



## **Important Supplements Missing from Your Health Regime**

Guest: Wendy Myers, FDN

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**Dr. Z:** Welcome, everyone, to the Medicinal Supplement Summit. My name is Dr. Eric Zielinski from DrEricZ.com. And I have the expressed privilege of interviewing your host the lovely Wendy Myers. Well, Wendy, before I go into your just super impressive biography, just welcome! Welcome to your event, my dear!

**Wendy:** Thank you so much! I am so excited to be speaking about supplements and helping educate you guys about medicinal supplements.

**Dr. Z:** So you are like on every summit. You're on my Essential Oils Summit. You're on just, it seems every week, every month. And we're going to talk a lot about this and why you put on this event. But thank you so much for being on the other end of the microphone. It takes a lot of time, a lot of energy, a lot of money really to put on an event like this.

And I haven't seen anyone do what you're doing to the extent that you are because it's so needed. And so, folks, thank you again for tuning in. And perk up your eyes to this talk because Wendy is definitely speaking on behalf of years of years of understanding research and being on the front lines helping people around the globe.

So for those of you who aren't too familiar with Wendy, Wendy Myers is the founder of Liveto110.com and MineralPower.com. She is a functional diagnostic nutritionist in L.A.—Los Angeles, California. She attended the

Institute for Integrative Nutrition in New York and has a degree in entrepreneurship from the University of Southern California. She uses hair mineral analysis and other functional medical tests to design custom mineral power programs. This is an individualized...We're going to talk a lot about that today, folks. This is an individualized, targeted nutrient theory program to facilitate toxic metal and chemical detox—heal the adrenals and thyroid, regain energy and brain function, and reverse and prevent disease. So if you haven't, check her out at [Liveto110.com](http://Liveto110.com).

And again, Wendy, welcome and thank you. And let's just jump right into it. Talk to us a little bit about your background and why did you even get involved in the health field to begin with.

**Wendy:** Well, like many people that are in the health field, I had my own health crisis. And I was also planning my pregnancy. And I had to figure out how to make my environment safe for the baby. And then I realized, we have so many chemicals in our environment and that we put on our body and that I had to learn how to take the right supplements for when I was pregnant.

And so I just had this huge learning curve I felt that I had to learn. And I'd never studied this before. And I thought, "How did this escape me?" And then I started learning more about diet and nutrition and the right type of diet to eat. So I decided to just go to school for it. And then I started my website [LiveTo110.com](http://LiveTo110.com).

And then sadly, my father was diagnosed with esophageal cancer. And that just shook me to my core. And I was furiously trying to research to try to help him. But unfortunately, he passed within about six months of his diagnosis and really got me focused on detoxification because well, everything I was reading about cancer was its caused by chemicals and glyphosate and toxic metals and mineral deficiencies.

And so I wanted to help my own health. I began reading about detoxification and developed my Mineral Power program to help facilitate detoxification. And what I learned in that process, it has to be individualized. It has to be customized to each person based on their particular nutrient deficiencies, their metal toxicities, and their health conditions. So you have to have a customized targeted program.

And I love supplements. And I love teaching other people about supplementation and how to supplement individually. And I thought, "I want to do a supplement summit." It hasn't really been done before. There was one

a few months ago, that vitamin summit. But I had been creating this, conceiving and working on this summit for about a year. And I'm just really happy to be able to educate people about how to take the right supplements for their body.

**Dr. Z:** And it is so, just it is so critical for people to take this information seriously because supplements are a billion-dollar industry. And a lot of folks spend a lot of money on supplements much, unfortunately, to no avail. And I've learned, and, folks, at the end of the day, you could just simply take the pee and the poop test and you'll determine if you like take a multivitamin—and I'm going to ask you right about that in a minute—but if you take a multivitamin and if your urine is like neon green one, two hours afterwards, you literally are excreting everything that you just took or a majority of it. And you just wasted your money. And a lot of folks don't realize that. They just take them because they were told to.

And so there's a lot of blanket advice and even unfortunately in like the natural health community, as we all know in the medical community, this one-size, fits-all approach. So I'm very curious on your take, Wendy, specifically on taking targeted supplements compared to multivitamins. What is the revelation that we need to get out of that?

**Wendy:** Well, hey, a multivitamin is better than nothing. But it's like the shotgun approach. Just throwing something at your body and hoping it sticks and maybe it's what you need versus a targeted supplementation, which is like the sniper approach, giving your body exactly what it needs.

And that really helps people to meet their health goals far, far more accurately than just taking a multivitamin because one person's panacea is another person's poison. And so that's something that a lot of people don't realize that some people need calcium. Other people, it really messes them up. Some people need copper. Other people are copper toxic. They have to avoid it like the plague.

And I can give you a million examples like this, especially iron. Some people need iron. The ones that don't, it's really, really toxic and causes a lot of metabolic disturbance in the body and inflammation. The same thing with vitamin D. Some people need that. I'm not in these blanket statements. "Everyone needs vitamin D. Everyone needs calcium." No. No. No. No. If you don't need vitamin D, it can cause inflammation in your body. It can cause you to retain too much calcium. It can cause different issues in the body. So again, you need to test. Don't guess.

**Dr. Z:** Love it! Love it! Love it! And so talk to us a little bit about testing. What exact testing do you mean? Do you mean like going to the local...What are they? There's a ton of them now. You can pay like a hundred bucks and get blood tests. They're all over, the Reddy Labs. Is that the stuff you're talking about?

**Wendy:** Well, every nutrient and mineral, it requires a different kind of test. Like for vitamin D, you test blood. But for me, I like to start out with a hair mineral analysis. And that tells you your tissue levels of minerals because a lot of people are really missing the boat on minerals. Most people are mineral deficient.

And you need minerals to make your body work. They're the spark plugs of the body. You need them to copy your DNA, to get your heart to beat. You need magnesium for your heart to beat properly. And just there's a million examples like that. You need zinc to make your digestive enzymes. And a lot of people are deficient in minerals because they're missing from the soils.

So I start with a hair mineral analysis to determine the minerals people need because I think that's a great starting point. And the hair mineral analysis, it's like a treasure map. It gives a lot of different information and tells me where to dig further. So when I get that hair mineral analysis and the person's complete health history, then I'll say, "You need to do this test. Do this test." And certainly, I look at the person's medical test they've gotten from their physician. But based on that initial test, I'll tell them what else they need to do.

**Dr. Z:** Okay. And so when you work with clients all over the globe, have you found trends and that sort of thing? Like, what common mineral deficiencies have you found?

**Wendy:** Well, almost every one, 90% of people are deficient in magnesium. It's the most important mineral. And every single one of you listening should be taking it every single day.

And a lot of my clients say, "Oh, I am taking magnesium." But they're using taking it in a multivitamin, which is not going to have nearly enough magnesium that you need. Magnesium and other minerals are very, very bulky. So you have to take a lot of them. Usually, you have to take them separately, in addition to your multivitamin because they are so very bulky.

And with magnesium, a rough estimate is you need five times your body weight in pounds in milligrams per day. So if you weigh 200 pounds, you need about 1,000 milligrams of magnesium per day. And that's a rough estimate. You want to take it to bowel tolerance. Some people can be very sensitive to different forms of magnesium. Magnesium citrate will usually cause—well, it can cause loose bowels in some people. So that one, I typically tell people to switch to a magnesium glycinate. I love magnesium threonate. I also love magnesium chloride in the form of a spray form.

The brands I really like, I love Dr. Mercola's magnesium threonate and Life Extension magnesium threonate. Magnesium glycinate, I typically recommend a Pure Encapsulations. And for the magnesium chloride, I personally use a spray called EASE by Activation Products. Our co-host Ian Clark has created an amazing spray magnesium chloride.

**Dr. Z:** Love it! Yeah.

**Wendy:** It's the highest quality magnesium chloride available. And that's why I wanted him to co-host. He has incredible integrity in the quality of ingredients he uses in his products. He refuses to use lower-grade quality products, which is why I personally use them.

And most spray magnesium's and spray oils, I can't stand them because they make you itch. That's like something I just have never been able to use them because it makes you itch so bad. That's because they're using low-grade magnesium chloride. So the difference when you use the EASE is its used that high-quality magnesium chloride and it won't make you itch as long as your skin is moisturized. So that's why I like it. So those are the forms you can take.

Also selenium, a big problem is deficiency of selenium. Almost every single person I test is deficient in selenium, unless they live in Hawaii. For some reason, the soil's really rich in selenium there. And selenium is important for many reasons, including repairing chromosome breaks. So that can prevent cancer.

When your DNA doesn't copy properly and the little chromosomes break in the DNA, that can lead to a mutant cell. And then that can grow into a tumor. So that's how it prevents that cancer. And selenium's also required for your thyroid hormones to be produced properly to prevent viral replication and to detox your body. Selenium is a precursor to glutathione. So you need selenium to detoxify your body, which a lot of people need help with.

I love Life Extension's SE-Methyl-Selenocysteine. It's a mouthful.

**Dr. Z:** Now, what's that again? What's that again?

**Wendy:** It's Life Extension SE-Methyl-Selenocysteine.

**Dr. Z:** Okay.

**Wendy:** That's the best form selenium that you can find.

The next most problematic deficient mineral is potassium. A lot of people don't have enough potassium. And you can get it in your diet. Bananas and berries are very good sources. But most people need to add additional potassium to their diet. I like potassium citrate. Really any brand is fine. There's really no amazing brand of it, but any potassium citrate. You can put it in some orange juice, which has a lot of potassium, as well. Citrus has a lot of potassium. And that can really to supplement potassium you're missing.

**Dr. Z:** So your whole practice is primarily focused on detoxification. Talk to us a little bit about that because in the context of this, I know that you recommend supplementation to help detox. And there are certain things you should and shouldn't do. So talk to us a little bit about the whole concept of detoxification, why we're so toxic, are we so toxic, all this stuff.

**Wendy:** Yeah. So everyone today is toxic. The question is what metals do you have in your body and how much? There's no one that's free of toxins, unless they've been detoxing for a long time and doing an effective detox. And everyone has chemicals in their body. The CDC—the Center for Disease Control—says that we have 700 chemicals, on average, in our body.

**Dr. Z:** Mmm. Unbelievable!

**Wendy:** That's frightening. But I don't want to depress people or make it seem hopeless. There's a lot of things that you can do to detox your body that are very practical. And then, I think it's really that missing piece of the puzzle.

And it certainly was for me when I was eating an amazingly healthy diet, eating fresh grass-fed meats and fresh vegetables and cooking them all myself, I was taking amazing supplements and a lot of them, probably a lot I didn't need, I was sleeping every night, I was exercising, I was taking impeccable care of myself, and I felt like crap. And I thought, "Why? Why is this? What exactly do I need to do to feel good?"

And in my research into my own health crisis when I had low thyroid and I had the adrenal hormones of a menopausal woman at 37, and I couldn't lose weight and I had horrible brain fog and just in my whole process, I finally figured out that detoxification was that component I was missing. And if you're feeling that same way, if you're doing all this stuff to take care of yourself and you still don't feel good, that's the missing piece of the puzzle is detoxification.

And there's lots of right ways to do it and wrong ways to do it. But you initially need to just assess what your toxic metals are. And then that will give you a roadmap to how you need to detox them.

**Dr. Z:** Wendy, before we get into the nitty gritty of that, because I've heard you say this before. And actually, I think you said it...I should remember, boy. I think you said it on my summit when I interviewed you for my Essential Oils Summit about how we should be detoxing all day, every day, essentially. Can you give people just some really quick tips? Like, what does that mean? Like, does that mean that I have to drink like apple cider vinegar in my water every morning? Is that good? Are there certain daily habits that people could or should be doing outside of the supplement world to help supplementation, too?

**Wendy:** Yes. So there's a couple of very simple supplement recommendations I can make to help people detox. So the things that I take every single day are PectaSol-C. This is an amazing supplement that is basically a modified citrus pectin. And it's made from citrus peels. It's totally natural. And I recommend people take about 5 to 10 milligrams per day.

And that's a binder. It helps to absorb all these metals and chemicals that we have in our bodies and that we're exposed to every day. And it's very easy. You can use the powder. You can put it in some warm liquid or take the capsules. And I try to take it twice a day, in between meals. You want to take it an hour away from other supplements and food because it will absorb those supplements. You don't want it doing that. But you want it absorbing your metals and chemicals.

The next thing that I do is a product called Biosil. Biosil is an amazing supplement. And it's all natural. It's a silica, which is a mineral most people are deficient in. But it's a special kind of silica. You just can't take normal or natural silica like horsetail like other types of silica. It needs to be specifically Biosil. And that will bind on to specific metals that reduce our body's ability to make energy.

And I'll go into those in a minute. And that's what everyone wants. They want more energy. And so Biosil will detox thallium, arsenic, tin, and aluminum, which these are specific metals that poison enzymes that transport nutrients into our mitochondria. And our mitochondria are our little cells' powerhouses that make our energy. So the Biosil, taking 6 to 10 drops a day in a citrus juice or pineapple juice, which maximizes absorption of the Biosil, that will really help to remove these metals from your body and eventually you'll increased energy production.

But that's a very slow process. It takes two years of taking the Biosil and the PectaSol to really maximize the amount of energy your body is capable of making because it's taken you a few decades. And most people listening are 30, 40, 50. It's taken you several decades of accumulating these toxins. So you're not going to see a miraculous reversal of your symptoms in six months. It takes time to slowly and safely detox, remove these toxins from your body, so stick to it. You want consistency. And do the Biosil to mobilize these metals, and then you take the PectaSol-C to absorb those metals that we're mobilizing.

I also love infrared saunas. These are one of the most amazing ways to sweat out all these metals and chemicals that we have in our body. I try to do mine every single day. I use a near infrared sauna by Sauna Space. And you can check them out at [SaunaSpace.com](http://SaunaSpace.com). I absolutely enjoy my sauna session every single day. Sometimes, I'll meditate in there. Sometimes I'm doing social media. "Hey, I'm in the sauna sweating like a pig."

**Dr. Z:** Love it.

**Wendy:** Yeah. And so I enjoy my time in there. And it just gives you this amazing glowing skin. It bypasses the liver. Our poor little livers are so taxed with all these metals and chemicals we have in our body. So you just sweat out through your skin, which is your body's largest detox organ. So that's probably one of the most effective things that you can do.

And if you can't afford to get one at your home, go to [SpaFinder.com](http://SpaFinder.com) and you can search for infrared sauna in your zip code and find a place near you. There are lots of different places. Acupuncture clinics and doctor's offices have infrared saunas, Pilates centers. And there's even places you can go that will have 10 saunas and a little shower in each room with a sauna where you can go and detox.



**Dr. Z:** Now for folks who aren't too familiar with infrared sauna, is there a big difference between infrared sauna and like the generic Scandinavian wood sauna that we go to at our local like LA Fitness or something? What's the main difference?

**Wendy:** Yes, very good question, I know all the listeners were thinking that, too. Yeah, it's not the same. The infrared sauna is not the same as the Swedish or Finish sauna, the dry saunas at your gym, which most gyms have these. Those will heat your body up and they penetrate you a few inches. But they're so hot, you can't stay in them for very long. I don't know about you. I can only stay in them for like 10-15 minutes and I'm dying.

The infrared sauna is a much lower temperature. And the infrared rays penetrate your body. Depending on the size of the ray, the near, mid, or far infrared rays penetrate your body several inches. And so that heats you up from the inside out and provides you with a far more effective detox capability. And it's just not comparable at all. So it has to be an infrared sauna to truly get that maximum detox effect that people are looking for when they do a sauna.

**Dr. Z:** Very cool. Very cool. So it's obvious you could just go outside and breathe the air. And I'm only 36 years old, so I'm not really too young. But I'm not too old. But I remember, even when air wasn't as polluted as it is right now. You've got to go up in the mountains it seems or somewhere nice to get away from all of it. It's just there's toxicity everywhere. So it's pretty obvious that this is an issue.

And it seems even more apparent from our conversation that we need to be assessing specific metal toxicity, so walk us through that. Like, walk us through what you do with your clients? Like, what could people start doing now even to test for metal toxicity? And if there are any customized detox supplements that you could suggest, that'd be super cool.

**Wendy:** Yes. So why do we want to test for metals? It's because the more I research, the more I realize there's always an underlying cause of a metal to a disease. So toxic metals do contribute and cause all different diseases. And every disease that I read about and the more I study has an underlying toxic metal or chemical component to it.

And I see this in my client population. I see this in my research. So this is something, and the physicians aren't looking at, unless they're really brilliant doctors. They're functional medicine practitioners or they just have had an

awakening and they realize that their clients have a lot of metal toxicities causing their disease and they're testing for it, the physicians are really missing the boat.

And so you have to assess your metal toxicity using hair mineral analysis, urine metal challenge tests, and stool tests. And the reason ideally, you want to use all three of those is because some metals come out best in the hair. Some come out best in the urine. And some come out best in the stool.

One thing we don't want to check or bother with is blood. I have a lot of clients coming to me, their physician check their blood for metals. Like, "Oh, there's nothing there. You're fine." But the toxic metals are very, very toxic. Your body gets rid of them as quickly as it can. So it puts them in your bones or it puts the metals in your fat or what have you. So typically, they're not in your blood for very long. And you're not going to see that unless you've had a very, very recent acute toxic metal exposure. So blood, in my opinion, is useless for assessing your body burden of metals.

**Dr. Z:** Okay.

**Wendy:** Yeah. And so based on this testing, you want to do it to find out what metals you have so we know what supplements to give you or prescription chelators like DMSA or EDTA. These are just chelators that grab on the metals and remove them from your body because we have to know what we're working with. And different metals require different supplement and different substances to remove them from your body.

So you again, yes, you can do a general detox, do these 10-day detox kits. And there's definitely things that are created for the masses that you can try. And every little bit helps. And I like when people are just thinking about detoxing and trying different things.

But ultimately, if you want to really help yourself the most and get rid of your health issues and your annoying symptoms that people have, get rid of fatigue and brain fog, you really have to test and figure out, "What's going on here and what you're working with? What toxicities you have?"

**Dr. Z:** So what specific...I'm trying to chew on this because this is really not my specialty. And I imagine a lot of folks are listening, they're thinking, "Okay, so I go get a test. And now, what do I do?" You know what I mean? Is this something that someone can do at home on their own? Do they need to go contact a provider? You know what I mean? How do we make this even more

approachable for folks? Because a lot of folks don't have the ability or maybe their finances restrict them from traveling somewhere or even working with someone over the phone or Internet? So talk to us a little bit about that, like self-care.

**Wendy:** Yes. So ideally, you want to work with a practitioner because it can be complex and what not. But you can do certain things at home. Like, I mentioned, you can do the Biosil and the PectaSol-C. Those are very effective overall, general detoxifiers.

I provide these tests for my clients. They can do them in their own home. They just purchase them on my website. And then they are sent test kits to do this. If people can't work with a practitioner, you can actually buy hair mineral analysis, just by itself for very cheap. And you can see your metal toxicities in the hair mineral analysis without anyone needing to interpret that for you. So that's a way to go.

But usually, I know that you can buy the urine metals challenge test on the Internet and various places. But those do usually require DMSA, which is a prescription from a doctor that you have to get. But there's more than one way to skin a chicken. So you can get these tests.

**Dr. Z:** I love that.

**Wendy:** Yeah. You can get these tests yourself on the Internet. But, of course, I always advise people working with a practitioner because it does get complex. And it's taken me 10 years to acquire the knowledge that I have on detoxification. So I can assure you, it gets complex.

**Dr. Z:** Yeah. Just from my own research and my personal limited experience in this field and talking to folks like you, it seems very practical. Like a good idea for the average person out there just to go out and do some self-tests just to get a gauge and just to be awakened to the fact that there is an issue. Take some of the standard procedures and supplements and eat better food and do things, get on your own pathway.

And that's one thing that, folks, you might want to consider, get comfortable because oftentimes when you work with someone, it could be overwhelming. It could be, "What? Like, not go to McDonalds. I can't smoke anymore. I can't drink all the time. And now, I've got to do all of this." It's like step by step by step. So there's a lot of stuff you could do, too.

But like Wendy says, when it comes to advanced, specifically the advanced detoxification, it could get dangerous, especially when you're on pharmaceutical drugs because there are a lot of contraindications and things. So that is important.

Yet, at the end of the day though, I know that you have some favorite detox supplements that you typically give your clients. So talk to us a little bit about that. And what do you even do to determine? Like, does everyone get these? Or talk to us a little bit about that.

**Wendy:** Yes. One thing to note is Rome wasn't built in a day. And when I'm giving my clients a detox program, it starts with their diet. So eating meat actually, it helps people to detox. So a lot of people don't realize this, but you need the sulfur-containing amino acids in meat like taurine so that your liver can detox.

And this is one thing that vegetarians and vegans, unfortunately, their livers don't detox very well. And that's why toxins can build up in their body and that's why vegetarians and vegans can still get cancer, even if they're not eating meat. And that's one thing I learned. I was vegetarian for a couple of years and realized in my research that was not the best idea, but lots of different reasons to be a vegetarian and vegan other than nutrition.

And other things people can do is sleeping. You have to sleep adequately. That's when your body is detoxing. So that's another key to detoxification and very simple things that people should be doing anyways to be healthy. So I just want to give people a couple of little basics.

And so my favorite detox supplements, additional ones that I give to clients, cilantro oil, very natural product. I love the Panaseeda cilantro oil. It's fresh pressed from the seeds themselves and the cilantro oil works a lot like DMSA prescription chelation drug.

And the oils get into your brain, because your brain readily accepts fats into it, and it will pull mercury and aluminum and cadmium and other toxic metals out of your brain and out of your body. It works amazingly well. So that's another supplement people can be taking every day, taking a teaspoon of that.

HerbPharm also has a cilantro extract. That one doesn't work as well. It does work pretty well and it has a lot of clinical research behind. But that has the leaves and stems and seeds. So I personally think a product with only the

seeds and with a fresh-pressed oil is the best product to use. And you can just take a teaspoon of that every single day.

The next product I like is sodium R-lipoic acid. So how is this different from alpha lipoic acid? A lot of people hear of alpha lipoic acid for detoxification. But sodium R-lipoic acid is a fat-soluble R-lipoic acid and that the only one on the market is Life Extension Super R-lipoic acid.

That's the only one the I recommend to my clients because it's fat soluble and most other R-lipoic acids are water-soluble. And the fat soluble works 20 to 30 times more effectively than an R-lipoic acid that's water soluble or an alpha lipoic acid, so much, much, much different. And that's a very important distinction to make.

The next products I like to give people are glutathione. Glutathione, a lot of people aren't making enough of it They don't have enough selenium to make it or they have other deficiencies or they have genetic issues where they're not able to make enough. So supplementing that on a detox program is a very, very smart thing to do.

I really like Source Naturals Chem-Defense. That's a great thing to take. It's a sublingual glutathione, very important when taking glutathione to do it sublingually because it will absorb into your body. If you take a pill of glutathione, you're feeding your gut bugs. And that makes them very happy. But they're very greedy and they don't share it with your body.

So it has to be sublingual. Liposomal glutathione is nice, too. But it's very, very expensive and it can downregulate your own natural production of glutathione making you dependent on it to keep taking it. So I take a little bit of liposomal glutathione here and there. I don't take it every day.

Another great thing to take is kelatox EDTA suppositories. These can be purchased from a health practitioner or on the Internet. And these, you have to be careful. These are not something for everyone. But they are something you can get over the counter. I don't recommend them unless people have cadmium toxicity, lead toxicity, manganese toxicity, people can get from their well water. But these are simple at home things that you can do if you have those metal toxicities. They make a huge difference in people's lives.

I find that most people do have some level of cadmium in their body because you get cadmium in cigarette smoke. You get cadmium in coffee. I hate to break it to you. That's part of the kick of coffee is the cadmium that's in it.

**Dr. Z:** Oh, I didn't know that.

**Wendy:** Yes. And you get it, even if it's organic coffee, it doesn't matter. You get it in dental work. And a lot of the companies are illegally dumping cadmium. So a lot of different places that we're getting that.

So those are just some simple tips that people can start detoxing on their own at home if they're not able to work with a practitioner.

**Dr. Z:** Can you talk to us a little bit about safety—overdoing it, underdoing it? Maybe even signs that you know what? You shouldn't be doing this sort of thing. You know what I mean? Because at the end of the day, I've found that a lot of folks will do whatever it is that your coach, your doctor, whoever it might be tells them what to do. And they're on their death bed and they're like, "Oh, my doctor says I got to do this." And I'm like, "Whoa! Whoa! Whoa! Hold on a second, doctors aren't God." You know what I mean?

So what kind of just tips? Are there certain signs and symptoms that you've seen that are common and not common for detoxification?

**Wendy:** Yes, number one, always listen to your body. Okay. Don't worry about the thing you read in the book or what your doctor's saying or anything, you have to listen to your body. If your body is saying, "Please stop this," you need to slow it down or stop whatever supplements or chelating agents that you are taking, especially if you're really, really ill.

A lot of my clients coming to me are very ill. They have multiple health conditions. They have to take it really, really slow. And so for like Biosil, they can only do one or two drops of the Biosil. That's all they can handle.

And fatigue is one of the biggest issues in detoxification because it takes a lot of energy to detox. And so when people are experiencing a lot of fatigue, they may just need to slow it down a little bit. Take less of the supplements or stop the supplements for a couple of days.

And people can have other symptoms. They can have anxiety. They can have nausea. Many times people have nausea when their liver is overloaded and it just can't process all the toxins that are mobilizing quickly enough. And these are all very, very normal and can be par for the course when you're doing a full-on detox.

But I encourage people to just do what you can handle. You're going to be a

little bit uncomfortable. As long as you can handle it, great, just keep going. But if you're really feeling like you don't feel well, it's too much, you can't do your normal daily activities, it's time to pull the reins in a little bit.

**Dr. Z:** Okay. And then what? Like, flush water, sleep, sauna, what would you do if you were in that situation? Because maybe someone listening, and I bet there are because I get this a lot, Wendy. People are like, "Okay, I'm in a place right now. I know I'm not doing too well. I'm on this crazy regimen that's beating up my body." What do you recommend for that?

**Wendy:** So I recommend people take a lot of PectaSol-C. A lot of these symptoms people are having are due to toxins floating around in their bloodstream. And while the body's trying to process it, these toxins are floating around causing different problems. So if you take a lot of PectaSol-C, you can take 10 grams or even 20 grams, in doing so, within the hour, you can dramatically reduce detox symptoms.

And that's why PectaSol-C should be a very important part of any detox program because you have to have something to absorb all these toxins that your body is mobilizing. Eating lots and lots of vegetables, lots of fiber really important because toxic metals get bound up in the fiber and then eliminate it. So PectaSol-C is essentially a fiber.

And when people are not eating a fiber, that can be problematic, just generally for health and on a detox program. But like you said, drinking a ton of water, flushing it out. Coffee enemas are not super popular, but very, very effective at helping your liver to dump its toxic contents and just get your body flushed out, generally.

So when your body is backed up with toxins, the liver is backed up. When you flush it out with a coffee enema, it's not for cleaning the colon, it's for cleaning out the liver and flushing the liver. That can really help your body to facilitate processing whatever toxin is bothering you. And they're not for everyone. If you don't tolerate caffeine, probably not going to be able to tolerate a coffee enema.

**Dr. Z:** That is super helpful. Do you have any thoughts on colonics—colon irrigation?

**Wendy:** You know what? I've done them before a long, long time ago. I think that they're helpful. I don't think people should have to pay \$75 or \$100 to go somewhere and do colon irrigation. I prefer when people do things at home

with an enema bag and what not. It's just, you can get started for \$8. Get an enema bag at your drugstore.

And the water will irrigate your colon. And that's very helpful. If you are constipated, you don't want that toxic fecal matter and the toxins in that reabsorbing back through your colon into your body. So I think it's very important for people to relieve constipation with water enemas if they don't tolerate coffee. But it's not the most effective detox strategy. I think that coffee enemas really help the liver to detox. And that's more, more important than just flushing out the colon.

**Dr. Z:** Folks, a lot of us out there don't even realize how toxic we are until we do some of these things that Wendy suggests. And then we get to a place like we're walking on cloud nine. I've experienced that and like, "Wow!"

And then so for me, I've been so in tune with my body, just living the lifestyle that I've lived the last 13 or so years, that I'll know. Being sluggish, being fatigued, that's really for me my number one sign. Like, if I have to drink a cup of coffee to keep up my crazy energy a couple times a week, that's like, "Okay, I've got to sit back."

And so I know, Wendy, you're really passionate on helping people overcome fatigue because it is such a common complaint with most people. So we all want energy. And why do you think specifically, because I know you have some really good insight into this, why and what have you found causes this chronic fatigue across our nation?

**Wendy:** Yes. Well, fatigue is the first sign something's not working properly in your body. And people will turn to coffee. They'll turn to stimulants. I totally get it. I've been there myself.

But what I realize in my research is that there are toxic metals that are poisoning enzymes that transport nutrients into our mitochondria. And your mitochondria make your ATP. They make your body's energy. And I reviewed this earlier. But these toxic metals are really what are causing your lack of energy. And there's no amount of coffee that's going to cover this up. You can't keep covering it up for very long because it comes back to get you. And then people move into chronic fatigue syndrome and things like that.

And my clients with chronic fatigue, they typically have very high levels of, either thallium, arsenic, tin, aluminum, or all of the above. And when I first did an assessment of myself, I had all of the above. I had everything. I had



thallium, arsenic, tin, and aluminum. And that's why I was exhausted.

And over the course of the last few years when I've been able to detox these metals, my energy has just blossomed. And I'm still always looking for that next level of energy, that next level of brain functioning. I'm a perfectionist. But I went from just exhausted all the time, not having enough energy to work out, and just feeling like my brain wasn't working.

And I was a shadow of my former self. And I wanted to go get a master's degree and I was like, "I'm not going to be able to remember anything. I can't remember something I wrote in an article last week. How am I going to go back to school?" And I really, for me, I put the brakes on my dreams because I knew I didn't have what it took to accomplish them. And it was only because of these toxins.

And so let's talk a little about these toxins that reduce fatigue. The main one is thallium. Nobody knows about this, not even a lot of detox experts. And it's in the air that we're breathing. It's from car exhaust. It's from smog. Thallium is a gasoline additive that our lovely petroleum companies add to the gas because it makes the car engines last longer. It prevents knocking.

And so we're breathing this in. And it's very toxic. It's actually used in assassination attempts. In Russia, there's like some interesting stories behind that. But it's very toxic to the body and reduces our ability to produce energy. It causes our adrenal fatigue. It blocks potassium channels in the body and just causes so many different problems.

Then there's arsenic. Arsenic is in our water. It's in conventional chickens and eggs. They're fed antibiotics that contain arsenic. It's in rice products. You want to go organic. But even they still have arsenic. And arsenic also poisons enzymes that transport fat out of fat cells. So if you're trying to do everything to lose weight like I was and failing, because I was very, very arsenic toxic. And as I have reduced my arsenic body burden, I've been able to lose weight a lot more easily. So that was my arch nemesis was that arsenic.

Then there's tin. Tin is found in a lot of different things. Then there's aluminum. Most people have some level of aluminum in their body. We've been slathering on this aluminum toxic deodorant our whole lives. And it's also used as a drying and anti-caking agent in flour and salt. It's in our soda cans that people are drinking from every single day. There's so many ways that we get aluminum. It's added to municipal water sources. Just a lot of different ways we get that.

So these metals are just one example of how they reduce our energy, how they interfere in our metabolic function. And there's a million more examples. Lead, people that have lead, especially older folks that were breathing in the leaded gasoline fumes, that lead is being stored in your bones and causing fatigue in your body. So I can just go on and on and on.

I'm very, very passionate about detoxification. So it just begs the question. You need to start detoxing and doing simple daily detox strategies and protocols every single day, but just get started with some basics. Get started with some Biosil and some PectaSol-C. And that will help you to get rid of some of these metals that are causing your fatigue.

**Dr. Z:** That's fantastic. Wendy, you covered so much information. We're just about out of time. Is there something that you feel needs a little more emphasis? Did you forget something? Did I forget to ask you something? How would you like to wrap up?

**Wendy:** Well, it's just my main message to people to start thinking about detoxification and adding it to your health regime. I feel so bad. A lot of my clients are going to doctor after doctor after doctor trying to figure out what's wrong with them. And they do all this testing and spend all this money. And the doctors are not looking at mineral and nutrient deficiencies and heavy metal and chemical toxicities.

And I don't get it because they learn about mineral physiology in college. And then, they'll just have it trained out of them or something because they're always just looking for, "What medication can I give to solve this problem?" The underlying root cause of health issues, disease symptoms are mineral and nutrient deficiencies and heavy metal and chemical toxicities. So if you aren't looking at that, that's the missing piece of the puzzle that you need to address.

**Dr. Z:** Well said, my dear. Well said. Wendy, thank you again for, not only your work in what you've been doing for so many years, but this is like your legacy, this summit, this event. This is in a sense up in to where you're at, a culmination of your life's work, putting all these contacts and experts together. And I've done three of these now. I know what it's like being on the other end of the microphone. And it's just exceptionally draining. It is. And so thank you.

Folks, you don't realize there's a lot of energy that comes into putting on something like this. Like Wendy said it's been a year. So please share this with your loved one. Take this information home with you. I know you've got to

listen to this interview again, a couple of times, just to get all the information that Wendy just shared with us.

And, Wendy, we do have but just a quick minute. Because you are the hostess of the event, we could wrap up with this. Would you like to give anyone just like a run through, any of the special talks that people really need to listen to. I'm a father of four. And all my children are my favorite.

And like every interview I've ever done, I love them all. But there's always a couple that really, really stand out. So as people walk through this next week with you at the Medicinal Supplement Summit, what do you really want them to get out of it, number one? And two, what must-listen, must-watch interviews are there?

**Wendy:** I had so much fun putting this summit together. Yeah, it was a lot of work. But it's just such a labor of love because I know when I was first getting interested in health and learning about supplements and trying to figure out what brand is good? Should I do food-based or synthetic and should I take resveratrol and turmeric? And I was reading all these amazing articles about all these amazing natural substances that people can be taking to improve their health.

And I was very confused. And I thought, "How much stuff do I really need to be taking to be healthy? And I had this huge shopping bag full of supplements and taking so many things that I was spending so much money. And I wanted to do this summit to help reduce confusion and help get people focused in and honed in on the basic supplements that everyone should be taking.

And then what supplements you can take customized to your health condition and illuminate some testing people can do if they want to take things to the next level and customize it to their body and their body chemistry and throw in some information about genetics and how you can supplement around your genetics. And there's lots of very interesting ways that you can go about it. So I want to just give people a basic education on how they can supplement for them.

And the most interesting talks I found that you have to listen to, the number one favorite of mine is the Mike Adams talk. Mike Adams of NaturalNews.com, he's been around forever and has so much amazing information to share. He created a lab where he is testing all the foods, all the supplements, testing teas for toxic metals.

And he's called out a lot of these organic supplement companies and organic food companies and a lot of the big makers of the products that we're eating every day for our health. But some of them contain large, and shockingly large amounts of toxic metals that are undermining our health and we are paying for the privilege. So that's an important talk.

I also love Harry Massey's talk. He's of NESHealth.com. And he suffered from chronic fatigue for seven years. He was bedridden. And he came up with this device where you scan your hand and it scans your body's electromagnetic activity. And based on that, you can tell infections you've had. It can tell your nutrient deficiencies. It can tell so much information about your body.

And you get this infoceutical water that the practitioner can make based on your skin. And you can work on one part of your body at a time. Say you want to work on anxiety or you want to work on gut health or you want to work on detox or you want to work on whatever part of your body you want to work on, whatever's problematic for you, your energy levels, what have you. And this infoceutical water has information that tells your cells how to behave properly.

And this is the future of supplementation. This is the future of medicine, actually to take this infoceutical water and retrain your cells and your body how to function properly.

And I've just heard amazing testimonials about how this work. And it seems very farfetched. I was certainly very skeptical when I first heard about it because we're so used to thinking, "Oh, you have to take a medicine to make changes or take supplements to make changes."

But it's very, very interesting. So I encourage people to listen to that one, as well.

**Dr. Z:** That's wild. And that's awesome! And, folks, you're awesome, too. Thank you so much. I know that listening and being part of something like this summit is, not only the first step, but it helps continue our health and education.

So again, this is your guest host, Dr. Eric Zielinski. And it's been a lovely interview with Wendy Myers. And you could check out Wendy at LiveTo110.com. And please, please, please share this summit with your loved ones because they need it.

Well, folks, we'll talk to you soon! Bye-bye.