field.

And EMFs are things like wireless internet, our computers, our phones, all these other invisible energy spectrums that negatively impact our body's energetic field. That's why they cause these physical symptoms, these problems that we see in the research with fertility and immunity and other things. It's because these EMFs, these frequencies, are negatively impacting our body's native energy field, our native frequencies that our body is using to communicate. And so the pendant just basically helps to correct the body's energy field functioning and as a result, you feel so much better.

**Niki Gratrix** Okay, that's fascinating, that's brilliant, a really great explanation, Wendy, that's awesome. So just to back up what you just said there a second as well. So, for example, a lot of people still think of quantum physics and they think it's got nothing to offer for health. They still think that, or they think it's woo-woo, nothing could be further from the truth.

Just to reel off a few quick things, the idea that people think we don't really have an invisible energy field. Conventional medicine uses MRI scans, that's a scan of the electrical activity in our brain. Even a heartbeat is electrical, it's not biochemical. So standard conventional diagnostic medicine, CAT scans, PET scans, MRI scans, it's all quantum physics, it's an image of the subatomic image of the body. We can't see that with the naked eye, but we can see it in an image and doctors use it all the time. Just a quick thing to back up, for example, red light therapy, that's another type of therapy, we talk about that on the Summit as well. Red light therapy and pulsed electromagnetic frequencies.

So we're talking about waves which are defined by the rules of physics, which change the body's biochemistry through resonance. So while we can use drugs, for example, to change maybe the output of a cell's function because we change the hormone levels. And that's like the lock and key, classic, how a hormone has to lock onto the surface of a cell and tell the cell to change its behavior, we're doing that with resonance through waves.

So there's over 5,000 papers on PubMed with pulsed electromagnetic frequency. Here's an example of a pulse electromagnetic frequency device, there's red light therapy, I didn't have an example, we could use sound therapy, this is Schumann resonance this would resonate the brain cells into the alpha frequency, for example. It's all oscillation and resonance. So there's 3,000 papers on PubMed with red light, over 5,000 with PEMF, there's a massive more number coming through sound therapy. So it is quantum physics because we're

talking about subatomic particles that's just below the size of the atom, we're talking about photons. So there's your quantum physics, like if anybody doesn't think quantum physics, you're just not educated.

**Wendy Myers** But this is a new concept for people. I mean, I took physics in high school, but I didn't know about any of this stuff like even 3 years ago. And so it's just something it's a new way of thinking about how the human body works and bioenergetics is the medicine of the future. Even Dr. Mehmet Oz has said this, that "energy medicine is the medicine of the futures." That is actually the correct quote. And it's just something that if people have been trying to release their trauma, trying to get at the root cause of their health issues are just going around and around in circles. They're doing everything perfect, diets, supplements, exercise, everything else correctly and they just keep hitting against a wall.

You want to be looking at bioenergetics as a means to get you to meet your health goals, because I have a lot of clients that have just tried everything and they're very discouraged, they've been to 20 doctors and are like, I don't think that you're going to help me, they're very negative. And then they do something like NES Health Bioenergetics, or get a harmony pendant, or do something else bio-energetical. And it creates that shift for them that gets their body healing, finally gets their mental state or the trauma realized. Just gets something moving, gets them headed in the right direction.

**Niki Gratrix** That's so great. I want to reinforce what you said there again, because of my experience with the pendant. I think Wendy, you introduced me to Robert Marking, we were at a BulletProof conference working on Robert's stand, and it was amazing to see Robert working with the pendant with hundreds and hundreds, probably even thousands of people that day, it is a very packed conference.

And for me, it was very interesting, I saw some top class Klinghardt trained practitioners, Dr. Dietrich Klinghardt trained practitioners who were experts in autonomic response testing, which is something that I had trained in. I'm not licensed, but I'd gone to the training because I found it so fascinating. And that is a form of energy testing of the energy field, just like NES Health is also a way to test the energy field. And these practitioners were saying, and this is what hooked me, because I have a lot of respect for Klinghardt and his followers. They were saying that it opens, in their words, it opens regulation.

Now, normally they have to use hundreds of dollars of supplements just to open some regulation. Now, what does that mean? It means, and it's to your point, I found that when people wear the pendant, it potentiates other interventions. Which means it makes the other interventions work. So there's so many people taking supplement, after supplement, after supplement and the body's just not responding. They've got, maybe expensive urine!

But it's not actually making any difference. So the pendant opens regulation and allows things to start working that weren't getting through. The body wasn't registering the supplement or whatever it was somebody was doing, a particular diet. And I saw people, I saw my clients and we witnessed it in my group now, my community group. I would get somebody on the pendant and they would be floored if they had heavy metals, it's so interesting. Because I believe that energy medicine and especially information medicine can

release toxins at a level that you cannot reach with colonics, with supplements alone, biochemical supplements alone, fasting, all of that stuff.

In fact, if you address the body at that organizational level of the frequency level, that's what makes it. It's not that we're saying don't do the physical stuff, you need to do the supplements, you need to do the diet, we're not saying throw that stuff out, that stuff's important. But you need this bioenergetics piece. You need that to allow the other stuff to work. Otherwise, what you do on the biochemistry, it just does speak to the body. That was my experience and it just floored me, it floored me when I saw my clients, and of course, you look at a pendant, here's mine. I have the beautiful rose gold one, this is my pendant. People look at you and think, really, what are you talking about? How can that...?

**Wendy Myers** They think it's nuts.

**Niki Gratrix** Yes, they think it's nuts, we have to address that. Here's a pendant, how on earth? I want to talk a little bit more about that. But my experience was people tried it and then they said, "oh, my God, I had the biggest detox". And I've had to say, "take the pendant off, take the pendant off." You can only wear it for a few minutes a day, then build up to 20 minutes and 30 minutes. And we've had to get people on binders if they had heavy metals, get your binders in, get the processes in. So we were able to get to toxins, in a way that nothing else could reach, with the pendant. So that was my experience, powerful.

**Wendy Myers** Yeah, that's such a key point that you made about people taking supplements, maybe they're not absorbing them. Stress and trauma created this prevention of the absorption of nutrients. And a lot of people can have, depending on their trauma, energetic blocks in their digestive tract. And this is one of the biggest issues I've had with my client population, them taking supplements for years and really not making progress and their nutrient levels increasing. And that's because of so many different stressors that we deal with emotional trauma, EMF, or energetic blocks in the digestive tract.

And using this pendant can help to release those very simply and people absorb the nutrients. It doesn't matter what you supplement with or what you eat, it only matters what you absorb. And that's another huge kind of roadblock in people meeting their health goals as well, because we need nutrients for good mental functioning as well, to relax the nervous system. You have to have lots and lots of minerals and so I think that's a really good point that you made.

**Niki Gratrix** Yeah, I was going to say I mean, a huge topic on this Summit is that unresolved emotional trauma is one of the most underexposed factors affecting us. That trauma leaves a biochemical imprint, it changes the nervous system, but it exists at the energetic level. It's information and it's frequency stored in the energy field and it's apparent it's out of whack, it's imbalanced information. And this energy field is the control mechanism for the biochemistry. So if you have an imbalanced energy field, how can you fix the biochemistry if that's the control mechanism?

So, getting the energetic level right first, with things like the pendant, this is foundational to any protocol, it's foundational to my protocol. The pendant is step 1, get the energy field in balance, clear the emotional trauma, then the biochemistry comes right, and then we get

amazing healing. I'm working with people who've come to me on assisted suicide. They came to me saying, 'I either have to get better in the next 6 months, or I'm done on this planet'. And there's nowhere else they could go. And we finally, obviously I put this particular person on the pendant and suddenly he's into massive detox. He was on so many supplements, we had to get him off the supplements because they were finally working.

So there's something else I just wanted to dig into as well. I think people can understand the concept of, if we think about waves and oscillation and resonance, which is what we have, we have to start talking in those terms when talking about quantum physics and how that changes the biochemistry. So we are electrical beings, even our cells, we have a charge around the cell membrane. So when we're doing a pulsed electromagnetic frequency device, which is just broadcasting an electromagnetic field, that is causing the cell membrane to change its frequencies, like what's coming inside and outside the cell is responding to the frequency, and it's like oscillation.

So oscillation, I'll just give it an example of that, if you think about an opera singer, sound is also oscillations. So an opera singer can make a sound and shatter a glass. There's an example of energy changing biochemistry, not biochemistry, but physical matter. So that's what sound does, that's what this is doing. So we'll see if people can follow this, but people look at the pendant and go, but how, is it emitting a frequency? Now, it's not emitting a frequency, what we have behind waves, you can actually look at a photon. And what they found is what causes a photon to have the shape it does and the wave form that it has and its geometry, so that's the information. So information affects the waveform and the waveform changes the biochemistry with resonance, I hope people are following this. If you think about sound, these waves, the information carried on a radio wave, you can tune into that, but you have to get to the right frequency and then you'll hear the information, you'll hear the person speaking over the radio.

**Wendy Myers** Yes, that's a very good example.

**Niki Gratrix** So radio frequency is a wave, sound waves, but for the information, you have to tune in. So that's how the pendant works. It's geometry and what it's doing is, it's speaking to, almost at the geometrical level, at the informational level. That in turn affects the photons, so it affects electron spin. So when we say, it's a bit far, it's actually the difference between energy and information. So energy are waves that will change the biochemistry through oscillation and resonance, but we can create what we call a phase change, a change electron spins by changing the geometry.

I don't know if people are going to be able to follow it, but geometry information, which we have to talk about, sort of at the geometric level, and this is what the pendant does anyway. So the pendant contains geometric type information which will change the waveform and just one thing I'll say about why I found this to be so powerful. Think about a hormone. A hormone will only affect certain cells, a cell will only respond to a hormone if it's got a receptor that recognizes that hormone. So when you get into energy medicine and you're talking about waves, you've got what we call a universal enzyme, a universal frequency that every cell responds to waves.

Whereas your cells will only respond to certain hormones, because the way biochemistry works, the way hormone receptors work. So when we talk about doing a phase change, we forget that we are atomic, we also atomic beings. And I can change your biochemistry by working at the subatomic level, at the pre quantum level, it's kind of geometry. Then it changes the way it forms, that changes the cell function, which changes the tissue, the organ and the organism. So it's just what level do you want to work at? And most people are still not ready to or haven't addressed that quantum level. And it's the missing link, we don't throw out the biochemistry, but we don't want to ignore the quantum level either. And it is the level that human intention works on as well.

**Wendy Myers** Yes. And we know there's scientific research that proves that praying works or a visualization. That the biology of belief that can change your response in the body, cause inflammation and cause health issues or recover, magically. It's not magic, it's as you're sending better information to your body when you're doing positive visualization or praying. Same thing.

**Niki Gratrix** Yeah, again, it's absolutely validated that distance healing works, that's also been published as well. And it's interesting because one of the things we do with the pendant is, our intention interacts with what's happening at the very deep kind of quantum level. And so our intention with the pendant counts, our intention affects water, our intentions at that level. And as you said, there is great research, it's the Princeton Engineering Anomalies Research. Which was a brilliant research project done on seeing if human intention could impact the outcome of digital impulses, basically digital outputs. And so influencing the number of zeros and ones, like random event generators were creating zeros and ones.

So it was a machine and then human intention, I want more ones than zeros, and it would print out on a graph. And every time they did the experiment, they made the human intention shift the number of zeros and ones and it should be about 50/50. And they found that by humans just intending, they could change the digital output. It worked through a Faraday cage, meaning that it wasn't a photon or electron it was beyond that, it was at the information level. So people say, well, that was discredited and actually, it wasn't. They repeated it in 20 different labs in 312 different publications, it was the PAIR research, it's one of the absolute examples that should be expanded.

They should do more research on it, actually showing that human attention affects the quantum processes. And we are quantum beings, we're not just electrical beings we're quantum beings as well. So your intention does affect things at the quantum level and we are interacting with things now, and we can do that with the pendant as well.

So yeah, I just wanted to help people understand. Actually if people want to know more about that, there's a book they should read, there are two books I recommend people read Lynne McTaggart's The Field and she talks all about the PAIR research. And David Wilcock writes about The Source Field Investigations. It's like book two to Lynne McTaggart's Field. And that was The New York Times bestselling author book for weeks, it was in the top 10. So I encourage people to read that as well. But I love Robert Marking's work and I'm so thankful Wendy, that you brought this out to the world and you got your business behind it. We can get a hit with our credibility promoting it and it's through as ever, it's always lack of understanding.

**Wendy Myers** Yeah. I mean, I honestly, when I first met Robert Marking and I had this profound experience with it, I still had doubts at times. Because it just seems so incredulous how this pendant could do like what we're talking about. And I had my reservations about putting my name on it and getting it out to the world. But I finally just listened to my heart and started working with Robert and helping to get it out to the world to more people.

He'd been working on it about 15 years, he's put this pendant on thousands of people, worked with professional athletes, ultra-marathon runners, UFC fighters, horses even, pets, children with severe, serious illnesses. I mean, just all kinds of people from all walks of life. And it took him about 2 years to convince me, but I finally decided, I really feel like this is the most important work that I do is getting this pendant out to people. And if anything, for EMF protection to help correct issues in the body's energy field that are negatively impacted by EMFs, from wireless Internet and 5G satellites. 60 a month are going up into the atmosphere to beam down 5G frequencies on us. So everyone in the world can get cell phone reception no matter where you are and so it sounds like a great idea.

But for me, it's just really important to get the message out about EMF protection, about easy ways to do trauma release, simple ways, easy ways to get the body working better, communicating better, regulating better, because people like easy and simple and fast, that's what everybody wants. But you're not going to get that from taking a pill or doing years of therapy and I've done all that stuff.

I've done all the conventional stuff, conventional therapy, I've done all the physical stuff, the diet, exercise, nutrition, trying to get asleep and taking all these different supplements for every different ailment.

And that's great, conventional medicine is one level, but in a lot of health spheres we talk about getting to the root cause of your issue, go to a functional medical doctor. But they are not addressing emotional trauma, which affects people's physical health. And that's where I was, I feel like I just exhausted my limits physically of everything that I could possibly do. Now I'm like, why don't I feel good? I should feel better, I want to feel better, I want to emotionally feel better. I feel like I have this amazing life and I wake up just "meh", like I just wake up kind of not feeling fulfilled, not feeling happy and I just couldn't figure out why. And so that's when for me, energy medicine, information medicine, bioenergetics, whatever you want to call it. Introducing that into my life helped me get to where I want to be, helped me feel that joy, feel really good, release this emotional trauma that was really holding me back, holding me back from my life purpose, helping me step into my life purpose more.

And because I've been helped so much and because I see the improvements in my client population, and how much people love the pendant, and love energy medicine like NES Health, which is a great way to address things on that quantum bioenergetic level. That for me it's just really important for me to get the message out to the world, for people to look into this, to dig further. If they want more information, you can go to [harmonipendant.com](https://harmonipendant.com) and I also have tons of information on my site on [MyersDetox.com](https://MyersDetox.com) as well.

**Niki Gratrix** That's fantastic, I'm so glad. Thank you so much for sharing, it's great. We have sort of taken a personal risk with bringing this out, but I went through this similar thing, I was doing nutrition for 20 years. And so 20, 30 years ago, actually more like maybe 40 to 50



years ago, the nutritionists were taking a hit from the mainstream. I mean, I remember a time when us nutritionists were told that we were feeding our clients poo by recommending probiotics. They thought we were like these crazy nutcases and here we are 40, 50 years later, you can't pick up mainstream medical journal without them doing faecal transplant, and all kinds of things, and probiotics.

And here we have at it, we've been absolutely vindicated. It was 50 years ago they thought we were nuts. And so here we are again at the cutting edge, because we were willing to have enough compassion for ourselves and our clients to go, you know what? I encourage also people listening to try things for themselves, keep an open mind and use your own critical thinking and your own experience, listen to your own experience. You can be influenced by people like us, obviously, but ultimately try these things for yourself, be open minded and you're going to hear the skeptics who will write things off before they've even tried them and that's a shame, I think.

We're clinicians, we've had years of experience, there was a time when research wasn't just randomized placebo controlled trials and that's all that exists and if it doesn't fit that criteria, it doesn't work. People like the Cochrane Review, which was the gold standard for how we analyze evidence used to include clinical experience, like what's my empirical clinical expertise, what am I seeing on a day to day basis with clients. And I think if more people based it and bought in what the clinicians are saying and not. Medical research, published research and PubMed is important that's part of it, but also the clinical experience. Many breakthroughs are coming through the clinic, us clinicians working at the front end, in the coalface with clients just coming back saying, I don't know why this works, it just works.

**Wendy Myers** Exactly.

**Niki Gratrix** I know brilliant World-Class medical doctors who've got on their website, this person is a total energy healer, she works remotely, I have no idea how it's working, I know that it works though because I work with clients every day and I see that it does work.

So I can explain it to people if people want the quantum physics research, but sometimes, Wendy, just you sharing your experience is very powerful as well. So I hope people have gained something from this as well from that. So, Wendy, thank you so much. Is there anything else you'd like to share? Final comments? Share your website. Any future events coming up?

**Wendy Myers** Yes. I mean, so I kind of felt the same way as you, I've worked with so many people over the last decade and just really, I just want to help them. I just want to help them feel better and was very, very frustrated by a number of cases, a large number where they just couldn't move the needle doing supplements and diet and detoxification alone. Because so many people have emotional trauma, so many people have other issues that we need to address go into that root cause. Working on an energetic level and I just didn't see the needle move for those people until they introduced bioenergetics in its many forms. There's a lot of different ways to work with energy medicine or information medicine. So I encourage people to try it out, be open minded and see what it does for them.

**Niki Gratrix** Wonderful. So and your website is?

**Wendy Myers** Mine's [MyersDetox.com](https://MyersDetox.com) but if you want to learn about the pendant, just go to [harmonipendant.com](https://harmonipendant.com)

**Niki Gratrix** There's an affiliate link we've got below this video. So I recommend people just click the link below, they can go straight there. And the only thing I would add is that if people get the pendant and they're finding that they're getting detox reactions, just reach out to us practitioners. If they need some help with heavy metal detox, we can help with that, too. And generally, as Wendy said numerous times, if people do have an emotional detox, you can have an emotional detox it's not re-traumatization that's the point that Wendy was saying about it being easy to release.

The pendant, you might feel maybe, a little bit more sad or grief for a few hours or a few days or have strong dreams, things like that, that's about as far as it goes. So there's nothing that will be created like an actual re-traumatization or going back to that, or ab-reactions or anything like that. But it can create some emotional reactions. So we might give it an extra resource around that below this video as well, just in case. But do reach out to me or Wendy, if you have purchased a pendant, was some extra help because you're getting few reactions or anything like that, it means it's working so it's all good.

**Wendy Myers** Most people feel amazing after activating their pendant, so that's the large majority of people that feel better. But there are some people that feel a little bit worse, but it passes. That doesn't mean there's anything wrong or take it off. You just have to be mindful what's happening in your body.

**Niki Gratrix** Some people go through a little healing crisis, a mini one, they always feel better than they did before they were wearing it. So that's the thing. So thank you so much Wendy, it was awesome connecting with you and talking to you about this, and thank you, everybody, for listening. I hope that you've gained something from this and that you'll try it out and give it a go. So take care for now everybody, and we'll see you all again soon.