



EPISODE #169  
 OVERCOMING MERCURY TOXICITY  
 WITH DR. BJ HARDICK

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Wendy Myers:

Hello everyone. It's Wendy Myers here from Liveto110.com. You can also check out my detox program at MineralPower.com.

Today, we are talking to Dr. BJ Hardick on the dangers of mercury toxicity—how to detox mercury, all about chelators, should you be detoxing if you have mercury fillings, why you need to detox your kids and so much more. This is going to be very, very interesting and important podcast.

Dr. BJ Hardick is one of the hosts of the *Detox Project* that you can check out—and right up our alley. I know that myself and all the listeners, you love detoxification as much as I do and realize its importance. So, this summit that is happening September 26<sup>th</sup> to October 3<sup>rd</sup> is extremely important. I highly recommend that you guys go check it out. You are going to learn all kinds of interesting things.

An interesting mercury detox fact is we don't only get it from fish. We don't only get mercury from mercury fillings. We also get it from *crematoriums*. A lot of you guys are living in cities and there are crematorium burning bodies that are full of mercury from fish and mercury fillings that get into the air and then you breathe it in.

So that's why even if you don't eat fish, if you don't have mercury fillings, you can still be breathing it in the air. Mercury toxicity is the number one toxicity, so you really need to be aware of it because chances are, you have it and it is causing fatigue or may cause some health issue down the road. So listen up.

This podcast is not intended to diagnose or treat any disease or health condition and is not a substitute for professional medical advice. Please keep in mind that this podcast is solely information in nature and is for entertainment purposes only. So please consult your healthcare practitioner before engaging in anything that we suggest today on the show.

Right now, you can go listen to my free *Medicinal Supplement Summit*. Go there and register and you will immediately get an email to start listening to the 50 speakers and experts, the world's leading health and nutrition experts talking about proper supplementation, the latest in testing to test your body for the supplements that you need that are right for you, the best supplements for different health conditions, top supplements in depth. There's so much interesting information.

And it is an incredible resource because when I first started learning about health, I spent so much money on supplements and I was just taking everything. I thought I was getting super, super healthy. But I didn't really feel quite right. I was taking a lot of things, and it wasn't improving my health how I thought it should be for the amount of work and the money that I was spending.

So, I wanted to create this amazing online resource to help guide you on what are the proper supplements that you need for your body and take all that guesswork and so that you can save money and take the exact supplements you need for you. It's like the sniper approach to supplementation as opposed to the shotgun approach where we are just taking everything inside or just taking a multivitamin.

We talk about topics like food based versus synthetic supplements. It's so, so interesting. Go check it out at [MedicinalSupplementSummit.com](http://MedicinalSupplementSummit.com). It is happening September 12<sup>th</sup> to the 19<sup>th</sup>.

## 03:50 ABOUT DR. BJ HARDICK

**Wendy Myers:**

Our guest is Dr. BJ Hardick. He has dedicated his life to maximizing the health and human potential of his community. His *Center for Maximized Living* in London, Ontario is one of the largest healthcare clinics of its kind in North America.

In Dr. Hardick's seminars and care for patients, he teaches and implements the principle of *maximized living*, which he has championed his entire life.

In 2012, Dr. Hardick served as a contributing author for Maximized Living's newest bestseller, *The Cancer Killers: The Cause is the Cure*.

He is a member of the advisory board for GreenMedInfo.com, the world's most widely referenced natural health database—and that's Sayer Ji's website.

Dr. Hardick's mission through this practice, seminars and outreach is to help as many people as possible achieve the optimum levels of physical, mental and spiritual health and happiness which are their birthright. You can visit him at [DrHardick.com](http://DrHardick.com).

BJ, thank you so much for coming on the podcast.

**Dr. BJ Hardick:**

BJ, I am thrilled to be here. How are you?

**Wendy Myers:**

Very good! Thank you. So tell us about yourself and how you got into health.

**Dr. BJ Hardick:**

So I was born into a holistic family. My father is a chiropractor. My uncle is a chiropractor. I was named after the world's most famous chiropractor, so no pressure there.

I actually started working in my father's office when I was 14, and I really was just doing it for a part-time job. And of course, I show up in his clinic when I was 14 years old. And at that time, he had one of the busiest chiropractic clinics in all of Canada.

I was basically going two nights a week and I started meeting and seeing all of these patients who first off say, "Oh, I imagine you are here to learn the ropes." That was the first thing that everybody asks. So, for a good year, I said, "No, no, no. I am really just here because I need some money after school," which, at this point, I was 14 or 15.

And then after a year of seeing people get well from conditions that could never be reversed, people are throwing away their drugs, throwing away their canes, kids with allergies whose allergies would go away, kids with constipation and asthma or senior

citizens that were on walkers that would come into the clinic that were told they were going to be on these things forever literally throw these things away, really, that's when I said, "Wait a second. This is an environment that I want to be in for the rest of my life."

So my father, for many years, encouraged me to look at other fields.

A lot of people don't believe this because a lot of people think that there has to be this giant separation between conventional medicine and integrative medicine. But my father actually really, really encouraged me to look at other fields within conventional medicine.

He said, "Hey listen, I love that you love working here. We need great surgeons for traumas. We need great specialists in certain fields." He was saying that there were many other great parts of conventional or allopathic care, "You should look into those things."

But at the end of the day, the underlying philosophy in our world, which is that the body is self-healing, is self-regulating, the body can heal itself, provided there is no interference, that's what really had me hooked.

So I was always really grounded by more of the philosophy of self-healing, which of course leads you to scientific ventures and learning that this is actually anchored in the science. And then you had the beautiful art form, which is all of the methods that are used by all these holistic and integrative practitioners.

So that's how it started. When I probably about 15 or 16, I was hooked. And then by 17, I started doing consulting and counseling for other clinics and I would go and do trainings with their office staffs and help them see how we would run off, help them educate patients.

Now, I look back and I think, "Who hired this 17 year old kid to go in and coach their clinic?" But it was a lot of fun. That was all my summers. When I was taking sciences, all my summer vacations, I would go and I would consult the different clinics and help hire staff.

To me, it was always about creating bonds with people that were exploring betterments in their health. And when you can have great relationships, great communication, that's the first step in ensuring that people's eyes can be opened to the world that you and I know, but a lot of people don't.

So that's how I took the step from living just the natural lifestyle to actually working in natural healthcare.

## 08:37 ABOUT THE DETOX PROJECT

**Wendy Myers:**

Yeah, so you are hosting the upcoming Detox Project and I have spoke in that about toxic metals that cause fatigue. And you had this unbelievable line up, Dr. Mercola, Justine Mercola and Suzanne Somers and Mike Adams, all these amazing people. Tell us about that.

**Dr. BJ Hardick:**

I will say I am thrilled that we certainly have some people joining us on the Detox Project. I think it would be fair to say we may not accept a lot of interviews. Certainly Suzanne Somers gets a lot of requests for interviews. But I did put out a request to her. She has certainly done a lot of other interviews on natural health, but maybe not as many in the online summit space.

But this topic is just very important to her. She wrote a book called *TOX-SICK: from Toxic to Not Sick*. So putting out a request to her, she instantly jumped over the ability to speak to our audience about the detoxification and again, really the science that is showing that environmental toxins are linked to cancers and neuro-degenerative disease and that people need to wake up to this.

So her interview was incredible. We joked about the fact that she historically was known as America's dumbest blonde and she laughs about that. She's self-proclaimed, so there's nothing sexist when I said, "Hey, you used to be this dumb blonde chick." She knows that she was known in the 1980s as the dumb blonde.

**Wendy Myers:**

Yeah.

**Dr. BJ Hardick:**

And she has really made this incredible transformation, actor being diagnosed with breast and then looking at what the allopathic recommendations were to her, which included a lot of toxic stuff that she didn't want to do.

And she researched it hard and then she goes on this journey and beats it holistically. She goes on and writes *Knockout* where she interviews all these holistic and integrative

doctors all around the world that are beating cancer without chemotherapy, without radiation.

And then her newest book *TOX-SICK*, she interviews all the leading doctors that deal with detox. So she's really, really completely on the side of people that are looking for really, really longevity and wellness.

We joked a little bit about Thigh Master and things like that. It was just a little trailer joke. She does use the Thigh Master.

**Wendy Myers:**

Still?

**Dr. BJ Hardick:**

She uses it. And apparently, you can use it under your armpit as well too. So it's like an Arm Master. She joked about it and she's sure that it works. She has sold a lot of those things.

But at the end of the day, her message is your body was designed to be well. This idea that you are supposed to just shrivel up and you are supposed to just get weaker and weaker overtime really is a myth. We have been led to believe a lie. Your body is designed to thrive for 100 years or in your case, 110.

Your body is designed to thrive like a candle. I mean the candle should burn very brightly all the way to the bottom. And when it is time to go out, go out, but don't have a withering candle that's half way on and halfway off for 30 or 40 years and that's what most of America is living with. So Suzanne Somers is on the interview.

Dr. Pompa who really was the person who helped identify the severe mercury toxicity in me, we have two interviews with him. He helped both me and one of my co-hosts, Dr. Jay Davidson. My mercury was six times greater than the acceptable limit, which to me is infinitely more acceptable. The acceptable limit should be zero. Through his help, he cut my mercury by 90%. This is going back about 10 years ago.

We have Mike Adams talking about the dangers and hazards of fluoride. And we also got all these incredible people that not only talk about detoxification protocols and answering questions about some of these things you hear you can do.

So we hear about supplements. And obviously your event to that is going on probably

this week that this is coming on, about getting to the root of what supplements, who needs what supplements and what is a quality supplement. It's the same thing when it comes to detoxification. I think it is almost a little bit of a myth out there that people can detox.

We have some scientific discussion on what supplements, what foods work, what other therapies like infrared sauna and how it works. So it is very, very empowering for people to say, "Wait a second, this can work. I understand the science behind it."

And then also know how to test. Whenever I teach a seminar and I show what my mercury levels used to be, people say, "How do I get that test done because I think that is obviously very valuable for somebody to see their mercury levels come down?" So really, it is all about going through.

First of all, day one on the summit is really truly identifying that toxicity is real. Sayer Ji who is my good friend from GreenMedInfo, I still call him the world's smartest person. And he pulls out studies like you wouldn't believe and he understands and he knows them. I mean he is really, on day one, showing just how that these small doses of chemicals can be major endocrine disruptors.

I think in conventional medicine, we always throw the argument, "You know what? It's not a lot of toxins. It's not a lot of chemical doses. You don't need to worry." And Sayer just destroys that with the science, showing, "Wait a second, a small dose is indeed a problem."

And then we are getting into where we are picking these things up, both in the environment, the way that you were talking about, the heavy metals, which goes a little bit beyond some of the everyday food colorings and things that people are concerned about. You and Dr. Jay talk about some of the real, real toxic stuff that should never get in people's bodies.

And then we get into solutions, which is really, really the most important thing because we want people to be able to leave the plan so that they can know whether they can do it on their own and if they need to work with a holistic doctor to help themselves detox and what to look for.

**Wendy Myers:**

Yes. It is so important. I am jealous because I am actually jealous because I want to do

my own detox summit too. But maybe in a couple of years, I am going to do my own.

**Dr. BJ Hardick:** Me, you and Suzanne Somers.

**Wendy Myers:** Yes. Yes.

**Dr. BJ Hardick:** We can be your detox encore.

**Wendy Myers:** Exactly.

## 14:28 MERCURY TOXICITY

**Wendy Myers:** So today, we are going to talk about mercury toxicity.

**Dr. BJ Hardick:** Sure.

**Wendy Myers:** So where do we get mercury? And what exactly does that do to our bodies?

**Dr. BJ Hardick:** Mercury and really most, if not all, heavy metals—I don't need to tell you this—are neurotoxins. So the Department of Medicine at the University of Alberta right here in Canada demonstrated years ago that mercury, when it is brought close to neural tissue, it basically causes neural tissue to shrivel up and die.

So when I think about the nervous system—and this is really why as a chiropractor, I always look at the importance of keeping a healthy nervous system, which is my brain, my spinal cord and every nerve running my organs. We chase different organs. We try to find what's wrong with the thyroid, what's wrong with the gallbladder, what's wrong with the kidney, what's wrong with the adrenals. Well, the nervous system runs all of those things.

So if I have damage to neural tissue, from a chiropractic perspective, if somebody injures their neck, it creates physical stress on the nervous system tissue. Even if it's a bad posture on their neck as a result of using a phone for years or playing a piano or whiplash injury, when somebody's posture gets screwed up, there are plenty of evidences showing that it actually causes decay of that neural tissue because the spinal alignment reverses.

So you can physically interfere with the nervous system. But mercury is a neurotoxin. And again, depending on whose ranking that you look at, mercury always comes in as second



or third of the most toxic substance in the world.

If it's ever behind any substance, it comes behind radioactive plutonium, but radioactive plutonium isn't in people's silver fillings and it's not in the fish that they are eating every single day. Frankly, and this is exposed on the Detox Project, I think conventional medicine would like people to think that there is absolutely no thimerosal, no mercury whatsoever in any vaccinations whatsoever, but you can look at the box on a flu shot vaccine and it shows that it does contain thimerosal, which is a mercury derivative.

So my mission has never been to tell somebody. And if I can clear this up, I was raised in a holistic family. My family always took holistic options. But I have never told somebody, "You should or should not take a drug. You should or should not take a vaccination. You should or should not have a flu shot."

In fact, most of the people that I would see, they have made some choices that they like and they have made some choices that they don't like. But deep down, it always comes back to that principle that your body is self-healing. It is self-regulating.

The most important that you do is to look at the choices you make now to best enable your body to heal in the future. And a lot of that, because of this accumulated toxicity, comes the detox.

Now, as bad as all the environmental pollutants are, when mercury is that high on the list according to the EPA and a lot of the other organizations, mercury does deserve its own consideration and that's where I wrote an e-book that is available on my website called *Real Detox*. And I like to look at detoxification in terms of your basic detoxification and then you have more advanced detoxification and then you really do have heavy metal detoxification.

So we certainly look at things that everyone can do through diet for basic detox. And we recognize that the body has this in-born ability to detoxify. I believe that when God created the body, God put a liver there and God put a colon and all your other organs recognizing that there still could be coal from a fire or there could be fungal toxins from mushrooms.

But the problem that we have now is we have all these manmade chemicals, which go

far beyond the chemicals that we might pick naturally in nature. So there are advanced levels of detoxification when we look at certain types of supplements.

But then you really have to get to heavy metal detoxification and mercury is so poisonous when it gets bound up in neural tissue. There are a lot of studies showing that mercury gets bound up in the mitochondria of cells and it gets bound up in the brain cells as well.

What I certainly saw because I ate very well growing up through my lifetime and I took a lot of vitamins is I still have mercury that was way off the chart. So my mercury was, like I said, six times greater than what was considered the acceptable limit on the test. And I thought I was doing pretty good.

What's interesting and this is why I really don't even feel like I am part of the vaccine argument because I didn't have all the vaccinations when I was a kid. My parents were not into that and it was okay to not be into that back in the 1970s.

So the first thing is my mercury levels, they say, "Oh my gosh, do you have amalgam fillings? Did you have flu shots every single year of your life? Do you absolutely love and devour fish every day?" And the answer to all of those questions was no.

In fact, based on when I looked at my mom's test, my mom was more from the heavy metal generation, which included leaded paint and leaded gas. There was even mercury based paint years ago.

So herd levels of mercury and lead and thallium and nickel, they very much mirrored mine. So I believe that my high levels of mercury, I did get as a result of it coming across the placenta. We now know that there are studies showing that mercury can cross the placenta and that the levels of mercury in the baby's body are directly proportional to the number of silver fillings in the mom's mouth. And then we also know that it crosses through breast milk as well.

So a lot of parents that I speak with and people that come to our seminars, they flip out and say, "Wait a second. Are you telling me that I am going to have to detox my kid at some point?" And I say, "Yes."

Historically, 200 years ago, 500 years ago, however many hundred years ago, but historically we would not have had to do this. But as a result of industrialization, you look

at eating these coal-fired plants. We know that there's environmental release of mercury in Texas where the communities with increased rates of autism are directly proportional to the increase rates of emissions of the environment from coal-fired plants. So again, these might not be kids that have silver fillings or injections or this or that, but there can be this environmental toxicity. So it's a major concern.

And I guess because I have seen such great changes in my own health since I went through that process and first identifying my levels and then really taking a year and a half and making sure my diet was solid, making sure that I was eating foods that would help to liberate toxins out of my body. And then it's not only to liberate them from different organs, but then liberate them and expel them completely.

But also take all the right supplements and work with the right doctors and then retesting as well. When I found my health improved, naturally you want to make sure that other people can go down that path.

So as horrible as it was, when I was dealing with what could have been diagnosed as IBS or what could have been diagnosed as chronic fatigue or all these other names that we give to symptoms of underlying cause of a problem, as bad as those years were, it really put me through a couple of years of understanding just how dangerous it is living in North America now. We have a very, very polluted world.

And of course, I have seen kids that have come into my seminars and through our programs that have done everything right where the families were living organically and kids still go out and get tested and they still have super, super high levels of these environmental toxins.

I don't even love the word "toxin" because I feel like some people in the allopathic world, they throw down the word toxin as if it is no big deal. And people say, "Well, anything can be toxic if you have too much of it."

I preferred to use the word *noxious chemicals*, these manmade chemicals that are made in manufacturing plants that really were either meant to be bound up to the core of the earth, but never meant to be in our bodies.

So that's me and mercury. And now 10 years later, my mercury was cut by 90%. But I

still live in a part of the world. I mean I'm in the auto-belt up here. I am close to Detroit, Michigan. For me to think that there's no pollution or that I wouldn't go on vacation and maybe have some fish that was polluted with mercury that I might not have a re-exposure, either ways that would be very foolish.

## 22:59 INHERITED TOXICITY

### Wendy Myers:

Yes. I totally identify with you talking about how you got your toxins from your mother because I test lots of mothers and their children and they have very similar toxicities.

And it is the same with my daughter. My daughter inherited my toxicities. And she lived very healthy, I made all her food. It was all organic, she was breast milk fed and whatnot and she had a lot of toxicities, namely aluminum that prompted her to get an autism diagnosis at one point and we detoxed all that and she was functioning very, very well today. But a lot of kids today are really not doing well because of the toxicities they got from their parents.

### Dr. BJ Hardick:

It's amazing. You look at those tests which would look at 17 toxic metals identified in the urine. And you look at probably your daughter's compared to yours just you look at my test compared to my mom's, and again, whatever is high is high in the parent and whatever is low is low in the parent.

Again, that is not exclusively the environment because we often don't see the same thing in the father. We see it in the mother and baby comes out of the mother. And of course my house, when I was growing up as a kid, didn't have mercury in it.

It is true, my parents played with mercury. It was called quicksilver. The German name was [...] I don't know if you knew that or not. But that was the derivation behind that. And my parents used to play with this stuff. It was this magical thing that could go from being a gas to a liquid and they used to play with it in chemistry class. Never, when they were thinking about that that stuff, because it could go from gas to liquid, could also be inhaled, so that was one of the sources where it gets handed down.

And of course, Deanna Minich on the Detox Project, she gets into some of the scientific studies show to back up what I have always learned. It is that something like lead would

take four generations to dissipate on its own. So certainly, even if I never added lead to my body or my kids' bodies or their kids' bodies, that, which gets passed down through moms, is still a problem for at least four generations.

And that, we have seen actually in animal studies and so forth. Deanna gets into that in the Detox Project as well.

So there is urgency. This is how I see detox is something you want to do on a perpetual basis. I believe that people should look at a daily detox to some degree. Then they almost want to look at a weekly detox. That's why a lot of people do the fast once a week and or just a juice for a day a week. I think it is different for all people.

And then I believe that quarterly and then even more so annually, there are more massive detoxes that people can do. People say, "How often should you detox?"

First of all, it needs to become one of your values that we live in a part of the world where I am still going to go into the bathroom and use their gross soap. I am still going to go out to dinner and eat chicken that had antibiotics or something.

Even in my clinic, when I see clients, I am going to inhale perfumes and hair sprays from hundreds of people. So I am not immune to it. So I do believe in detoxifying on a daily basis.

And again there, we are talking about supplements and grainings and phytonutrients and Epsom salt baths. And then you look at your more weekly things that can do where you can give the body a rest and you can fast and do infrared saunas, which goes so much deeper than a traditional sauna.

And Robby Besner's interview on the Detox Project is amazing, talking about infrared saunas because they work. Hey, I would love to live in an environment where I didn't have to go in an infrared sauna, but guess what. I have to go in the infrared sauna as a result.

And I like North America. I like that we have a computer right here. And I like the modernization of the world, but we are paying a price for it. So as long as we are aware of that, we can all do real well. We can't change that environment, but we can be smart about how we live in it.



## 26:59 CHELATION

**Wendy Myers:** So what are some of the things that you did and the supplements that you took to clear the mercury out of your body? And what kind of results did you get?

**Dr. BJ Hardick:** Back then and I know a lot has changed as a result of FDA regulations, but back then, DMSA and DMPS were available not via prescription. So these are chelators, chelating agents. I mean your audience follows you and you speak this language all the time, but let me just summarize it for maybe anybody who might be listening new.

Chelation, I think the word derivation of that is that it actually refers to a claw. So the word chelation is talking about the claw of a crab from what I understand.

It's basically saying wait a second. These aren't just nutrients that get into your body, but these are actually chelating agents that have an ability based on their *sulfhydryl groups*, which is their SH groups. That's why sulfur is so important as far as detox is concerned. That can actually bind and trap the noxious chemicals, keep them and then bring them out through the body, whether it's through the urine, through the sweat, through a bowel movement. Basically any ways toxins can get in, food, water, air, they can also get out.

So basically I looked at chelating agents back then. Still do this day, although I believe the regulation now, I am in Canada, maybe it's different in the United States, generally speaking, DMSA, DMPS, EDTA, you look at these basically by prescription.

So today, if I was going to look at DMSA or DMPS, I am going to have a slightly different sulfhydryl structure. I would work with a naturopath in my area. Some of it might be recommended orally. Sometimes it's recommended through *intravenous chelation*. And you know what? I think there's a place for both.

I know that when I was doing oral chelation, we knew that the half life of DMSA was only four hours. So the problem is half of the chelating agent would be metabolized within four hours. So I would go on these four-day sprints of doing DMSA every four hours so that I would keep that level of DMSA strong and high in body that would come out through my urine because it was water-soluble.

And it is the same thing with DMPS. So DMPS, having an eight hour half life, that meant I

take DMPS before bed, when I wake up eight hours later, I have to take it again.

For some people, if they don't do this stuff under supervision, you got to realize when you start chelating toxins in your body, if they get re-liberated back into the body or you retox your body—Jonathan [Lanson] and I think it is him on the Detox Program who talks about playing music chairs of toxins where literally you are liberating them and they are moving around your system—people can go berserk. They can have serious, serious problems if they start detoxifying, but don't really enable their body to get rid of everything more permanently.

So I would do these four-day sprints with oral chelators. Certainly, some of this is working with a naturopath or an integrative medical practitioner who can do this type of thing, who do more of an IV chelation, they certainly [...] It's not a four-day sprint. It's like one-hour super sprints where you are literally having an IV administration under more supervision.

But I never did IV chelation, but the folks that I have had do, they need to rest for a couple of days after that because it is quite powerful and on your system. When your body goes through a major episode like that, it is a stressor and your body needs to rest. So you look at just how busy we all are right now and people really need to rest and make time for their health. So those are a lot of the things that I had done.

But there are other things when we talk about these chelating agents. There's EDTA, which is very safe, but again I believe it is via prescription only. A lot of people use those in a suppository form. I have worked with moms whose kids have had severe attention issues, autism spectrum diagnostics and they have done chelation.

And to me, the most important thing is this. They can measure those levels go down overtime. There should be no guesswork with this. So by all means, if somebody gets a provocative urine test, meaning they are not just peeing in a jar and seeing what the levels are because a lot of these toxins, they get bound up in the tissue and you can't just look at some of these urine and say you're toxic or not. You have to take a special type of urine sample where you actually take some of the stuff to provoke it, agitate the toxin and see what comes out. When you compare apples to apples and you see those levels come down, classically alongside, you are always going to see that the person is doing

better.

So that's what I went through.

## 31:54 ACTIVATED CHARCOAL

**Dr. BJ Hardick:**

I also did a ton of *activated charcoal* back then because one great thing about activated charcoal is it really is a toxin magnet.

And really, if somebody has to go to not our type of detox, but they have to go to a hospital type of detox because they drink too much on Memorial Day, if somebody goes in hammered and had done a drug overdose, I mean literally in the emergency room, they load them with activated charcoal. That's your breakfast, lunch and dinner as the detox because it is known that that has an affinity for chemicals and it will soak it all up like a sponge.

So when I would be doing a lot of this stuff, I would be doing a ton of activated charcoal. *Bentonite clay* has a very similar property as well where it has this absorbency. So it would bind these things and then pull it more permanently out of the body.

And again, these are carbon-based materials. Activated charcoal or *super activated charcoal* other than just carbon or charcoal, when it is blasted with oxygen, you can really, really increase the surface area.

Not all charcoals are the same. I used to do scoops and scoops of activated charcoal. My whole mouth would be black. It would go in black and come out black as well too. I would probably about eight scoops of it per day back then.

But now, you can get it in capsules as well. So it does stay in the elementary canal. It's very safe that way. So those are some of the key supplements and regimens that I followed.

The reason why I think it is so important to talk about this is because a lot of people do a lot of the right things, which include juicing, fiber, healthy fats.

But when you and I started talking about IV chelation and EDTA and DMSA and DMPS



and activated charcoal and bentonite clay, people say, “What?” A lot of them don’t realize that this is a major piece to getting this stuff out.

And that’s, in my opinion, why we see so many people who have followed organic diets, they have taken whole food supplements, they’ve done a lot of the right things, but they can still end up with toxicity levels because there really is an art form to getting that stuff out of the body. And that’s where the practitioner comes in and that’s where I think it is very important that people do the everyday basic things that make sense.

But then, when they realize there is an issue, you got to work with somebody who understands you, who they can then be a healthcare provider and a coach at the same time.

**Wendy Myers:**

Yeah. This was my case too. This was at the point of my life where I was eating perfect, organic fresh from the farm product, making my own food, I was exercising, I was sleeping, I was taking the right supplements. I was like, “Why do I feel like crap?”

**Dr. BJ Hardick:**

Yeah.

**Wendy Myers:**

And a lot of my clients, they are doing everything right and they still are sick and they still don’t feel good or they have major issues sleeping or adrenal fatigue. And that’s because the last missing piece of the puzzle is detoxification.

## 35:00 FIVE CORE ESSENTIALS TO BEING WELL

**Dr. BJ Hardick:**

I certainly agree. I always talk about a model of five core essentials to being well. And I do believe that it starts in the mind because people do recognize that if the mind is not well, if you are stressed, when you don’t get enough sleep, when there’s worry, when there’s anxiety, that will make you sick. Everyone agrees that the mindset has to be healthy and at peace.

The next thing though is obviously as a chiropractor, I recognize that even when your brain is putting out good positive energy to the rest of the body, when there’s trouble in the spine, that’s the structure of the nervous system, which then controls function everywhere else.

We do not only want to ensure that the mind is healthy, that someone has a good attitude, lots of healthy sleep, healthy nutrients for the brain. We don't want to see damage to the structure of the spine either on a global level or even on a microscopic level because that will interfere with the expression of the nervous system from the brain and through the spinal cord and the rest of the body.

So, two pieces to me [...] health from the inside out, life starting in the brain. It is the only organ that has an outlet. It's going to get through the spinal cord, to the rest of the body.

And then the next two things, everybody talks about eating right and exercise, well to me, that's number three and four. You got to make sure that your structure is healthy first because life does start from within the nervous system, and then you got to look at what you are fueling it with, which are the right nutrients.

We could do a whole talk on diet and nutrition and being non-inflammatory and getting the right nutrients and all the essential amino acids and essential fats that people need and then exercise.

At the end of the day, exercise is all about one ingredient, one nutrient, which is oxygen that people are becoming deprived of. And that's why people go to detox and there are a lot of great things that can be done with oxygenation and ozone and everything else too to make sure that you actually really clear the body by getting the oxygen back. And a lot of us were just deoxygenated. If somebody is dehydrated, they are deoxygenated because oxygen is a part of hydration.

But then also lean muscle mass, it's pretty clear that the more lean muscles that somebody has relative to body fat—I have yet to see a study that they are anything but less likely to beat out every single disease known to mankind.

So to me, it has never been about a 12-year old with abs. This has always been about making sure the more lean muscle you have, the better you are able to fight off every disease.

But to me, you got to take care of the nervous system first, the brain, the spinal cord and the nerves. And then eating right and exercise are three and four.

Number five is detoxification. I wish it didn't have to exist. I really wish it didn't have to exist.



But I think the latest number that we saw was 84,000 approved chemicals for the use in food and personal products that can be in somebody's household.

So we do not test these things in conjunction with each other. The only way a chemical is barred from use in the home or in the personal care product or in a food as a food additive is if it happens to show in immediate food allergy or an immediate topical reaction or an immediate death or complication or something on its own in the trials. And the trials aren't always the most extensive. You know this.

But what's not tested is what happens when there is an accumulated toxicity when all of these chemicals now are used in when they are used synergistically. There's a lot of concern about synergistic heavy metals. So now you get somebody with lead and mercury. Is it possible that that's worse than just lead on its own or mercury on its own? I believe the answer is yes and the science shows that as well.

So you have this synergy of chemicals being used together. And you look at personal care products, you look at foods and you look at home cleaning products. I mean just literally walk down the aisle at the grocery store where they sell Tide and Chlorox and all these things. Somebody could have put a blindfold on my face and I would know when I am in that aisle because of the smell. It's in these air-tight bottles. I mean how toxic is it when you can smell it going down the aisle when the bottles are supposed to be air-tight?

There are some really great environmental scientists that are going into homes and they are looking at the pollutants at homes and they are looking at particles in the air. And a lot of people are using so many of these sprays and chemicals in their homes that their air is just dirty. And the home is more air-tight than ever before.

In Canada, thanks for reminding me that you live in California, but I live in Canada. But here in the winter, we want the homes as warm as they can be and in the summer, we need them as cool as they can be because we go from humid to freezing. So the more air-tight the home is, the less air exchange there is.

Certainly, my grandfather lived in San Diego, California and the doors were open year-round and the outdoor air is actually as dirty as they can be out there in Southern

California. It can be not nearly as bad as the indoor air in many homes and schools and work buildings. So therefore, we got to have that air exchange and not have it in the home.

And also, we don't look at the long term effects of these things. Even Anderson Cooper from CNN and CNN is about as mainstream as it comes, I mean he went and he looked at all the body burden tests of kids that were showing up levels of flame retardants and EDTA in plastics and PBDE's and all these things showing up in the little bodies of little kids because they are so close to the surface.

And all of their toys are made with plastic and garbage and they chew on their toys and the remote controls. Kids, that's who I am most concerned about because their levels show up being even higher.

I was in a seminar not long ago showing that the blood brain barrier doesn't fully form until age seven. So those are the most precious years to make sure that there are no chemicals getting in a little kid's body. And they are already up against a lot and never mind stuffing them with food that is loaded with Red 47 and Blue 29 and Yellow all these different additives.

But again, the conventional world would love say, "There's no problem because they are in such small doses." Well, go on the Detox Project and you will see why it is, that a small dose is actually worse.

**Wendy Myers:**

Yeah. And a lot of kids are still getting mercury fillings and their mothers had mercury fillings. So let's talk about that.

**Dr. BJ Hardick:**

Sure.

## 41:41 MERCURY IN AMALGAM FILLINGS

**Wendy Myers:**

You discuss a lot in your free e-book about mercury fillings. And can you detox if you have a bunch of mercury fillings in your mouth? Is it safe to detox if you have mercury fillings? I get that question a lot.

**Dr. BJ Hardick:**

I think it is a great question. And there are a couple of ways to look at it. The first thing is we have to recognize that there are many life practices that contribute to detoxification.

So let's first recognize that exercise will activate the body systems and better enable the body to detox on its own. You and I know that, often, the criticism from the conventional world of detox is that we have bowel movements when we go to the bathroom so that we are detoxing all the time. Well, most people's livers are totally taxed, so we are not really detoxing all the time.

But again, where I agree there is the body is designed to detoxify on its own. However, when we are overloaded and the demands exceed the body's ability to do it, that's when there is a problem.

So if somebody is exercising or if somebody is getting healthy amounts of UV sunshine or somebody is consuming phytonutrients that contain cilantro and parsley for instance, these things that would actually be very, very beneficial to liver function, that's going to stimulate detoxification.

So, to suggest that somebody's not going to have parsley and cilantro and they have silver fillings or that they might not exercise and they might not go in the sun, it's just foolish. The everyday basic levels of detoxification in those practices, I think everyone can and should do.

And even some supplements—so, for instance, every day, I do take a *liposomal glutathione*. Now there are three ways to increase your levels of glutathione, which is your body's master antioxidant that really helps to push toxins out of cells. There are three ways to do that.

David Jokers speak about that on the Detox Project in a really, really great interview. But I take a liposomal glutathione every single day because there is wasting of glutathione in a lifetime after the age of 35. However, it gets even worse because it gets run down by heavy metals. So glutathione is already going to go down, but it goes down even more the more toxic you get.

So, take glutathione. I would take glutathione every day. And I am certainly going to do



things like fiber or bentonite clay or activated charcoal and certainly other foods and vitamins that's going to help basically detoxify the cells of my body, but maybe not what I would consider a full heavy metal detox.

So I would do those things every day because that's safe enough to do. These are gentle detoxifiers. Again, when you think about a bucket, it's always filling up with environmental chemicals. The goal is to keep that as unfilled as possible because the big problem is when the bucket overflows. So I would want to be gently detoxing on an everyday basis.

And you are thinking about kidney, gallbladder, liver and all these things. However, what I have generally seen in the holistic dentistry world that I would have also generally seen in a lot of the worlds where practitioner are doing things like IV chelation is they have cautioned against chelation when people have mercury fillings still embedded on their jaw. Frankly, we have seen some people go crazy when they have done it.

Now, I'm not saying that it can't be done, but it better be done under supervision because again, when we talk about chelation, the claw of the crab, this is like a magnet. So if there's heavy metals that are bound right into your body...

I personally have always advocated for an approach where somebody, if there are silver fillings, they would be best getting those removed first before they start then looking at chelation. But it doesn't mean that you can't necessarily do gentle detoxifiers each and every day. It doesn't mean that you can't go into a sauna. It doesn't mean that you can't go into Epsom salt baths. It doesn't mean you can't juice.

But really I think the positions on that in the holistic world are probably split right now. I think most of the practitioners that I have interviewed over this have said that they would prefer to see someone have their amalgam fillings removed first.

However, I certainly had interviewed a number of holistic dentists and IV administrating naturopathic doctors who have said, "Listen, if somebody doesn't remove all their amalgam fillings, there is a time and a place to still look at IV chelation, but you better supervise to see how the person does."

And again, after that chelation is done, they often need to be doing a lot of charcoal, a lot of bentonite clay to make sure that if there are any toxins that are liberated, that it doesn't go right back to the brain—the jaw is here, the brain is there, and this is the neurotoxin.

So, that's why doing it under supervision is so important. And again, it's not just what you're doing during the detox, but it's the couple of days after as well.

So, I hope that answers your question. I know what I would prefer to see happen. But certainly, I think anything that people can do to lower the toxic bucket is wise.

And I also think too, people can make changes day in and day out with the little stuff. First off, I remember, my old roommate from college who came to my house (this house that I'm in right now) when I was only a few years into professional practice. I had all these little bags of oatmeal. She looked on the bag, and she says, "Why do you get all these bags of oatmeal, all these extra crap in it?" She said, "Why don't you just buy the oatmeal and put your own stuff in it, put your own honey in it, put your own berries in it?" and I thought, "Hmmm... I guess I can do that." Just out of convenience, I had stuff with a bunch of preservatives. And I never gave any thought.

And so, to me, it was so intuitive. That's when I went down this journey to become like an ingredient detective.

So, those are some of the first things that people can do. However, for people that are still dealing with health challenges, you should not just be saying, "Well, I no longer have baggies of oatmeal. I eat quality oatmeal from the farmer's market. There still can be deeper toxicities.

And don't give up on the principle that the body is designed to be self-healing and self-regulating. Remove the interference. Let your body heal yourself. To me, that's the underlying, really, chiropractic-driven philosophy that keeps us all going.

**Wendy Myers:**

Yeah! Because these metals, they interfere in our body's metabolic functions. So, you just remove those, and a lot of weird symptoms and health issues and disease labels just go away. It's unbelievable.



## 48:21 COMMON DETOX MISTAKES

**Wendy Myers:**

So, what are some of the mistakes that people make when they're attempting to detox? A lot of people just try to do stuff on their own. They're hesitant to work with a practitioner maybe because of the expense. What are some things that people should definitely be avoiding?

**Dr. BJ Hardick:**

Well, let's go through a few. I'm sure that I could probably go on Amazon or I could probably go online and probably buy some chelating agents on their own and just start taking them.

For instance, you look at some of these chelating agents that do have a half life, if I was doing something like DMSA orally and I was doing it once a day or every couple of days or taking it [...] the next day and not doing it on a schedule, well, there's one major mistake. Obviously, this stuff has to be done a pretty strict schedule.

One of the other mistakes that people can do too is if they want to look into removing their amalgam fillings. Listen, goal number one is not going and just getting your amalgam fillings removed. Goal number one is making sure that the gut is cleared. If you have a dam in the river, there can be a major problem.

When people go and get their amalgam fillings removed, even if they're being removed properly, there can be some leeching of mercury.

Now, people say, "How do I get my amalgam fillings removed?" I do consider that to be detoxing. Getting amalgams out the safe way is detoxing. You don't just pull it out. Literally, the dentist has to drill it down and suck it all out. So there can be some leeching whether the dentist use a dam, a rubber dam or other procedures or not.

So, often, these people go in and they're very, very sick. Their liver and their gallbladder are bound up and not clearing well. The kidneys aren't strong. Their gut is not strong. There are gut blocks there. One of the worst things is a) just going to get your fillings taken without taking care of the whole gut first. I mean that is vital.

But then, getting them not moved out of the way, that's a major issue too. So the dentist





with whom I work, he has a specially designed apparatus. So his drill is actually cased in a little house for the tooth. So if the drill goes in there—and this is a section cup house, so that anything that is being drilled down gets sucked back right away instead of having two instruments, a drill and then a separate section cup.

And he has shown examples on models of drawing down mercury. When he doesn't use the right instruments, there's a lot more leaching. So that's one major incident there.

I think with juicing, frankly, I love a good green's juice and I am always careful to not get ones that have too much of sugar in them. So I am really greens, vegetable juice based. Juicing can be good.

But juicing, if somebody is quite ill, juicing can also really mess someone up.

A few years ago, when I was still on this journey, I remember being out there of course in California. So here I am, a Canadian guy showing up in California for a week. I remember really overdoing it on juices over a couple of days. I am not joking. I probably had 10 or 15 juices over a couple of days, and I thought, "I am juicing, I am detoxing." But I was a mess.

I benefited from getting all those phytonutrients in. It destroyed the rest of my vacation though because I didn't allow my body to gently detox. So sometimes rushing into these things a little too fast is not the wisest thing to do.

My preference is somebody is going to look at more of an everyday detox. We have a 7-day cleanse, I call it, on my website. It definitely does include one daily juice, but it also includes a raw salad and one cooked plant-based meal. But it is not juice exclusively.

Even if somebody is going to juice, one of the other issues that people can do there where they make a lot of mistake is they do a lot of fruit because our taste buds are so sensitized to sugar.

And Dr. Joel Fuhrman put the list together of the best super foods that we have. And we know that it all starts with vegetables—kale, collard, greens, batchoy, they're all at the top, red peppers. You go down the list of that. But most nutrient-dense fruit that we have is a strawberry, which is actually very low in sugar.

So if somebody wants to be juicing, you should be starting with those green foods that actually provide more nutrients and not as much sugar.

It's funny. Actually, I have a visitor right now who is diagnosed with leukemia a couple of years ago. And we went to go get a smoothie today. And again, it contained the whole food. So this whole food, it got a kale smoothie with chia seeds and homemade unsweetened almond milk.

And everybody behind the counter was saying, "Are you going to like the taste of that?" But he has been doing this for so long, he loves the taste of it. His taste buds are no longer addicted to sugar. And also his cancer is on remission. So take a pick which you want.

So definitely, if we are going to be juicing, we got to make sure we are doing it not with a whole bunch of high sugar fruits.

Listen, I can't believe the amount of grams of pure sugar that is in a juice when you start adding in Granny Smith apples. People think, "Let me just throw in a little bit of an apple." Listen, I have added up the content. I have seen juices for sale that have 56 grams of sugar.

But there's no fiber in that juice, there's no fat, there's no protein to buffer the impact of the sugar content. So I do believe that if fruits were meant to be consumed exclusively in juice form, that God would have put a faucet on the fruits and there's no tap on it, you shouldn't be getting the whole food.

I guess I am more of a *whole foodist*. I really believe in consuming whole foods. Except for hot sauce, that's one processed food that I will take any day of the week.

## 58:44 THE MOST PRESSING HEALTH ISSUE IN THE WORLD TODAY

**Wendy Myers:** Yeah. I have a question I like to ask to all of my guests.

**Dr. BJ Hardick:** Sure.

**Wendy Myers:** What do you think is the most pressing health issue in the world today?

**Dr. BJ Hardick:** I really think the most pressing health issue comes down to a misunderstanding of the body's great innate recuperative powers.

So I think when I see things going wrong in people's health, it always comes down to people not recognizing that there is a universal intelligence in all matter, that there is an innate intelligence that really is driving all healing. There is an innate intelligence that is driving my survival.

And you know what? In chiropractic, we call it *innate intelligence*. In Eastern medicine, it's called the *Qi* or the *Ka*. And I can get into Egyptian translations.

But when you do look at holistic and Eastern and chiropractic medicine and integrative medicine to a certain degree, it always comes down to recognizing that the body was designed to be healthy and well, that we are wired to be healthy and well. If I cut my finger, it begins to heal before I even realized that it's cut.

If I put my hand on a hot stove, I have a reflex that pulls my hand away from that hot stove before I am even aware of it happening. If I go into a room that's filled up with more carbon monoxide or carbon dioxide than there should be, my body starts triggering [inaudible 01:00:12] before I am even consciously aware.

And when I see people's health go downhill, there is typically some separation from that innate understanding that the body was designed to be healthy and we fall into a model of believing that our health is strictly a matter of accident or a factor of being lucky with who your grandparents are, that it is a factor of chance or a factor of your genetics. Once we fall into that and we start believing that we don't have—I don't want to use the word control—the innate ability to be well, that's how we get trapped into the world of modern medicine.

**01:00:52 VITALISM**

I think if there is one area where Western medicine has really, really hurt the most, it's that separation from the underlying principle that the body is designed to be self-healing and well on its own. That's what I consider to be *vitalism*.

Vitalism recognizes that the body is not just individual parts that are somehow glued together. It says we should be able to measure every single cell in the body, figure out how they are glued together, figure out how they work and that the body is pretty much this sum of individual cells, some of individual parts.

Vitalism is what recognizes that the whole is much greater than the sum of its parts. And I have always seen that when people can become anchored in that philosophy, then when they are faced with health problem or health challenge, they can always go back to that principle and they can seek out science and art forms that are aligned with that principle.

And that really is the principle that has guided chiropractic. It is a principle that has guided much of Eastern medicine. And it is the principle today that's guiding much of integrative and what we call functional medicine as well.

So to me, ultimately it comes down to recognition of the philosophy more so than any one lifestyle practice.

**Wendy Myers:**

Yeah, I just love you, that you said that, so much. You see this in your family and in your friends that their bodies are breaking down or they get cancer, diabetes. And a lot of people, "Why me? Why did I get this? It must be my genetics or my father had it or my mother had it."

But it is really the choices people make, their diet, their intake of sugar, their driving themselves into the ground and not sleeping enough or over-exercising or the exposure to toxins and not being aware of what we are putting on our body and in our body. And we do have so much control in preventing disease.

**Dr. BJ Hardick:**

And if you are not getting well, you keep asking, "Why?" So if something is going wrong in my health or in my life, I keep going back to that question of "What's interfering with my innate ability to heal?"

If I can figure out what the interference is and if I can remove the interference, I am



grounded in the principle that my body is designed to heal.

## 01:03:15 CONVENTIONAL HEALTHCARE

**Wendy Myers:**

Yeah. And you have to get out of that revolving door of your physician's office going from conventional doctor to conventional doctor to conventional doctor because you are only going to get drugs and surgery. You are not going to get solutions to the underlying causes of your health issues that are going to resolve the issue.

I personally believe that modern medicine is designed to keep you sick and designed to keep you buying drugs and getting surgery and whatnot. But we need medications and surgery. We absolutely do.

**Dr. BJ Hardick:**

Well, here's the deal. I live in Ontario, Canada, which is more or less socialized medicine up there. It's not exactly the same as Obamacare. It really is a government funded system for people that are having everyday doctor's visits.

Now, people that are doing anything that is preventative is outside of what our government healthcare system would look after. I don't get a rebate on my tax returns because I buy organic food. My reimbursement to the gym or two gyms I guess—now we all need a cross fit gym and a regular gym I guess. So I don't get reimbursement for those things. When I see a structural integration therapist or when I go on a physiotherapist, the government doesn't pay for those things.

However, the government does pay for those everyday doctor visits. And the government does pay for emergency surgeries and other forms of surgeries even if they are not emergency surgeries.

Listen, if I am in a car accident tomorrow, I am grateful that I actually do live in a socialized medicine system where if I smash my face through a windshield, God forbid or if I have a broken leg that I will be taken care of.

I do think it's a little upside down and backwards though that our society in Canada is paying for late term lifestyle interventions, which are scooters and medications and surgeries that could have been prevented with better lifestyle. But unfortunately, to not

be a victim of that system even though the government pays for it, you must have made choices earlier in your life that you have to pay for yourself. So there's a major, major problem there.

However, when it comes to the everyday doctor's visits—he was a good friend of my father. He lived two doors down. I mean my dad was a chiropractor and we lived beside two medical doctors.

And the one, he told my dad years ago, "Cliff, because I am paid by the government to see somebody for basically 12 to 15 minutes. If somebody comes in to me and they are stressed and they are not eating right or they need to change their lifestyle or they need to exercise and they need somebody more than just saying, 'Start exercising,' but showing them how to exercise or showing them the right foods to eat, getting into all this stuff."

He said, "Listen, if I take that time with my patients, I can't earn a living because I get paid for a single doctor's visit." And he said to my father, "Pretty much, the only thing I can do in a 12 or 15 minute doctor's visit is write a prescription and suggest that the person eats better and do a few exercises."

So he actually picked up and left and started working in a private clinic. He moved down to Chattanooga, Tennessee where people would pay him by the hour more for health coaching.

There was just a big discussion at the level of the World Health Organization that the role of the health coach used to be frowned upon. But actually the role of the health coach, people that might not even have a license to be a healthcare provider, that's more important than ever before because the system today is only letting the healthcare provider really do nothing other than provide, that it is the information gap that people need.

However, if there's a healthcare provider who really, really wants to serve as somebody's health coach and health liaison, it's probably not going to be achieved in a conventional system. And I think there are great people in the medical world and a lot of them feel really, really stuck. They feel handcuffed and they wish they could help people more.



But even in Canada, we are starting to see private clinics show up. So I can certainly go get my physical done every year if I wanted to do that and get it for free. Or I can go over to a private clinic and somebody 350 bucks. Free versus \$350, there is a major, major gap there. We are seeing more and more people opt to the private clinic. Even though this is something that would be paid for by the government because they know they are going to have a higher level of service and they are valuing their health in much greater long term.

I am not a politician. I am here just to encourage people on what they should do. But we will hit the politics on this within my lifetime because I do think there's a better way to help people that are driven by this philosophy more so than the run of the mill.

Wendy Myers:

Bottom line is we need our doctors. We need our health coaches. And we need to detox. We need it all.

Dr. BJ Hardick:

Doctors and detox, you got it.

## 01:08:11 WHERE TO FIND DR. BJ HARDICK

Wendy Myers:

Why don't you tell the listeners where they can find you, learn more about you and download your free detox e-book?

Dr. BJ Hardick:

Sure. I promise I am the only Dr. BJ Hardick online. There are a few impostors out there. But it is just DrHardick.com.

*Real Detox* is all over the website. And I hope when this airs that they can actually jump on and get a seven-day cleanse as well.

I am really excited. I think it is the smartest cleanse. I wouldn't develop something new if there was something better already. But I felt there was such a need for the seven-day cleanse. So that's on the website now along with other articles related to toxicity and then of course the *Real Detox* e-book.

And listen, I will say this about the recipes. I am very proud of the recipes that we keep on my website. And they all work. And the pictures are all the real things.

So as soon as somebody does a recipe and they are making it with almond flour and it doesn't really come out quite like the picture that they see and they have a picture of what they saw in Pinterest and then they have a picture of their own healthy version of the recipe and there is a big "#fail."

No, listen. Our recipes on my site, they are largely because I am grain free, I would say 99% of the recipes on my site are grain-free, sugar-free, which means they are gluten-free. They follow very much a ketogenic path, but still a high plant-based as well. So [inaudible 01:09:38] vegetarian. And they are all real pictures of the real recipes and they're delicious and we love them.

It's a combination between the snack recipes that I think people enjoy. But then also, they are really glamorous meals too. When you invite people over a company, you want to wow people. You want to have a good old time too.

So there are tons of detox info in DrHardick.com. I am really continually more and more pleased with the recipes that we have on their. So people, I invite you to check them out.

And then jump on the Detox Project, which I guess when this airs, it is starting in a week and a half. I mean the speakers really, really are tremendous. They are representing a broad base of healthcare. And people will learn a lot. It really tells a whole story of how we have gotten so sick, but then also what we can do about it.

**Wendy Myers:** And so what are the dates of the detox project?

**Dr. BJ Hardick:** September 26 until October 3<sup>rd</sup>.

**Wendy Myers:** Fantastic. And I am definitely going to tune into that. It's very, very, very important information. That's exact info I talked about on this podcast. I really recommend you check it out if you just can't get enough info on detox.

And BJ, thank you so much for joining us today.

**Dr. BJ Hardick:** Hey, thank you. And thanks for all the work that you do. I just can't thank you enough.

**Wendy Myers:** Yeah. And everyone, if you want to learn more about me, you can go to my website, Liveto110.com. It's not going to happen unless you detox.



You can also check out my detox program called [MineralPower.com](http://MineralPower.com) where I help you and free you from fatigue and brain fog. Thank you so much for joining the Live to 110 Podcast.



EPISODE #169

OVERCOMING MERCURY TOXICITY



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