

Women's Vitality Summit

Dr. Keesha Ewers Interviews Dr. W Myers

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DR. KEESHA: Welcome back to the Women's Vitality Summit everybody, this is Doctor Keesha Ewers, and I am delighted to be interviewing Wendy Myers today who is the founder of livetoahundredandten.com and mineralpower.com. She is a functional diagnostic Nutritionist in Los Angeles California, she attended the institute for Innovation 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 powered programmes. Welcome to the summit Wendy. It's just a delight to have you here.

DR. W MYERS: Thank you so much for having me.

DR. KEESHA: So, I always start with your personal story and how you arrived at this particular expertise because we all have a story, I would say 99.9% of functional medicine providers have all arrived here for this really cool reason and I would love to hear yours.

DR. W MYERS: Yes it started really with my planning a pregnancy. My focus is on detoxification, that is what my passion is, and so when I was planning my pregnancy I started reading all of these books about how to detox your environment for the Baby. I just hadn't read anything about cleaning up the chemicals in your home before or not putting chemicals on the baby or all organic diapers and so I had my Child and then unfortunately a few months later my Father was diagnosed with Oesophagus Cancer. That really got me digging into the literature about how to reverse Cancer, what causes Cancer and of course toxins kept coming up and nutrient deficiencies and things of that nature.

Unfortunately he passed within six months of his diagnosis from his Cancer treatments but it really sparked something in me, where I wanted to help other people avoid the same fate. So, I took the money from his Estate and I went to Nutrition School and I immediately - within three months - started my blog whilst I was still in the Nutrition School and founded, livetoonhundredandten.com

DR. KEESHA: Nice, so that became a very beautiful closing of one door and opening another. In 2002, my Dad was also diagnosed with Chronic Lymphocytic Leukemia and of course I went straight to every single research space I could find and started digging, digging, digging and it was very interesting to observe myself in that and what I realised is that Cancer, and I used to work in a Hospice years ago so I kind of knew this, is a really fantastic Disease for teaching us that we never did have control, never will have control and it's all about learning how to flex with everything and do what you can and surrender the rest and the wisdom to know the difference.

The Serenity prayer becomes really powerful, in that moment. Since my Mum has had Breast Cancer and I actually had Breast Cancer a couple of years ago and treated it and healed it naturally and it's been this fascinating journey that first started with my Dad's Cancer, he's still alive today. I just wanted to fix this, you know, this energy inside of me, I wanted to fix this, I know that I can reverse this for him and then not realising in the context of it all, oh this is his journey. Like provide some information that he gets to do what he wants to do with it and allow him to have his journey and me to have my journey alongside of it. It's a pretty interesting thing that happens we sort of get consumed in terror, don't we?

DR. W MYERS: Yeah, and it's you want to save your family. My Dad gave me everything and taught me everything and got me interested in health and a love of learning and I just wanted to help him. I suggested all kinds of things, he wouldn't even drink green juice. You know, so it's like, you can lead a horse to water but he was dead set on the conventional medical model of treatment and he paid the price for that unfortunately.

DR. KEESHA: Yes, and at the end of the day, just that realisation that this is his journey, I think it's really can bring you back a kind of a sense of peace and "Okay, but then now here's my Journey and what I've learnt from this" and take that forward and you've done such a beautiful job of that, it's I just want to say thank you for it.

DR. W MYERS: Well thank you, it's my pleasure, it's just my passion and it's something, my website is very much inspired by my Father and I just wake up every day and love to teach other people about those missing pieces of the puzzle they may not be getting with a traditional medical Doctor in solving their health issues and their symptoms.

Even with the functional medical practitioners there, a lot of people aren't really thinking so much about detoxification or don't know how to do it correctly and that's really what I've narrowed in on because I think it's really the underlying cause of a lot of people's problems when it comes to fatigue or weight gain, all the different problems that we have, headaches and pain and all different sorts of strange symptoms that you know, modern medicine doesn't really address very well.

DR. KEESHA: So, there's the formula that I write about and teach about in my Health Coaching programme and that is that your unique genetics plus the exposure you've had to toxins, not just physical but including mentally, emotional and spiritual and then your ability to detox those toxins but also your willingness to detox those toxins plus your digestive health equals your level of vitality. The summit is the vitality summit, right, caring for yourself, body and soul.

So when we talk about detoxification I want everyone to understand as we embark on this conversation that this is one element of the entire formula for vitality it's a very important one and how we detox is really individualised, there's not one size fits all, you'll hear me say that in every single talk, because that formula is your genetics, plus your exposure to toxins, plus your ability to detox those toxins and that becomes a very individual experience and so by using some of the testing that you use and that's what I want to start talking about is, How does somebody tell, first of all, what is a toxin? It's actually a toxicant, what is that?

DR. W MYERS: Well there's toxic metals, there's arsenic, aluminium, lead, mercury, thallium and these are all present in our air, food and water and they are grudged up from the earth from Industries it's where we have our beautiful computers and our phones all these metals in them, they are being brought up to the Earth's crust and put in various things and they just start getting into our environment and into our food and water supply.

DR. KEESHA: By the tonne.

DR. W MYERS: By the tonne.

DR. KEESHA: We really need to say that, this is by the tonne this is happening. This is not a light getting into it, it's a really heavy thing that we're living with right now.

DR. W MYERS: It's crazy and every single person has toxic metals in them no one is exempt, it's impossible and then there's a hundred thousand chemicals and there was a study done by the CDC they do it about every five years that says we have seven hundred chemicals on average in our body. Doctor Clingheart, who I just interviewed is a highly respected Doctor thinks we have twenty thousand chemicals in our body and obviously those are interfering in our bodies various metabolic processes and every type of metal interferes with a different types of metallic processes, whether it's your pancreas function or your liver function or your mitochondrial function that produce energy and this is why we are seeing diseases today we have never seen before.

How there's all sort of symptoms and people are getting tired at high school and in their twenties and there is something wrong in that and you just really need to learn how to detox your body and that's what I try to teach people in my site.

DR. KEESHA: So, one of the things that I want to mention is you talked about that's why we have so many of the diseases that we have today and a lot of these chronic illnesses are on the rise instead of one the decline in spite of the gross national product amount we spend on medicine in this Country we're just not seeing a shift right? So I interviewed Dr Tom O'Bryan and he was talking about why 80% of auto immune diseases are diagnosed in women and one of the reasons that we gave is that we have so many oestrogen receptors in our body so a lot of these toxins, these toxicants that you're talking about that are in the environment by a tonne are oestrogen mimickers and they actually attach to us as women easier than other people because of our oestrogen receptors and they store themselves in our fat and we happen to have more fat to muscle ratio as males do as a gender, specific, logistic, so we've got these lovely breasts that are all fat, and we have these lovely hips and they are all fat and when we talk about it in that it only makes sense.

So as we're addressing women this afternoon, right now with this conversation, we're really talking about this level of toxicity in our environment we are sort of like magnets for it, right?

DR W MYERS: Absolutely there's a number of chemicals caused obesogens, and they are also oestrogenic as well and these are products that we are putting on our bodies every single day.

DR. KEESHA: Spending tonnes of money on them too.

DR W MYERS: Oh yeah! In this stuff that you buy in a Department Store or a Membership Store like Costco, all of those products are toxic to your body, every single one of them because they have oestrogenic chemicals in them and one of the most oestrogenic ones is perfume and fragrance and they are made from petroleum, they are made from oil basically and those have oestrogenic chemicals in them that latch onto our oestrogen sites and mimic oestrogen and so our bodies think that we have all this oestrogen in our body and not only that but a lot of products contain sallids, Sallids help to keep colour and perfume in products so say you wash your clothes in a typical detergent you get at the Grocery store, the reason why your Clothes and your Sheets smell like that perfume, weeks later is because of those sallids and those are very oestrogenic chemicals and so then there's the parabens that are preservatives and they help that shampoo last for two and three or four years on your shelf.

You like to buy this big gigantic bottle that lasts for years, that's what consumers want. They don't want their face cream and their shampoo going bad in six months, you know what I mean, so we have to make smarter choices and really one way you can do that is avoiding products with fragrance in them and perfume and I know that is hard for people to do, but you have to start somewhere, Rome wasn't built in a day, you have to start with your Shampoo and then your Make Up and then your cleaning products, and then just one thing at a time and then there's metello oestrogens

DR. KEESHA: Hang one, I want to dial back before we get too far away from it, one thing that you said, I want to clarify it is about oil. When you said, petroleum based things and that it's made from oil. So, oil is actually super good for you, but she's talking about car oil.

DR W MYERS: Car oil, exactly.

DR. KEESHA: That's not good for you. What's on my face right now, is no makeup, nothing it's just sesame oil. Ten thousand year old frame work of Science that said a long, long, time ago, that whatever you put on your skin you're eating, so sesame oil is my moisturiser this morning, jojoba and rosehip oil are on my face as well as sesame oil and there's no foundation, there's no nothing on there apart from that and that's really important that you understand that oil is good for you, because we have all these things that say oil free as if that's good, in fact that a moisturiser so we strip our body of all of its natural oils and then we feel like we're dry, so we put on these chemicals to help us feel moisturised where in fact, not washing your hair more than, I don't do it, around every four

days, will help keep your oils in and then you don't feel like you have to have those cleansers that you are buying over the Counter that you're talking about.

You don't have to have all of that, we're not actually a lot of us out digging ditches, you know super, super, super, dirty, a lot of us are in the House now, behind Computers and our Offices behinds Computers and so, you know, there are things that we don't have to scrub so hard in terms of some of the chemicals that are used that are like super clean, because we actually want some bacteria, right, so it's really important I think the subject of not stripping everything out and then thinking that we can replace it with a chemical which is what we're doing.

DR W MYERS: Yeah, because that's the thing, our bodies are adapted to dealing with bacteria and there's not adapted to dealing with chemicals, like when people cleanse their House with Household Product Pine Sol and all these really horrible cleaning products, Windex and things like that, our bodies are not suited to deal with those Chemicals, so people are trying to kill all the germs and a lot of the Marketing surrounding household Cleansers the Body Cleansers are all about killing germs that's not what you want, you want to kill the Chemicals you want to get out of the Chemicals, completely, all that dial triclosan garbage, you want all of that out of your home it's poisoning you.

DR. KEESHA: I mean, I'm just going to go off on a tangent, your vagina, is a self-cleaning oven.

DR W MYERS: And mine is clean.

DR. KEESHA: It cleans itself if you give it the space to do it, but if you're putting chemicals and fragrances in it then it's going to have trouble and you'll going to run towards yeast infections and things like that, a lot of people wind up having trouble having vaginal infections just because they are putting stuff there that doesn't belong.

DR W MYERS: People putting toxic tampons in them, there's a big campaign right now for natural tampons and there's no way I'm putting regular cotton tampons inside me, they're full of pesticides, full of dioxins [?] they are full of chlorine, they've been bleached so many chemicals and you're putting that on these sensitive mucus membranes you just absorb all of that and it's just a recipe for disaster and a lot of them are perfumed, that's not helping down there, it's just like, want organic cotton tampons, so it's another thing, just another thing on the thing on the list.

DR. KEESHA: Or the diva cup. There are so many alternatives to this that you can think about that don't cause toxic shock and bacterial vaginosis and all of these things, so, yes, thank you for my tangent, just throw that out there. Alright so other forms of toxins we talked about household cleaners, we've talked about what's on our food, what's on our faces, what's on our hair, skin, what else?

DR W MYERS: Yes, then there metal oestrogens these are just again toxic metals that act like oestrogens in our body, there's mercury and tin and a number of other ones as well, so a lot of things working against us in the environment and there's pesticide and glycolate which is just that roundup ready thing, you go to home depot and buy round up weed killer that's sprayed on all of our food if it's not organic even organic food will have some little off spray if it's next to a regular conventional toxic farm.

It does have some, but way less, but those toxins will kill bacterial in our gut the glycolate, it will prevent our DNA from folding properly and it also is oestrogenic a well so that's a lot working against us in our environment but there are a lot of things that you can do to detox your body but you do need to be thinking about how to detox your body pretty much on a daily basis and be making choices it's just like anything, there's a lot of choices, those little choices that we make every day about the food we put in our mouth, the purchases we make at the Grocery store, that cleanser or that face wash, whatever, it is, you really need to educate yourself just little by little about how to reduce your toxic load and what you can control and accepting that there is a lot you can't control and then just knowing how you can detox your body safely.

DR. KEESHA: So, what are some of the ways that you recommend for people to detox daily?

DR W MYERS: So, I like to take supplements, so there a couple of supplements that I think are really good that people can take without working with a Practitioner. I really like Pectasol C it's a modified citrus spectrum and that is amazing at absorbing all kinds of chemicals in your body, it's a blood cleanser so just gets to your bloods and just binds to it and takes it out of your body. Then there is BioSil.

BioSil is a fantastic product it's a hair, skin and nail product, you just put it in some juice or you can put in some lemon or lime or pineapple juice because citric acid in there helps it to absorb better, just a tiny little bit I'm not asking you to drink the whole glass because of the sugar or whatnot, so just about five to ten drops of the BioSill and some juice and that will detox arsenic,

aluminium, tin, Thallium and Cesium and these are all metals that cause fatigue and our drinking coffee or doing fibre energy or whatever else that you are desperately trying to grasp for to give you more energy, a lot of women cave and eat sugar and carbs, because that's going to give them that quick hit, so this is not about will power, this is about your body desperately trying to get energy, because there's a lot working against us and microconidia and interfering in our microconidia function to produce energy and so those metals arsenic, aluminium, tin and Thallium that everyone has to some degree and the BioSell and Pectasol do like this one, two punch, to help to remove a lot of metals and chemicals from our body.

DR. KEESHA: There's a medicine that's an ancient way that you talk about too using, because what the toxics we've been talking about so far are lipophilic which means they love the fat, as we were talking about before, so to bind with them as we we're talking about using a little Ghee and Cilantro like grinding some cilantro up in your blender with a little bit of aloe detox formula, you like, lily of the desserts, and I mix that together and goes in with the Ghee and that goes in and Ghee actually helps bind with stuff and pull it out so if you just want something from your Kitchen that's a really nice way of doing that if you can tolerate cilantro. I think cilantro tastes amazing but there's a certain genetic pool out there where cilantro tastes like soap and so, not as yummy.

DR W MYERS: I have a solution there too, I actually recommend coriander seed oil to my Clients and there's it very strong, the cilantro does detox from Mercury and other metals but the magic is really in the seed, in the coriander seed, so when you fresh press those, which there's a really great product called panacea [?], coriander seed oil and that is amazing getting into your brain, because it is a fat, your brain will take it in and that will absorb all kinds of metals, mercury, cadmium, nickel, aluminium and even more metals so that's a great product to take that you can detox your body safely with as well.

DR. KEESHA: Great, all great, so coriander is one that I can't stand, so I'll just use cilantro and it's usually the opposite for, people that can't stand cilantro can go to coriander and vice versa and combining that with ghee will work really, really well or getting a product that's on the market for it, great, some kitchen wisdom and some supplement wisdom, I love it. Alright for testing what do you recommend that people do?

I know you like your mineral analysis, so do I, I love it, so that's talk about that.

DR W MYERS: So, when I'm working with Clients on my mineral power programme, it's a detox programme, you always want to know what you're working with, so I start with a hair mineral analysis and a very complete health history, so I can find out what all of your sources of toxic metals could be that we may not see on the hair mineral analysis and so the hair mineral analysis will also give me a road map for supplementation, some people are very deficient in minerals and the hair test gives me a lot of information to but I usually recommend that people do a urine metal challenge change and maybe even a stool metals test as well, because different metals come out in the hair, some come out in the urine, some come out of the stool and each test will test different metals because some come out in these different ways in our body so there isn't any one test that will tell you everything.

I just start with the hair test because it's the easiest to do and gives me a tremendous amount of information in one shot not just what your metal toxicity are and from there I will design a custom supplement programme for that person for one remineralise their body and detox particular metals that they have, because there are dozens of metals and each metal responds to different products to remove them.

Some people need prescription DMSA which I will recommend to their Naturopath to get because some people have metals that can only be detoxed with DMSA, so just a natural supplement isn't going to cut it for them, but is somewhat rare, but in all I like to give people a lot of support, because when you're detoxing sometimes it's not so fun and I think people tend to have an expectation when they start detoxing, they just want to feel better and if you don't start feeling better within a few months then they will give up and say that doesn't work and go to the next programme or protocol.

DR. KEESHA: Let's talk about this, because this is such an important part that nobody talks about, I am so happy to bring this up. I actually use DMSA, it's not just your Naturopath it can be your functional medicine nurse practitioner, MD or whoever does functional medicine and has been trained and tested on heavy metal and they also know how to do this.

So, I use DMSA in my practice but one thing I tell people who are coming in, I no longer do intravenous therapy because I think it's so harsh, it's just too harsh. People will read or they will hear a summit and they will say I found that the amalgams in my teeth are giving me trouble and that it causes neurotoxicity and so I'm going to have them all out is there something I should do. These are

the wise people that are coming in asking this, and a lot of people will read that, go get it done and then wind up so sick, because what's happening is when we're disturbing the stored metals that are in our tissues, in the bones, in the teeth, in the fat layers and we're getting them released into the body, now your neurological system is getting in a second time.

You're organs that detoxification aren't taking a hold of that and getting rid of them it needs some help so when I put someone on a detox programme, I'm doing what you're talking about and saying okay we have to think about the skin which is the largest organ of detoxification, firing threads on it, I'm talking about massage, I'm talking about pool and hydrotherapy all of these things that will help so your listeners will know they can't just willy nilly start reading an article or a blog post that says this is what you should do without knowing how your body is going to react and so if you're in adrenal fatigue and you're starting a big huge detox programme it's going to annihilate you.

DR W MYERS: And that's why I like to build people up for a little while first. A lot of people come in like I want to detox, I want to do the whole thing, get these metals out, but it takes energy to detox and people have to be patient and we have to build them up, build up their energy systems first and then we build this bomb shelter and then I drop the bomb on them and so people have to have realistic expectations, you're not going to feel good when you're detoxing a lot of these metals cause negative emotions, fatigue, they will cause uncomfortable symptoms, headaches, sore throats, colds, so it is good to work with a Practitioner when you are doing this because stuff comes up and people get weirded out and it's kind of like a roller coaster, you start full of energy one day and then you take a nose dive, and then you're feeling good and then you'd crash again, but it's not like the stock market that's happening.

Because you are slowly and slowly improving while you are having the dips, people just need to know that going into it, but they kind of need to walk through the fire to get to the other side to have the energy, and brain function and body function and physical health that they are ultimately looking for that's eluding them if they are not adding detoxification to their health regime.

DR. KEESHA: And I'm going to add if you are the canary in the coalmine and you say to your Practitioner or to yourself, I'm sensitive, anything that anyone has ever given me, I've reacted in an opposite way or [inaudible] or I only need half does of things, you need to know that detox is going to put you on your butt, if it's not done well, so gentle, gentle, gentle, detox is what you need and I think that's

another thing, you are your own health advocate, go to your health practitioner and know that whatever they're telling you, you might have to cut in half if they are not listening to you so if you are a canary in the coalmine, make sure you know you are a canary and you want to be doing some collaboration with your body and not just wring it out without its consent.

DR W MYERS: Yes, people everyone is so different, their level of tolerance and their sensitivity to tolerance and their livers ability to detox, some people's livers just don't detox, if they are on a vegan diet their body is not detoxing very well at all, that's why vegans still get cancers and things like that, so there are different facets to it, that Practitioner has to consider and you know there's another thing, people that are really sensitive or they are really, sick, I don't start them out detoxing, I start them out on a programme called neshealth.com.

That's a protocol, that helps, it's kind of an energy medicine that works spectacularly well and helps to build up your energy levels in your body and build up your health and get you feeling really, really good so we get you to the point where you are able to detox, so it's helps to get your kidneys working better, your liver, it helps you start to absorb nutrients better, it's really phenomenal, Tony Robins is on the programme there are lots of well know people that are doing this energy medicine and it's really cutting edge and it's been around for a very long time, not a lot of people know about it but that's where I start people if they really are not functioning well, that are chronic fatigues, they are not ready to detox.

DR. KEESHA: Another really fantastic thing that's available nowadays is that you can get your genetics just with a direct consumer genetic test, like 23 and me, of course it gives you useless information until you stick it through another portal but when you get a test like that you can actually look at phase one, phase two, liver detoxication pathways, you can look at methylation and mitochondria you can look at all these things that are part and parcel of how well someone will detox or why they're so sick today, the can of diet, the DNA is asking them to be on and all of those things and I think that's such an exciting time for us to be in as medical practitioners it's fantastic because now we don't have to just throw darts at a dartboard, the way it's always been done, where, here's my detox programme, here's the detox kit, take this number of supplements of this kind for everybody which we know doesn't work anymore than the food pyramid works for everybody.

DR W MYERS: Exactly and that's another reason why it's important to work with a Practitioner because it is impossible for a Practitioner to know every supplement that will work for your body the more information we have the better with genetics and things like that but sometimes you need some help you need some hand holding.

Try and figure out what supplement don't work for you, what supplements do work for you, there's so many different forms of magnesium, some of them work for some of my Clients, some of them don't work for other people, it just a little bit of a minefield and it takes a lot time to learn all about supplementation and detox supplementation so it is really helpful and much more effective to work with a Practitioner, even working with a Professional it is going to take at least two years to detox you.

DR. KEESHA: You know what, thank you, I want you to repeat that, because we're into the instant gratification mode here in our culture but I like that you're saying this. This is important.

DR W MYERS: This is not popular and I do not care, I'm like not about BS by my programme, it's like reality check, it took you fifty years to get here, you're not magically going to be better in six months, it's not going to happen. So, people need to have realistic expectations and especially if they are very, very, sick, it's going to take longer than two years, it's going to take three or four years.

We're start at ground zero, I have to build you up to normal health and then start to detox you - whatever normal health is - a normal functioning.

DR. KEESHA: Optimum vitality for you.

DR. W MYERS: Exactly, people need to have realistic expectations and I think it's important to give people that disclaimer or what have you, that this is a journey, it's not something where you have an end destination and what I try to do with people is to educate them so that they don't always need me. You know work with me for a year, two years, what have you and figure out what toxins you have and I give people this education on the diets, supplements, detox and everything that's really know to work really well so you can go and do that on your own, detox for life.

Even if you detox everything, you are still exposed every single day to toxins in your air, water and food and it's only going to continue to get worse so the

people that are going to be living a long time and health and disease free are people that are going to be focusing in on detoxification on a near daily basis.

DR. KEESHA: Well this is what I call the detox, retox, roller coaster, you don't want to be doing a detox programme and then retoxing. Years and years ago, when I was diagnosed with rheumatoid arthritis I did my first detox and I reverse the auto immunity within six months and during that time I did my first detox and boy was I sick. So, I evaded medicine which I then learned at that time, was to detox every quarter, every time the seasons changes, every three months that you ought to be doing a three week detox programme.

So I was on that kind of detox and then go back to my old ways and then detox and then going back to my old ways and then I started figuring out, oh, I feel really good now when I'm detoxing where before I felt terrible, that must mean that a lot of years have gotten released through my liver and my colon and a lot of stuff has been removed and now, I can actually continue, I used to run marathons and I ran a marathon during one of my detox this one time and it was just so easy it was no big deal and though, five years ago, I could not even snap at my Kids in a normal day without even expending any energy I was so irritable and headachy, so it's your level of toxicity and how sick you are is how you're going to feel when you detox and then as you do it regularly as a life style programme, not doing the roller coaster that I just talked about that you might start to get cleaner and clearer and then it's not such a big hit to your system because it's a life style rather than a programme.

I think that's a really important thing I had some friends that one time came over to my House with pizza in their hands and they knew I had just finished one of my cleanses, and they said we're the retox bad news fairies. I love that terminology, I just invited them in and they eat their pizza and I didn't have any because I had got to the point where I thought yes, that is bad news fairies, I don't want to be going back and forth, like that and to be fair, every one of my Patients has done that process, where I'm on a programme, I'm not on a programme and then finally you get to a point where you say, oh yeah, it took me decades to get as sick as I was, I feel fantastic now, I don't really want to go backwards at all.

DR. W MYERS: Yes, it's a process.

DR. KEESHA: It's a lifestyle, right?

DR. W MYERS: That's everyone and no one is perfect and doing everything thing perfect and it's just a process and you find yourself getting better and better and better at making those choices because you just want to feel good and I never thought in a million years that I would eating as good or feeling as good, as I do now compared to what I did six or seven years ago. I never thought that I'd be able to eliminate sugar and I had been my whole life and I never thought that I could give it up but I can do it. I crack sometimes, but I'm doing really, really good, I'm really happy. I need Coffee enemas and I do near infrared sonars and do I do them every single day? No but I do them when I can fit them in and it's just another regular part of my routine, and it's not something like, I'm going to do this for a year and then, never, it's just part of my routine, so that's what I mean you want to start thinking about detox protocols and just weaving them into your health regime.

DR. KEESHA: And statistics show that it can take up to thirty years to develop an auto immune disease so as you are saying it's taken a long time to finally lose vitality. I interviewed [?] and he was talking about how vitality for him is whatever's left over after your heart does its thing, your brain does its thing, your nutrition does its thing and metabolism and then whatever is left over is your level of vitality from what your body actually needs to do its functions. That's a really great equation the body is using energy just for you to form a word, or to have a heart beat or to move your arm or your finger, to breathe in and out, your body is using energy for that so you've got to remember whatever you're feeding it in terms of fuel the more efficiently it runs the more you have left over to do the things you want to do and to be the best shiny person in your life that you can. So, I think that's just a fantastic way of thinking about it. It's already consuming a lot to keep you going, right?

DR. W MYERS: Yes and that's one reason why a lot of people have fatigue they are not making enough energy because of all the toxins in our environment and because of these toxic metals which I mentioned earlier which is arsenic, aluminium, tin and Thallium, Mercury and Lead will also reduce energy production but these particular metals will poison enzymes that take nutrients into your mitochondria that's making your bodies energy so as long as you have these toxic metals you're not going to be producing energy at the level that you are able to and you are not going to be able to exercise at the level that you want to and be your best self.

So if you are tired or you don't have the energy that you used to when you were younger, there's a reason for that, it's not because you are getting old, that's not why a lot of tribal people around the world, people in their sixties and seventies, no disease and feeling great, so it's not age the problem is all the toxic metals and chemicals in your body and so you just slowly want to work to remove those and you'll find you have more and more energy and brain function.

DR. KEESHA: I am so glad you said that, I hear it in my Office a lot, I'm getting older I understand that, I know this is probably part and parcel of again and I'm like "No it's not!" You have heavy metals you have toxins stored in your bones and as you age your bones start to release their core, you know we call bone reabsorption which is why, it's what causes osteopenia osteoporosis and as our hormones go down as women in particular oestrogen more and more of that speeds up and if you have a bunch of junk, heavy metals, toxicants in your bones as that happens it gets released and now you are older but a lot of this fatigue that stuff is being re-released into your system again.

So brain fog and memory issues and so many of the things that people that are older suffer from is really just because what's happening with the bones just naturally as a result of age, what's coming out into the system. Detoxing when you're younger, much better.

DR. W MYERS: Much better to do it as you go. Those metals in your bones, your body loves to store the toxins in the bones, the very handy garbage can, that keep those metals away from tissues and lead is the main toxin in your brain and it can make scans look like your bones are healthier than they really are. So, that lead was in that leaded gasoline that we were all breathing in when we were younger and that exhaust gets into the soils and then it gets into the vegetables and it's still present in the soils.

DR. KEESHA: It doesn't biodegrade.

DR. W MYERS: It does not, it takes five hundred to a thousand years, not happening any time soon and so that's an gasoline additive, and so they've taken the lead out of the gasoline but now they add Thallium, which starts with the TH and that thallium the purpose of it is to prevent knocking in car engines, that's why it's added and thallium is actually ten times more toxic in mercury and it's often used in assassination attempts because it kills people, so that's what in our Gas right now and we're breathing that in.

DR. KEESHA: It's used in contrast dye to when you've got to have a scan. Thallium Scans.

DR. W MYERS: And so, it's very, very talks to your brain and prevents nutrient absorption and prevents part of your brain from talking to each other but BioSel will detox it and thallium is a big reason why people are tired today. Anyone with Chronic fatigue syndrome you're going to have a lot of thallium, or arsenic or tin or aluminium if not all of the above so BioSel is your magic weapon, but you have to take Pectasol C, you don't want to do a detox programme without taking any kind of binders to absorb everything that you are embolising [?]

DR. KEESHA: Alright you talk about healthy thyroid too and how all of this relates to the thyroid and I want to spend a couple of minutes on that before we end this fantastic conversation.

DR. W MYERS: So the thyroid is something I had a problem with, after I had my Baby, you know the Babies suck all the minerals and nutrients out of us and a lot of people develop thyroid dysfunction and adrenal fatigue after pregnancy because their body is usually nutrient deficient to begin with but it is more so after pregnancy and that people start have a lot of fatigue and other issues and so for me after my Baby I noticed I had low energy, I couldn't lose weight.

God, I'm going to die I have to go to the Doctor and I had low thyroid function and over the course of the years and my studies I found Mercury is actually the main cause of low thyroid function, because Mercury is the number one toxicity that people have when I've done statistical analysis, I want to know what are the top ten metals that people have and Mercury is number one.

So Mercury gets into the thyroid, it gets into the pituitary gland and it gets into the hyperthermia it interferes in through hormone reduction and signalling so that it's impossible for people, there's a reason why people have low thyroid function and low production of thyroid hormones a lot of it is due to Mercury. There are other reasons too, there's infections and all sort of other things that are going on in the body as well that can contribute to that but Mercury is a big one, and it will prevent conversion of T4 to T3 in the blood and just causes so many different problems so when you have a thyroid issue you want to be thinking about detoxing mercury and reducing intake of mercury laden fish and things of that nature.

DR. KEESHA: Fantastic, thank you so much for spending this time Wendy it's been a delight to talk to you and to know about your programmes and of course your bonus material and information about how to get hold of you are on the website, on your page and I just appreciate it so much.

DR. W MYERS: Yes, and you Guys you can find me at livetwoonehundredandten.com and you can learn more about my detox programme at mineralpower.com, and lots of free info on my site, so I have podcast every week, we do talks and talk every week there in the livetoonehundredandten.com cast.