



Podcast Session #1

How Heavy Metals Are Hurting Us (and what we can do!)

with Wendy Myers

In our inaugural episode, Wendy Myers speaks with Dr. Christine Schaffner about how the environment – specifically heavy metals – impacts our health and what we can do about it. Wendy Myers is a functional diagnostic nutritionist in Los Angeles, CA. She attended the Institute for Integrative Nutrition in New York and has a degree in Entrepreneurship from the University of Southern California.

00:06 Dr. Christine Schaffner: Welcome to the Spectrum of Health Podcast. I'm Dr. Christine Schaffner, and today I'm speaking with my friend and co-host of the Heavy Metals Summit, Wendy Myers. Wendy and I are both passionate about detox and about sharing how the environment, especially heavy metals, negatively impacts our health. We collaborated with Dr. Dietrich Klinghardt to share with you the Heavy Metals Summit, featuring a panel of experts to educate you on this very important topic. Today on the podcast, Wendy and I talk about her journey, and how she helps people implement effective detoxification programs.

00:42 DS: Wendy is the founder of the 'Live To 110' Podcast and 'Mineral Power.' She's a detox guru, functional diagnostic nutritionist and NES bio-energetic practitioner in Los Angeles. She is the number one best-selling author of 'Limitless Energy: How to Detox Toxic Metals to End Exhaustion and Chronic Fatigue.' She uses hair mineral analysis and other functional medical tests to design custom mineral power detox programs. Passionate about the importance of detox to live a long, disease-free life, she is a sought-after speaker, appearing on countless summits and podcasts. She's also the host of a popular 'Live to 110' podcast. In 2018, she'll unveil the Detox Institute to teach practitioners how to properly use and interpret toxic metals tests, like hair mineral analysis, urine and stool tests. So sit back, enjoy, and I hope this is a wealth of information for you and your family. Welcome, Wendy. I'm excited to talk to you more about heavy metals today.

01:47 Wendy Myers: Yes, I am too. It's my favorite subject!

02:03 WM: Well, like a lot of health practitioners, I got into the health arena because of my own health issues. I had reached a point in my life where I was about 37 years old, and I was doing so many things for my health. I was eating really well and I was exercising and taking the best supplements. I was trying to sleep and trying to take care of myself, and I just felt like crap! I looked in the mirror and I didn't recognize myself. My emotional life wasn't good--I was having a lot of fits of anger and I was having trouble losing weight. I just didn't feel good and I knew something was wrong. I went to my doctor, who was a naturopath, and she did all these tests and found out I had the hormone levels of a menopausal woman, at 37. She wanted to put me on hormone replacement therapy, like estrogen and testosterone, and thyroid replacement hormone. That's just not how I envisioned my life at that time.

03:03 WM: I sought to work on my hormones naturally--I wanted to learn how to address my hormones in a natural way and just get my body restoring its

functions, so it could produce the hormones on its own. The first thing I came upon was a website, talking about detoxification and hair mineral analysis. I tried the hair mineral analysis, although I was a bit skeptical at first. But I started on the detox program, started taking minerals, and I felt so much better within just the first month. As a result, I just got really passionate about detoxification going forward. After that, I had a lot of other trials, like my father being diagnosed with esophageal cancer and then dying from his chemo and cancer treatments. He got cancer because of cadmium toxicity because he smoked for 40 years. Then, my daughter had an autism diagnosis, and she had the highest levels of aluminum that I've ever seen in working with thousands of clients. This was due to the vaccines that she was receiving, that I gave to her before I educated myself about their dangers and toxicity levels. Because I've had a lot of trials and tribulations related to heavy metal toxicity, I've dedicated my life in creating a website called myersdetox.com--its purpose is to educate other people about the power of detox and how to detox themselves safely.

04:27 DS: I appreciate you sharing your personal story and I know so many people can relate to these things and might not understand that it's such a common denominator. You mentioned hormonal imbalances, weight issues, mental and emotional health, and of course, cancer and autism. In our work with patients, we find that even though these issues can be complex, and though it's sometimes hard to understand and identify the root cause, the root causes tend to have a common denominator of toxicity and infection. Once we address those things, so many other symptoms clear up and so many people regain their health. So, I love that you're doing this work and I'm dedicated, like you are, to getting the word out.

05:14 WM: Yes, and it's true, the missing link in a lot of people's health regime is detoxification, because they're not getting that kind of information. People go to their conventional medical doctor and don't receive this information, because they're not looking at heavy metal toxicity at all, unless they happen to be a really brilliant doctor, who's kind of working on the fringes of conventional medicine. Even a lot of naturopathic doctors aren't necessarily looking at heavy metals either. As a result, it's something that's just not on people's radar when they're looking at how to feel better and resolve their symptoms when seeking out treatment.

05:52 DS: Yes, and in conventional medicine, doctors are often trained in thinking that heavy metal toxicity is going to be acute toxicity, that it's going to show up in the blood if it's there. That is one way things can be missed.

06:05 WM: Yes.

06:19 DS: So, Wendy, why do you think heavy metals are such a problem these days?

06:23 WM: Well, they're present in our air, food, and water, so they're really difficult to escape. Everyone is showering in water, drinking water that is maybe not properly filtered, and they're eating all types of food with chemicals, toxins and metals. Even if the foods are organic, they can still have toxins and metals because of the water that's used to irrigate crops. Also, the presence of pesticides that contain metals are in the soils from smog and other petroleum residues and coal burning. These toxins settle into the soil and get into the food.

07:03 WM: There are also metals in the air--we're breathing in aluminum, mercury and other metals, because of coal burning and the exhaust fumes from cars--not to mention the 80,000 to 100,000 chemicals that are estimated to be in our environment. It's really, really difficult to avoid toxins. Everyone without exception has some level of toxins in their body. The question is just, "What do you have? What are you sensitive to and what symptoms are they causing?" That's the questions to ask.

07:35 DS: I think that's such an important point, because whether people have had testing, or they just think that they're living a really healthy lifestyle, even still they can't escape this. I'm very optimistic, so not to sound pessimistic, but no one can escape this--it's just part of modern day life. The more that we acknowledge this fact and incorporate it into our lifestyle the better; detoxification is a lifestyle practice and that's what keeps our bodies really healthy. I think you just illustrated how we're part of this ecosystem that is full of environmental toxicants and that's why we're seeing the rise of all these chronic illnesses.

08:24 WM: Absolutely, it's terrible. People are suffering from a lot of vague symptoms, like fatigue, brain fog, trouble losing weight, and their mood is off. They feel slightly depressed or they have anxiety and they just don't understand why, and they blame themselves. A lot of women blame themselves for not doing enough to lose weight, or to take care of their bodies, when it's really that there are so many chemicals in our environment working against their metabolism and hormones. Then, when people go to the doctor, tired and depressed, they're given pills because they don't realize

that there are so many metals and chemicals undermining their ability to produce energy; undermining and altering their mood, their senses, their perception and just interfering in all the basic functions of metabolism in a lot of different ways.

09:12 DS: Can you share with our audience today what specific metals you find to be most problematic when we're thinking about fatigue and energy production in the body?

09:25 WM: Yes. There is a specific type of metal that poisons the enzymes that transport nutrients into our mitochondria. Our mitochondria are little organelles in our cells that produce our body's energy, ATP. If you're not producing enough energy, guess what--you're not only going to feel tired, but you're not going to have enough energy for your immune system to function, you're not going to have enough energy to sleep, much less the energy needed for your body to regenerate and repair at night, and to detoxify. As you can see, you have this whole cascade of effects if you have certain metal toxicities that interfere in energy production.

10:04 WM: That's a big reason why people feel tired today, or have trouble getting out of bed. It's a big reason for the rise we have in chronic fatigue and exhaustion. I know that other illnesses people have, immune system-related illnesses, are directly correlated to a lack of sleep from the body not being able to produce enough energy. There are certain metals like Arsenic, Aluminum, Tin, Thallium, and Cesium that do just that. They interfere in the body's ability to produce energy and disrupt mitochondrial functioning. That's a big focus of what I talk about a lot, because I think one of the number one health issues people have is an inability to produce energy, which causes a whole domino effect in the body. It's the number one complaint I got in working with thousands of clients.

10:55 WM: I thought, "what is causing this?" and worked in conjunction with Dr. Bruce Jones, doing research, and we put this little piece of the puzzle together. Now, that's pretty much what I like to educate people about, because I think it's that missing key. A lot of people are taking mitochondrial supplements or trying to take energy-boosting products or what have you, but even if you flood your body with all these nutrients that feed the mitochondria, if you have certain metal toxicities, like the ones I listed, you're not going to be able to transport those nutrients into the mitochondria to even work. So, you have to get to that root cause issue which is Aluminum, Arsenic, Tin, Thallium and Cesium toxicity.

11:38 DS: I think that's such an important point, because there's a lot of awareness in functional medicine and alternative medicine about mitochondrial dysfunction, and there's an approach where we try to flood the system with nutrients to support the mitochondria's production energy. But I see the same thing in practice--you can do that all day long, but if you're not removing heavy metals or even pathogens from inside the cell, you really have a hard time seeing that symptom improvement.

12:09 WM: Yes--I wrote about this in my book, "Limitless Energy," in which I elaborate in detail and showcase the research that I've done, as well as all the research studies that support what I'm saying. You can get my book on Amazon.

12:25 DS: Great, I haven't ordered that yet, I'm behind....I'll order it today. [chuckle] Wendy, how can people understand their metal exposure and what are some of the best strategies you find for assessing heavy metal toxicity in your patients?

12:45 WM: My first strategy is hair mineral analysis. Hair tissue mineral analysis or HTMA is a really easy screening tool that people can do at home. We have clients all over the world and it makes it really, really easy for people to do a heavy metals test using hair. I also like to do urine and stool metals analysis, because no one single test will give us all the information that we're after when it comes to assessing someone's heavy metal toxicity load. I like to start out with the hair metal analysis, even though it has shortcomings--there are certain metals that just don't come out in the hair, so for any kind of "holes" that we have, where we can't see someone's metal toxicities on a hair test, we then simply do a urine and/or stool test, to see a lot of the metals that people have in their bodies that their hair test couldn't show.

13:39 WM: Granted, even with the testing that we have today, no test is going to show the 100% total body burden that someone has in their body. A lot of these metals are sequestered away in bones, tissues, in the brain, in the fat, etc.--they're not just swirling around in your body, coming out easily on tests. Typically a first test won't show a ton of metals, but once we start feeding the body the nutrients that it needs to detox, such as minerals, Glutathione or Glutathione precursors, antioxidants, binders, chelators, and other things like that, that the body needs to detoxify--then on subsequent tests we'll typically see more metals coming out.

14:23 DS: That is a great point and I see this too in practice, that nowadays we don't have a complete test that highlights the complete body burden, so we have to piece it together not only with all the tissue samples that you're doing, but also using clinical symptoms. I think sometimes there's some patient education that has to be done when people think, "oh, I just had this little amount of mercury." And then you start treatment and more mercury starts coming out right in the test--which is actually a good thing. So it's important to educate that we don't just have this linear line of heavy metals, but rather it's a dynamic process where the body releases these things, depending on treatment and where, deep inside the body, we can access these metals. If you're out there and you've had a heavy metal test and you're thinking, "oh, that's not my problem," you could also be in what we call a retention pattern, where you're really minerally depleted, so you're not able to excrete these metals. I know a big part of your work, Wendy, is mineral repletion and that's where you see the most benefit for the excretion of toxic metals.

15:35 WM: Absolutely. Minerals are really key. Number one, we're deficient in them typically, and pretty severely deficiently for a lot of people. If you have mineral deficiency, your body is actually forced to retain different types of metals to do different types of repair jobs in the body. Metals can also be stimulating, and can prop up your body energy-wise. When taking minerals, people get a more natural energy, they get better metabolism and better overall body functioning. These minerals also serve to displace and push out metals from the body, and help it work better and detox better. That's a big part of my work with clients--I give them lots and lots and lots of minerals.

16:24 DS: This is a good segue into your favorite detox supplements--obviously, minerals being one of them. Can you please share what supplements you like, and maybe what minerals you feel are most important when you're effectively getting rid of heavy metals?

16:42 WM: I have a whole host of supplements that I love to use when I'm personally detoxing myself or my friends and family, but also working with clients. We discuss a lot of different types of supplements that are great for detox on our upcoming Heavy Metals Summit that you and I are co-hosting with Dr. Dietrich Klinghardt. I'm really, really excited about this summit, because we have brought together about 38 speakers to talk about the latest cutting edge tools, detoxification, supplementation, do's and don'ts of detoxification, and detox protocols like infrared saunas.

17:34 DS: I'm excited too, and I learned a lot myself through the interviews; I'm excited to listen to all 38. I feel like we were really fortunate with all the experts who agreed to share information on the summit.

18:00 WM: Yes. We have Dr. Mercola who's talking about EMF and heavy metals, and we've got Dr. Chris Shade, who you interviewed. I can't wait to listen to that one.

18:11 DS: Yes. [laughter] Dr. Shade is always great, he always has a lot of great things to say.

18:16 WM: I think my favorite interview was with Dr. Susanne Bennett. She did an amazing interview, about how to do lymph drainage and the importance of drainage when you're detoxing and opening up those pathways. She's been practicing detox for at least 20 years, I believe, and she's really a wealth of knowledge. That was a really good one! Your interview is amazing too--you talked about detoxing the brain.

18:45 DS: Yes, that's one of our favorite topics. There are so many pieces to this puzzle, and I think a lot of our experts brought them all together. I was also able to interview Dr. Klinghardt--I learn from him all the time in practice, but it was fun to pick his brain too on what he's seen. I mean, he started talking about mercury in the '80s--he's pioneered a lot of the awareness around this topic. Here we are 40 years later, but we're still talking about these things. Awareness has grown, it's catching on. I'm hoping that our summit continues to create more awareness and hopefully changes people's lives and their health, that's why we do this.

19:29 WM: Yes, and it was really important for us to bring this summit to fruition, because we know as practitioners ourselves, that one of the number one causes and drivers of disease today is heavy metal and chemical toxicity. People need to know about detoxification and adding it to their health regime, because it invariably is causing a lot of symptoms that people have trouble addressing through conventional means. I know there's a lot of people listening that have been in and out of their doctor's office and they've sought different practitioners and naturopaths and are spending a lot of money and time, are hitting a lot of dead ends, and are frustrated. For me, it's very, very important to get the word out to let people know that there is hope, that they just aren't barking up the right tree and that in adding detoxification, I think they're going to get a lot of the results that they seek and will meet their health goals, finally.

20:34 DS: I absolutely agree and see the same thing. It's amazing, we have this practice where we see a lot of patients who've been to many doctors--really great doctors too--along the way. I know that we all have pieces of the puzzle. I'm always surprised how some patients still come to me after seeing all these doctors, yet they still have amalgam fillings or haven't really been on an effective antimicrobial protocol--they also need to incorporate detoxification because that's the only way they're going to get through it. It's such an obvious thing for you and I, but it seems like this is still new information for many people searching for answers about their health. I'm really honored and excited to bring this work forward.

21:26 WM: Yes. And to answer your original question...

21:31 WM: It was about my favorite supplements for detox. My two favorite supplements that I think everyone should be taking, are PectaSol-C and BioSil. PectaSol-C is a binder. There are lots of great binders out there, this is just the one I happen to like for various reasons. It's a modified citrus pectin, and I like this one particular because it has research studies behind it. However, not everyone can take it. Not everyone can take every supplement--there's always some population that will have a problem with it. People that have SIBO, or small intestinal bowel overgrowth, probably need to avoid it until they have that infection cleared. It's a modified citrus pectin that feeds good bacteria in your gut, and also is a great binder, binding to all kinds of metals and chemicals. I've seen it dramatically reduce people's metal and chemical loads, and symptoms as a result. That's something I like people to take once or sometimes twice a day.

22:29 WM: With PectaSol-C, people can take five grams or six capsules in the morning about an hour away from food, supplements and medication. Definitely take this away from your thyroid medication. You can take it in between meals or before you go to bed, just somewhere where you're not taking it with other supplements or foods, because we don't want the PectaSol absorbing those, we want it absorbing chemicals and metals. Then at a different time of the day, people can take a product called BioSil. BioSil is marketed as a hair, skin, and nail product, so there are a lot of women taking it already, without realizing it's a very potent detox agent.

23:07 WM: BioSil is a specific form of silica. Not all silicas are the same--they have different chemical formulations, and different abilities to bind to different metals, depending on their formulation. BioSil has an affinity for binding onto

the metals that cause fatigue-- arsenic, aluminum, tin, thallium and cesium. BioSil should be taken at about 6-10 drops per day, preferably in a little bit of citrus juice--lemon or lime, orange, grapefruit, even pineapple juice or apple cider vinegar will work also.

23:51 WM: The citric acid in the citrus juice or vinegar helps the BioSil work better and maximally absorb. If you're really sensitive or really chronically fatigued, maybe one or two drops is enough for you. You want to listen to your body and what works for you. You don't want to just bulldoze through this and take 20 drops of BioSil, because that will make you really, really tired. The BioSil mobilizes metals, and can even pull aluminum out of your bones-- this can give you achy bones sometimes when that's happening. But, you have to take a binder in the same 24 hour period when you're taking the BioSil, because we need something to bind to and absorb all those metals that are running around after having been mobilized from tissues.

24:45 WM: That's a really powerful one-two punch for anyone to start on a detox protocol, and it's very safe and natural. It's slow, so you have to do this for a couple of years for it to remove 80-90% of your body burden of metals. It doesn't get all metals, it just gets a specific type of metal, but it's going to remove a lot. If you can't afford to see a practitioner, for example, it's a very good, powerful combination of supplements that you can use.

25:22 DS: We love those products, too. I love Dr. Elias, who formulated the PectaSol, and BioSil is also a favorite. Beauty is always a motivator--a lot of people are taking BioSil already for their hair, skin and nails, but we see those same results with metals. You just mentioned an important thing to get in the head of our listeners--you said it can take years. What's your experience in this kind of detox protocol? I know with your own health, you felt better in a month, and that's not uncommon--but what's realistic for getting heavy metals out? What kind of timeline do you usually share with people?

26:02 WM: I felt better within a month simply because I was taking magnesium and calcium, which I particularly needed, so that helped me feel better quickly--this is the case with a lot of people that start on minerals that they are deficient in. I've been detoxing for six years now and I still have metals that are coming out. I'm not always detoxing, I do take breaks here and there. But certainly when people begin, they get really motivated, they do it really intensely, and they need to do a pretty intense protocol for a couple of years. That's just to remove the majority of metals, not all of them. Then once you've significantly cleaned up a large percentage of the toxins in your body,

then you have to do a kind of maintenance program where you're doing treatment on a near daily basis, such as a sauna or a coffee enema, taking supplements, and you're also taking breaks periodically. Also, you have to do maintenance for life because you're always coming into contact with more metals and chemicals.

27:12 WM: There's a little bit of a learning curve when you first learn about toxins--there are a lot of things you have to change in your life with regards to the water you're drinking or showering in, and the products that you're putting on your skin and on your face. You have to change the food that you're eating and remove the processed foods, and there's just a lot of thought that one needs to put into this to live a lifestyle that's not bombarding the body with toxins. We at least must be doing something to remove the metals and chemicals on a regular basis--that's just the reality that we live in today. That's why we're doing the Heavy Metals Summit. I also have my website, www.myersdetox.com as a resource to help people wade through all this information that they need to learn in order to live a healthy lifestyle and do detoxification.

28:12 DS: I completely agree and I'm always humbled with how much detox people need and how long it does take. I think having realistic expectations is important, and you can also feel good through this process. Some people think that you have to feel worse to get better, and that's not always the case. I think it's absolutely accessible and doable, especially with the tools that you just shared--BioSil and PectaSol are really gentle but profound agents to help. So, Wendy, did we miss anything, or any other strategies in your detox protocol? I think we covered a lot of tools, especially as an intro to the topic and I know that you have so many resources on your website.

28:57 WM: Absolutely. I'm a big fan of infrared saunas and coffee enemas. I think those are a really key elements to any detox protocol. Infrared saunas are a great way to address chemicals in the body--you just sit there and you sweat out all different kinds of metals and chemicals through your skin, and it's also very pleasurable and enjoyable as well. I think that's a really important thing to add to people's regime, but I'm not talking about the saunas that you find at your gym, which are kind of like the dry Finnish or Swedish saunas, where you just go in and it's really hot, 200 degrees or hotter, and you can't stay in very long.

29:39 WM: These types of saunas do have positive effects, we see that in research, but are not nearly as effective as a far infrared or a near infrared

sauna, where you have much lower temperatures--the far infrared rays are the kind of rays the sun gives off--these are more intense rays and they heat you up from the inside out. Infrared saunas penetrate several inches inside the body and facilitate detox much more so than if you're just sweating from exercise or sweating in a typical Swedish or Finnish sauna. That's what the research shows. Now, there's a big study that just came out, I believe in Finland, that showed that people that were using saunas four to five times a week had a 40% reduction in mortality from all causes.

30:36 DS: I think I saw that too; that's huge.

30:39 WM: It's huge--saunas have tremendous health benefits; reducing high blood pressure, reducing cardiovascular events, encouraging wound healing, helping with recovery from exercise and from injuries, not to mention the detoxification benefits. Also, if you have a near infrared sauna with the red light bulbs, those are great too, they have detoxification effects. The bulbs themselves are actually mainly far infrared, but they do have near infrared as well. The near infrared light basically has a capacity to feed your mitochondria, as your mitochondria work primarily by light and are fueled by light, fueled by the sun. So, by going in an infrared sauna, you can really help boost your energy levels and your immune system function because of the energy you get from the light.

31:39 DS: So many great points. We also learned, that this infrared light, which is naturally occurring in our environment, but that we're underexposed to, increases inside of us what's called "exclusion zone water," or that fourth phase of water. It was a light bulb moment for me when I saw this other benefit of infrared saunas, because the more exclusion zone water that we have inside the body and inside the cells, the more effectively we can get toxicity out of the cell (a finding from Dr. Gerry Pollack, a researcher who wrote a book called "The Fourth Phase of Water.") I think there are so many benefits from infrared saunas--and hey, who doesn't like to just go relax and be quiet for 30 minutes in the sauna?

32:35 WM: I know Dr. Mercola has a lot of great articles on infrared saunas on www.mercola.com as well. I've got a lot of articles on my site too, at www.myersdetox.com, and in podcasts too. There are many, many, many podcasts about saunas if people want to learn more.

32:52 DS: Great! And do you list some recommendations for sauna preferences, if people want to think about getting one for their home?

32:58 WM: Yes. I really like SaunaSpace near infrared saunas, and Sunlighten far infrared saunas.

33:06 DS: We like both of those too. I think they do a good job with quality. And if people can get something to have at home, you get that cumulative exposure, which is great.

33:18 WM: Yes, it feels so good to sweat like a pig. [laughter]

33:20 DS: I know, I love sweating. That's one of my favorite things to do.

33:26 WM: A lot of people don't sweat enough. Their skin is clogged, their pores are clogged. People are just not sweating like they should be and they're paying a price in their health for it.

33:39 DS: When people get really sick and their autonomic nervous system gets really dysfunctional, they even have a hard time sweating at all. I see that in practice, and it can absolutely improve, but it takes time. Wendy, are there any other things that you do personally that you want to share, as far as maintaining your health, or any favorite tips or tools that you incorporate on a regular basis that keep you healthy and feeling good?

34:11 WM: For me, I definitely take PectaSol-C and BioSil. I also love taking Oceans Alive marine phytoplankton. That for me is also really key in giving your body all the nutrients that you need--lots of minerals, and trace minerals. I really noticed a big difference within the first month of starting that. I'm also a huge fan of bio-energetics. Bio-energetics is a kind of energy medicine, if you will. It has completely changed my life and just revolutionized my health on so many levels--physically, mentally, and emotionally...I was really surprised and taken aback by that. So, it's something I've incorporated into my detox program, the Myers detox protocol, that I do with my clients.

35:05 WM: It's called NES Health, the program that I use. It's really, really interesting. I even started a whole podcast about bio-energetics. I wanted to learn more myself and educate people about the power of bio-energetics. You can learn more about that at www.thesuperchargedlife.com, and it will be on my website, www.myersdetox.com, pretty soon. I'm going to be adding that in the next week, so hopefully it'll be up by the time this podcast airs. I really think it's incredibly cutting edge. I think it's where the future of medicine lies, is working in the body's energy, rather than working in the physical body so

much. Working in the physical body is still necessary, but I think there's another facet of the human body, and it's a functioning communication that happens in the body's energetic field.

35:58 WM: Our body puts off an energetic field, and that's where a lot of the communication takes place in our body. When you have energetic blocks from heavy metals, chemicals, emotional trauma, EMFs, and other types of things, you get these energetic blocks on your meridians. Then the flow of energy and information gets kind of stuck or marred, like there's a traffic jam on a highway. Physically, you have a breakdown in functioning as a result. It's much easier, cheaper, and simpler to work in the energetic field, and try to elicit responses there than it is to solely work in the physical realm with trying to take supplements or medications or doing surgeries, and things of that nature.

36:46 WM: I think working on a higher level, like starting in the body's energetic field, is a great way to begin, especially if you're really chronically ill. I've seen spectacular results in that way. So, I'm a big fan and you guys can learn more about it. It takes a minute to get your head around it, to understand it, but once you do, it's really awe-inspiring how simple and elegant and easy it is to approach health issues.

37:17 DS: Absolutely. I think that we're only going to see more and more energy medicine. This is obviously a pioneering modality, but even in the Heavy Metals Summit, Dr. Klinghardt in our interview talks a lot about biophysics and detox. I think this is absolutely something that we all need to think about and incorporate when we're maintaining and recovering our health.

37:45 WM: Yes. And we have a whole day on how to detox bio-energetically on the Heavy Metals Summit. I was really excited about that. We came together, we found a number of people that were experts in this field that can talk about how to detox your body bio-energetically. It's something that I've done and it works really, really well and I just find it fascinating.

38:05 DS: And it works, that's the important thing. I think it might be a paradigm shift for thinking, but not only yourself but these experts are seeing what really works in practice, which is great.

38:18 WM: I think people have to really be open-minded about bio-energetics. It can sound really woo-woo at first, but I think people have to be

careful in assuming that they know everything about how the human body works, or that conventional medicine has the monopoly on health knowledge, or that just because they haven't heard of it, there's no merit to it. The results of these types of energy medicine programs speak for themselves, and it is just sad that there's a lot of con artists and scam-type energy medicine things, pendants or things of that nature out there...I think every field has supplements, items, or protocols that are completely bogus, but that doesn't mean all of them in the field are.

39:03 DS: Right.

39:03 WM: I think people do have to be careful--but there are definitely a lot of amazing practitioners and medical doctors and others who use bio-energetics in their practices and we're going to be hearing more and more about this and about scientific studies that show that these types of modalities really work.

39:23 DS: And I think when people have a personal experience, then they get it. We use a form of energetic testing in our office as a tool for diagnosis. It's called autonomic response testing. Most people, because they've seen so many other doctors, by the time they come to us, they have an open mind. But some people are still new to all of this, and so, I say those same things, Wendy-- "just keep an open mind. This is just another tool and see if it works for you." As people feel better, more trust is developed. They understand, "wow, this is such a helpful modality and tool that is giving me answers that other systems of medicine had not." I think experiences that can be best... if you're skeptical, have an experience, then make up your mind, right?

40:17 WM: Yes, exactly.

40:19 DS: Wendy, thank you for sharing so much good information! I know that we're going to be sharing even more with our summit, but how can listeners learn more about you and your work?

40:29 WM: Listeners can go to www.myersdetox.com, I have tons of information on there. I also have a free detox checklist download, it's called "The Top 10 Ways to Detox like a Pro." You can download that at www.detoxforenergy.com. And on my website, myersdetox.com, I've got hundreds of articles and hundreds of podcasts. I have the "Live To 110 podcast" and I'm starting a detox podcast called "The Myers Detox Podcast" very soon. I also have the "Supercharged" podcast as well about bio-

energetics. So, lots of great tools for you guys, if you want to learn more.

41:12 DS: You're very busy. [laughter] Well, thank you, Wendy. It's a joy knowing you, and I'm excited to collaborate on this huge project, and get the word out. Thank you so much for your time.

41:25 WM: Fantastic. Thank you so much, Christine.

41:28 DS: Thank you for joining us today on the Spectrum of Health podcast. I hope you enjoyed our conversation today and please join us on the Heavy Metals Summit. You can find more information on my website, www.drchristineschaffner.com.