



EPISODE #221
GUT HEALTH AND SALT WATER FLUSHING TO MAXIMIZE DETOX
WITH JOSH MACIN

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Wendy Myers:

Today's show is brought to you by Care.com. To save 30% off a premium membership, go to Care.com/live when you sign up for a membership.

Hello, everyone. Thank you so much for joining me on the Liveto110.com. My name is Wendy Myers. I am your host. Today, we're going to be talking to my friend, Josh Macin, from theDetoxDudes.com about detoxification and many aspects related to maximizing detox like attending to gut health, doing salt water flushes, and how EMF interferes in detoxification and binders that you can use to maximize detoxification. Lots of really helpful tips in today's show.

But before we get into that, please, please go check out my book on Amazon called Limitless Energy. I wrote this book to really highlight how toxins and metals can interfere in our body's ability to produce energy and result in fatigue. And I know many people are tired out there. They're exhausted. They're brain fogged. They might go to their doctor seeking help, and really don't get a lot of concrete answers.

And I've done years of research and collaborated with a lot of different health experts and metals experts around the world to create this book called Limitless Energy: How How to Detox Toxic Metals to End Exhaustion and Chronic Fatigue to give you lots of tips on how to improve your energy levels. So go check it out on Amazon.com.

Today's show is brought to you by Care.com. And I really love this service. I used Care.com to find a babysitter for my child when my nanny wasn't available, to care for my pets, my mother-in-law. My ex-mother-in-law has used Care.com to find a caregiver for her husband who has Alzheimer's

disease. So Care.com provides a whole range of services to care for anyone in your family.

And I think this is such a wonderful service because they have a huge selection of people to choose from. You can look at their job experience. You can look at their reviews. And you can find the person that best fits your needs and fits your personality.

Care.com also provides an easy way to manage and pay for caregivers. And they have a selection tool for daycares and adult care centers throughout the United States. My mother-in-law who is 75 years old, she's a medical doctor, and she wants to care for her husband who has Alzheimer's as long as she can. But being elderly herself, she just can't do it by herself. She can't take him to the restroom. He fell once. And so she called Care.com to have someone in-home to care for her husband and for herself as well to help her.

And it's just been such a wonderful experience because he's been able to stay at home and get the care that he needs as opposed to going to a senior home or a hospital environment.

She decided to use Care.com because you can save as much as 50% by using Care.com as opposed to agencies and Medicaid and things of that nature that do provide in-home care that are much, much more expensive. And you can get help with all kinds of services including meals, errands, housekeeping, transportation, even just companionship, including personal care.

So, be sure to go check it out at [Care.com/live](https://www.care.com/live). If you use [Care.com/live](https://www.care.com/live), you can save 30% off a membership.

04:10 ABOUT JOSH MACIN

Wendy Myers:

Our guest today, his name is Josh Macin, he was a 2010 Brazilian Jiu-Jitsu world champion and the 2012 Pan American champion. Suddenly, in October of 2013, he began to experience debilitating panic attacks, suicidal despair, and gut-wrenching anxiety.

After pharmaceutical drugs provided no relief, he found himself on a hero's journey traveling to the corners of the earth experimenting with some of the world's most powerful hallucinogens, trying ayahuasca, float tanks, fasting, meditation, colon cleansing, but not even yoga provided him with the relief. And he began to lose faith.

And in a surreal sequence of events that transpired three years after beginning his journey, he found out about heavy metal poisoning and started a comprehensive detoxification protocol.

Now, alive and well to tell the tale, Josh has created [theDetoxDudes.com](https://www.thedetoxdudes.com), a company devoted to

helping people overcoming toxicity. So, go check them out at theDetoxDudes.com.

Josh, thank you so much for joining the show.

Josh Macin: Thank you, Wendy.

Wendy Myers: Why don't you tell the listeners a little bit about yourself and how you got into detoxification.

Josh Macin: Yeah, sure. Well, my name's Josh Macin. And about four years ago, I was on a completely different path. I was competing professionally in Brazilian Jiu-Jitsu and working corporate America. And all of a sudden, around October 2013, I got extremely sick.

I started having debilitating physical symptoms, anxiety, and depression. I couldn't function as a human being. And I really felt like I was losing my mind honestly.

And yeah, I spent 3 ½ years traveling around the world to doctors. I lived in the Amazon jungle for eight months working with ayahuasca which is a plant medicine. And I really tried every diet, float tanks, yoga, just everything imaginable, anything that I could find on the internet as far as natural healing remedy because, for me, the pharmaceutical route did not really help me at all. And I had tried that out as, of course, an initial attempt at recovering and healing myself, but that didn't work because, of course, they're just symptoms for an underlying greater illness.

Wendy Myers: And that's just everyone's story. Modern medicine doesn't help them. They have to go for something else.

Josh Macin: Right! Exactly, exactly. So yeah, I kept trying all these different things and diets and fasting—I would fast for months out of the year—self-love and meditation. I spent four to five hours a day meditating. I just could not figure out the root of my issues.

And my digestive system wasn't working. It was a nightmare. It was really a nightmare. I'm really lucky to be alive.

So, eventually, I found out in a pretty divine way—I was actually a couple days away from going to Africa to take iboga which is another hallucinogenic medicine that may sound crazy to the average listener, but I was in so much pain that anything that I could find and grasp onto was, to me, the next step. I was fighting for my life.

So, after diets, and after all these things, what else do you try besides hallucinogenic tribal medicines. Somehow, it made sense to me.

Wendy Myers: Trying to get divine inspiration and guidance, yeah.

Josh Macin:

Exactly! So, I was a couple of days away from going to Africa. And if that didn't work out, I was going to—as intense as this may seem, I was just going to take my own life. It was that debilitating for me.

I found out about mercury fillings. I had tons of mercury fillings. And I of course had vaccinations. And I ate a lot of sushi. And in my college days, I ate tuna fish. So I decided to get a hair test for heavy metals. And my mercury and aluminum were off the charts, totally off the charts.

And since that day of finding that out, I've been hard on the detox. I've been going strong for about a year and a half now. And my life has completely changed.

I own a business, The Detox Dudes. I help people all around the world with heavy metal and parasite detoxification. And it's like I'm living two different lifetimes in one honestly. So yeah, that's a long story short.

09:12 TOP TIPS FOR DETOX

Wendy Myers:

So, you have a detox program that you offer at theDetoxDudes.com. Excuse the sirens in the background. Here in Los Angeles, they're always going by.

And so, let's talk about some of your tips when you're working with clients and coaching people. What are your top tips to help people detox?

Josh Macin:

I think the first thing is that people kind of need to figure out where they are. I feel like some people are super, super toxic, and they're really struggling. Their body is just destroyed—low minerals, everything is out of balance. And then, there are people who are like okay and trying to become great.

So, I feel like they are two different dances in my opinion. And because I came so close to death, I learned about how many things are good for the average person, but not necessarily good for somebody who is close to death because it just does too much to the body too soon.

So, having said that, I would say that the essentials and the home base that needs to be addressed are things like magnesium—you know, I really like magnesium, oil magnesium cream. I remember you recommended an awesome magnesium product the other day actually. I forgot the name of it.

Wendy Myers:

Yeah, I like Ease.

Josh Macin: Ease.

Wendy Myers: It's like a water. Magnesium Ease, you spray it on your body. It's like water. It's really high quality spray magnesium.

Josh Macin: Okay. Yeah! So, of course, everyone is magnesium deficient. That's huge.

I really like binders for detox and for reducing detox reactions. Binders like activated charcoal, coconut charcoal, bentonite clay, ZeoBind—I like BioPure's ZeoBind—microsilicon. I'm sure you've talked about a bunch of these on other podcasts and shows. But I really like binders and some type of fiber like psyllium husk to kind of go in there and attract all of the low-hanging fruit, all of the stuff that's floating around the gut and really causing havoc and getting re-absorbed into the bloodstream.

So, a binder cocktail is one of my favorite approaches to restoring harmony to someone and restoring a base for them.

Most people just have a leaky gut. Most people have metals floating around in their gut. And all of that stuff is just getting re-absorbed into the bloodstream through the mucus layer and really messing people up.

And that's what was happening to me. Like I said, I tried everything imaginable. And I couldn't make any progress because my leaky gut was so severe that nothing worked. I wasn't absorbing nutrients. I wasn't digesting my food.

So, I would say that the binder cocktail and gut healing supplements. I really like colostrum. I really like slippery elm, Enterogel. I'm sure you've heard of Enterogel.

Wendy Myers: Yes.

Josh Macin: You know all the trade secrets. But Enterogel is like a silica-based binder that goes in there and leaves a little film, a protective film, on the intestines. I really like that stuff. And licorice root is pretty good for gut healing as well.

So yeah, I would say binders and gut healing magnesium.

And of course simple lifestyle changes are so essential. Most of the population is sleeping right next to their cell phone, or they are leaving the router on overnight. I feel like that's one of the most simple and effective ways of creating a safe healing environment in your house, just to shut off the Internet, just to shut off the Internet at night. These EMF's just really destroy us on a

cellular level.

And another huge thing is the water. People are drinking of course toxic tap water filled with fluoride and chlorine and just destroying us. So I really like spring water, natural spring water from the earth. I use FindaSpring.com to get natural spring water.

And lifestyle changes like going out in the sun first thing in the morning, just getting out in nature, self-love—not so much a particular detox tip, but more so just a life tip, just really loving oneself and being gentle with one's self because it's really hard to detoxify if you're constantly stressed and constantly nervous about toxins and nervous if you're not doing everything right.

Wendy Myers:

Yeah, I get a lot of clients who have a lot of anxiety about doing everything right. It definitely can be a big problem for some people. Especially if they're sick, now they have a lot of worry and anxiety about their health understandably.

Josh Macin:

Right, right. Exactly!

14:29 REMOVING TOXICITY FROM THE HOME

Wendy Myers:

And what about removing toxicity from the home. I mean, a lot of people become toxic simply because of their home and the toxins that are in their home that they're not aware of. So many people go to the store, and they're buying these horrible cleaning products and laundry detergents and beauty products and just not really even thinking about it or questioning it.

Can we talk a little about that and your tips on removing toxins from the home?

Josh Macin:

Sure, yeah. It's just like you said, the majority of the population is literally poisoning themselves on a daily basis. If you just take a look at their bathroom, underneath their sink, their laundry room, chances are 95% or more of what they're using is just a chemical-based product. Or sometimes, they're just only chemicals. There's nothing natural about them.

And these products have been synthesized in a lab. They've been created to maximize profits. And they're cutting every corner imaginable. And then, we're putting this stuff on our skin, on our clothes, on our dishes. And we're ingesting it in every way imaginable, little by little compounded over time which is just, in my opinion, like a slow death.

So, I say for people to just take a look at their house. Like underneath their sink, what kind of cleaning products do they have? There's no need to use chemical cleaning products. There's essential oil cleaning products. There's Dr. Bronner's. There's all kinds of natural herb and plant-

based cleaning products for the kitchen and dish detergent.

And in the bathroom, soaps, shampoo, conditioner, make-up, there are so many companies now that make these things plant-based and organic and healthy for the body.

I really like Dr Bronner's for soap. I use that soap for pretty much everything—shampoo, body soap. I'm sure that the women out there aren't going to be happy about that.

Wendy Myers:

Yeah. One time, I washed my hair with Dr. Bronner's, and my hair was like a hay stack. It was hard and just not good. It's too harsh for a shampoo. But for a body wash, good. Thumbs up! But not shampoo.

Josh Macin:

Right, right. Yeah, yeah.

And yeah, I would say, that's the long and short of it—bathroom, kitchen, laundry detergent. Everything that goes on your clothes kind of stays in there to some degree, so you might as well get some herbal laundry detergent which is probably maybe 20% more expensive, you're not dying from it, so...

Wendy Myers:

Yeah. I love Charlie's soap. Charlie's soap is my favorite because there's a lot of natural detergents out there that they won't get the smell out of your clothes (but they might get some dirt and what-not). But Charlie's soap, it does get the smell out if you have that.

Josh Macin:

Yeah, yeah. I like that. I also have used baking soda or borax and zeolite in the laundry. I do a lot of infrared saunas, and of course, the towels get loaded with junk. So I put some zeolite in there, and it kind of cleans up the towels, so you can reuse them—and the smell, yeah.

Wendy Myers:

Oh, that's good. I use a product by Envirocleanse. It's a laundry additive with the Charlie's soap. And it will get all the chemicals and everything out of your clothes. I'll do it when my daughter goes to daddy's house and he used the toxic chemicals that I've asked him not to use a hundred times, but he still does it. And then, I had to rewash her clothes. And just the Charlie's soap won't get it, but this additive from Envirocleanse gets out of all of the chemicals from the clothes that we pick up in our environment whether you hug your aunt who has 10 sprays of toxic perfume on her. You want to wash all that garbage out of your clothes.

Josh Macin:

Yeah, that's awesome. It's called Envirocleanse?

Wendy Myers:

Yeah, it's Envirocleanse. I think it's called "laundry additive" or something. It's not a very exciting name. But it's something you add to your laundry to help remove the chemicals.

Josh Macin: Cool!

Wendy Myers: Yeah, I enjoy that.

18:56 SALT WATER FLUSHING

Wendy Myers: And so, you do a salt water flush with your clients. So what is that? What is it for? And how do you do it?

Josh Macin: Yeah, I failed to mention before, but I think colon cleansing, just removing the colon, removing the backed-up feces and fermenting fecal matter from the colon is so important for healing. Most of us, if we have a typical American diet, probably have 5 lbs. or 15 lbs., maybe 20 lbs., of just old stuff in there that's preventing our immune system from working, preventing our body from connecting to any sort of good frequency or any sort of love frequency.

So, cleansing the colon is essential, just removing all of the back-up and the junk. And a salt water flush is basically where I have my clients—and I did this myself a lot. I still do it about once a month—take 2 tbsps. of sea salt—I really like Icelandic sea salt—and put it in about 20 oz. of warm water.

Ad right on as well, I would have about a liter or a liter and a half of spring water on the side. And first thing in the morning, you drink a few sips from the brine concoction and a few sips from the clean spring water. And slowly, over the course of maybe 20 or 25 minutes, you would drink both the 20 oz. of salt water and the 32 oz. of spring water.

Yeah, you don't want to be out and about for that. Make sure you're close to a toilet.

Wendy Myers: Chained to the toilet, yes.

Josh Macin: Exactly!

Wendy Myers: Can you use Epsom salts for that?

Josh Macin: I don't like Epsom salts for that. I think they're a little harsh. And then I also feel like a lot of the Epsom salts are made in China. So, assuming it was made in the USA in a good, clean process, I think Epsom salts every once in a while are okay. But I love a sea salt for the salt water flush.

Wendy Myers: The Chinese have the Epsom salt market also?

Josh Macin: Yeah, they do. They have it cornered.

Wendy Myers: ...that are sold in all the natural health food stores.

Josh Macin: And same with ascorbic acid. All of the vitamin C is made in China.

21:12 EMF AND DETOXIFICATION

Wendy Myers: And so, let's talk about EMF. So EMF is a big problem. I've been talking about it more and more on the podcast. How does it affect your body's ability to detox?

Josh Macin: I think it just shuts down all of the systems and really hurts us on a cellular level. I think they did us—and don't quote me here because I don't know the exact study. But they were showing how a cell phone actually changes a cell. The cell is open and ready to move and connect. And then, the cell closes off and shuts down as soon as it's put next to a cell phone. I heard that once. I don't know if it's a true fact. But it would make sense to me if that was.

Basically, what EMF's are doing as a whole are just not allowing our body to connect to higher frequencies, to connect to healing energies. And they're kind of breaking us down and forcing our body in a lower vibrational energy.

Routers and cell phone towers, we're just living in the age of EMF pollution. I mean, it's all over. You can't escape it. Well, you can if you work hard enough. But it's a form of toxicity. And it's the opposite of the vibration of nature. Nature is operating at a certain frequency, and EMF's is just total opposite. You couldn't be any more conducive to breaking things down as opposed to healing.

So yes, I use a little router cover. I bought this thing from—I think it's called EMF Safe Living Technologies. I forget the name. I'll have to get back to you on that. I use a little router cover just to cover the router when it's on during the day. But of course, using a wired connection would be ideal.

And then, not sleeping next to your cell phone, putting it on airplane mode before bed, and trying to stay away from technology altogether before bed because of the blue light. Of course, the light is affecting our Circadian rhythms. And just everything is all out of whack from this technology.

So, I actually sleep in a canopy. I have a canopy, a full silver-infused canopy that blocks out pretty much all EMF's. So I bought a little device called the Acousticom 2 that I actually have right in there. And I just walk around. If I'm moving somewhere or if I'm sleeping somewhere, I kind of just use it to see how bad the situation is.

And inside the canopy, of course, it's zero. It's really like being out in the middle of a desert or

somewhere where there's no Internet connection, no cell towers.

Wendy Myers: Do they still have those?

Josh Macin: What? What?

Wendy Myers: Areas in the world where there's no cell phones or...?

Josh Macin: No, no. It doesn't exist. No.

I brought my Acousticom 2 deep into nature. And there's pretty much shards of EMF coming from all different directions, yeah.

Wendy Myers: Maybe if you're in the desert, the Sahara Desert or something...

Josh Macin: Maybe...

Wendy Myers: In the middle of that, there's no EMF's.

So, I know that EMF's, they dramatically impact our ability to sleep. They really kind of will vibrate your pineal gland to death where you're not able to make adequate melatonin and people don't sleep. And you detox a lot when you're sleeping. If you don't have the energy to sleep and the energy to detox, it's going to dramatically impact your body's ability to detox, the EMF's.

And it's just going to get worse with the introduction of 5G. I actually am kind of frightened about that and the health consequences for so many people once that's enacted.

Josh Macin: Yeah, absolutely. A little story about EMF's.

When I first moved to Portland, it was about a year ago and I was nowhere near as well as I am now, I moved to an apartment building with about 55 different routers. I knew about the EMF thing, but I wasn't so gung-ho about it. I thought maybe it was in people's head, maybe it wasn't as real as people say it is, maybe there's fear involved.

And I'll tell you, the first night I fell asleep in there, my brain just swelled up. I could feel inflammation. I could feel my thoughts started to get really screwy. And it was just almost an immediate danger zone—all these routers around me. And it was 5G I believe. The routers at least said 5G next to them, so I don't know. I don't know how complete that technology is right now or if they're just slowly starting to release it. But all the routers had two servers—one that was regular 2.something gigahertz, and one that was 5G.

So anyway, it totally messed me up. I had to move out of there. I pretty much moved within the

first 40 or 50 days just because I knew that it wouldn't be conducive to my healing journey.

Wendy Myers:

Yeah, yeah. I was dramatically affected by EMF's as well moving from Malibu to Central Los Angeles. There's EMF's in Malibu, but when you're kind of near the beach, there's not as many people that live there and not as many cell phone towers. And half the houses aren't occupied. And so, it was just more of a peaceful place to live. And Central Los Angeles, I mean there are so many smart meters and cell phone towers and wireless Internet routers.

And I have to move. It's definitely affecting my health and my energy. So I'm working on that. I'm going back to boo in Malibu.

Josh Macin:

Wow, really? Cool! Yeah, yeah. I can't imagine how bad it is there. I mean, New York City for me is just off-limits. I could spend a couple days there, but other than that, it just doesn't feel good.

But you said smart meters. And I actually have a little smart meter protector. They're pretty effective. When you have the Acousticom 2, you're able to kind of see exactly what everything is doing as opposed to just blindly listening.

Wendy Myers:

Yeah. I sent an email this morning. I called my electric company. I sent an email to have my smart meter removed. I finally got around to doing that. So when I agreed for them to install the smart meter, I thought it sounded like a really good idea. But I'm going to go back to them having to manually come here and check my electric usage and opt out of that program. Just one last thing off the list that's affecting my health.

28:04 GUT HEALTH AND DETOXIFICATION

Wendy Myers:

And so, let's talk about gut health. A lot of people have reduced gut function because there's so many assaults on our gut from chemicals and metals and stress. And people aren't absorbing nutrients. They're having food sensitivities and autoimmune issues and so many different health issues because of poor gut health. Can you talk about that and its relation to detoxification?

Josh Macin:

Sure, yeah.

Wendy Myers:

When the gut is inflamed, every single other detox process is halted. The body basically says, "Hey, listen, we don't have anywhere to go if we start releasing stuff from your brain or from your organs or tissues. So we're just going to stop everything."

And so, the important thing is to reduce the inflammation and heal the mucosal layer. We all have a mucus layer on the inner walls of our intestines that, when intact and when healthy, it

does a good job of protecting the intestines. But over time, through the onslaught of pesticides, insecticides, and all this compounded junk, we basically get holes in our mucus layer. And then, our food particles and all kinds of things leak through and cross the blood-brain barrier and basically create all kinds of mental issues and physical symptoms from that.

So, the way to heal the mucus layer is—one of the most amazing things that really changed my life is actually a prescription. It's a compounding drug from a prescription. It's a prescription drug from a compounding pharmacy. And it's called [unintelligible 29:46].

Dr. Klinghardt and Mark Clark use it. I don't know how active they are about it now. But I know about five or ten years ago, they were using it for the treatment of leaky gut. Maybe they've come up with something better by now. But for me, that was a real lifesaver. And for people who are severely toxic, I think it's really hard to make progress without that intestinal wall coming back together.

Glutamine of course is really good for that too. And slippery elm is actually this bark—and of course nature has so many of the answers. When you make this tea, it's basically this mucilaginous tea that's the same texture as our intestinal lining. And so, the universe really knows, the Earth really knows how to heal us.

And then, our mutual friend, Robert, he told me about a lectin-avoidance diet. And I've really been loving the lectin-avoidance diet. Anti-nutrients are these things called leptins—that I would have never been able to truly understand until I did it myself—these anti-nutrients found in grains and seeds and nuts that really cause inflammation and all kinds of havoc in our intestines because these plants are creating a protection mechanism against being eaten—and of course we are eating it.

So, Dr. Gundry has an awesome book, *The Plant Paradox*. I'm sure you've heard of that.

Wendy Myers:

Yes. And I've been doing a Lectin-Avoidance Diet for about a month and a half now. And I really, really love it. My gut has been good for a while. But the Leptin-Avoidance Diet has brought it to the next level.

And because of the reduced systemic inflammation from the Leptin-Avoidance Diet, I've also been releasing tons of mucoid plaque. I don't know if you've ever talked about mucoid plaque. But another piece of the puzzle, in my opinion, is just removing all of this. And also, in terms of healing the gut, removing this build-up.

And so, sometimes, it's just of course this old fecal matter. But sometimes, there's also this

literally layer—it's almost like a piece of a rubber tire that comes out of us sometimes that is from, time and time again, our body over-producing mucus from processed and all kinds of crappy chemicals that we're eating. So this mucus is our body's protection mechanism. But over time, compounded, it's just creating this plaque, basically this plaque on the inner walls of our intestines. And when you remove that—

I mean, Dr. Richard Andersen talks about how this plaque actually contains proteins that actually store our memories and are representative of our DNA. So when you remove mucoid plaque, you literally change yourself on a DNA level.

So, that's been huge. The Lectin-Avoidance Diet has been huge—and binders and salt water flushing in terms of removing plaque, and colonics of course.

But gut healing is a really long-term process. People think, "Oh, I'll do a couple months of gut healing, and then my gut is healed." And I think that's a massive delusion. You can't fully heal your gut until the metals are gone, until you start working on the viruses and the bacteria. And that takes time. But it's really important, in my opinion, to start working on it.

In the beginning, at least develop a foundation, improve your gut health, and then start detoxing and improving your gut health simultaneously. I don't know if you agree with that or...?

Wendy Myers:

Oh, absolutely, yeah. A lot of people think, "Oh, I've got to heal my gut before I can detox," but you have to remove metals to heal your gut.

I mean, I talk a lot about metals like arsenic, aluminum, tin, and thallium that reduce your body's ability to produce energy. And it's energy that's required to hold the [desmosomes], these tight junctions in your gut lining together. They require energy.

And if you don't have enough energy, you're not going to be able to hold them together.

There's a lot of metals that damage the gut like copper and other metals that you have to work on to ultimately, in the long run, heal your gut for sure.

Josh Macin:

Yeah. Do you like Restore for Life for the tight junctions? Have you ever used that product?

Wendy Myers:

No, I haven't personally used it with clients. But I do have some clients using it. I think it's an excellent product.

Josh Macin:

Yeah, I think that's a good one too for gut health.

Wendy Myers:

Yeah, absolutely.

34:32 ABOUT THE DETOX DUDES

Wendy Myers:

And so, you have video coaching program. And you have a Facebook group that I'm in—it's very, very active—helping people with their questions about detox. Tell us about that.

Josh Macin:

Yeah, we have an amazing tribe, a private Facebook group where we have people from all over the world, from all walks of life, all different careers, and all different phases of detox who are all coming together to talk detox, health, spirituality, and really just connect with one another.

When I healed myself, and I looked back and I said, "What did I need during this journey? What is it that would have totally made this 3 ½ years of torture either shorter or easier or both?" What it came down to was a community.

A community is essential. There's going to be a lot of people out there who are listening to us and think that all we're saying is awesome, and then there's going to be people who listen to this and think that it's crazy. Maybe not you, but if an average person listened to this stuff, they would just say, "Oh, that's crazy. I'm going to go back to eating my hotdog."

So, it's important to have a community of like-minded people to connect to, to talk to. And synergy is really the ultimate form of knowledge and creation. And what I've found is that community is the ultimate form of healing.

So, I've put together this tribe. And you're in it. We have some of the most badass detox coaches on the planet in there. Robert's in there. Our mutual friend, Robert Brower, is really an amazing, amazing guy, full of knowledge and wisdom.

So yeah, that tribe is going strong right now. And part of being part of the tribe is you get access to my video coaching course which I made accumulatively after my four years of healing. I basically put all of that knowledge into a course where I teach everything. And I know I'm pulling punches—gut healing and parasites and chelation and re-mineralization, all the different steps, so that people have a clear outline of something that they can start working with. So yeah...

Wendy Myers:

And you mentioned parasites. How does that play into your program that you offer?

Josh Macin:

Yeah, one of the most beneficial parts of my journey, pieces of my journey, was when I did suppositories. I don't do them anymore, but I spent about six months doing them.

And suppositories, if someone doesn't know, it's basically just a little coconut oil or cacao butter. Suppository, this thing that goes up your number two.

Wendy Myers:

Your hooha...

Josh Macin:

Yeah, your hooha. It goes up your hooha. And you make it yourself. You can buy them, but they're super expensive. And honestly, you can make them yourself to your own doses and to your own ingredients. It's much more efficient in my opinion. And I teach people how to make them on my site anyway. You don't even have to join my tribe for tat.

And I've done them with essential oils, with all kinds of parasite herbs. And what I found is that it was far more effective than any of the oral supplements or pills or herbs. Really taking them rectally had this systematic effect where, pretty much within seconds of inserting a garlic suppository, you can taste it in your mouth.

And of course doing a hot yoga class that night is not the best idea as I've learnt.

Wendy Myers:

I've gotten those suppositories. And yeah, the garlic is intense.

Josh Macin:

Yeah, someone said it's traumatizing.

Wendy Myers:

Yeah, that's actually a better word for it. But how badly do you want the parasites out of your body is the question.

Josh Macin:

Yeah, how bad you want it, eh?

So, yeah, that's been hugely beneficial. I mean, I've gotten rid of hundreds of worms. I have pictures all over my website and my YouTube channel of the worms that I've gotten rid of.

For anybody who doesn't believe in parasites, we are all living with that from our history and our childhood and just the generation that we live in. So it's nothing to be scared of. But yeah, it's definitely real. I've gotten rid of hundreds of rope worms and round worms and liver flukes and every species known to the planet.

And just two days ago—literally just two days ago... I haven't really been detoxing. I've taken a couple months off—just a few herbs and a few healthy foods. I went strong for about a year and a half. And just a couple of days ago, I got rid of a 3-foot long rope worm—literally 3 ft. long. And I'm not even taking a lot of stuff.

And what I realized is that when you start really getting to a new level of health, momentum takes you the rest of the way. Your body starts healing itself. And of course supplements are always needed, but it's really a miracle of what can happen when you really start getting to that next level of health.

Wendy Myers: I think I saw the post of that, the worm and the detox.

Josh Macin: Oh, I'm sorry. I'm sorry.

Wendy Myers: Yeah, I didn't need to see that with my coffee this morning. But it is shocking! People need to know that this is inside of you. They need to have awareness about this stuff and that it's contributing to their health issues because when they go their doctor, they're not getting information about metals or parasites typically or other things that are dramatically affecting their health.

And that's why we do what we're doing to provide alternative health information to give people that complete picture that they're not getting at their doctor which is where everyone goes when they first don't feel well.

Josh Macin: Exactly! And conventional science and medicine have studied these rope worms. Hundreds of these creatures have come out of me. And science says that they don't know what it is. The best scientists in the world will analyze these rope worms and they'll say, "Well, it has the same structure as like a human being, the same DNA structure as a human being. We just don't know what it is."

It's just mind-boggling how, if we were to wait until conventional medicine would catch up, we'll probably all be dead by then.

Wendy Myers: Yeah. Yeah! And you're having friends for dinner. You're eating, and you're eating, and you wonder why you're still hungry or you're not able to gain weight or whether you're just craving food all the time and you just can't control your cravings. It's because these parasites are taking over our body, taking over our gut, our second brain, and driving our behavior and our moods in many ways.

Josh Macin: Absolutely! And it wasn't until I really cleared my fungus, my Candida, my parasites that I realized that they were pretty much operating the show. And I see it all the time in public.

Just like you said, I think most people are literally 90% or 80% occupied by these things. They're not even generating their own thoughts. These thoughts are coming from elsewhere. And guests for dinner, 100%. And these guests are also pooping and peeing inside your body when they're done eating your meal. And they release all kinds of gases with their excrement.

So, it's like, basically, we're losing nutrients—you know, Klinghardt talks about it. He says malnourishment, toxicity and parasites, right? And when one worsens, they all worsen. So it's like your parasites are eating your nutrients, and then they're also shitting and peeing in your body and releasing all kinds of gases and ammonia and just making you weak and tired.

So, it's just super important, I can't stress it enough, to be doing detoxification. It totally changed my life. And I just think that it's a necessary thing in this world with what we're dealing with, the onslaught.

42:37 WHAT'S NEXT FOR JOSH MACIN

Wendy Myers:

Is there anything else you haven't talked about that you'd like to mention or anything about your community or what you see moving forward?

Josh Macin:

Well, I definitely see myself opening up like a physical detox location. That's my dream that will hopefully come true in the next few years. But other than, I encourage everybody to jump on the wagon and jump on the train.

You know, I spent 3 ½ years chasing my own tail with spirituality and with all kinds of other modalities, everything imaginable. And I realized that detox and physical detoxification is one of the ultimate ways of healing the body and the spirit and putting the pieces together.

And there's so much free content out there. My website is loaded with free content. My YouTube channel is loaded with free content. Just check it out, dive deep. Do your own research and come to your own conclusions. But those are my conclusions at least.

43:43 THE MOST PRESSING HEALTH ISSUE IN THE WORLD TODAY

Wendy Myers:

What do you think is the most pressing health issue in the world today?

Josh Macin:

Like the name of the symptom or like the actual root issue?

Wendy Myers:

Just the most pressing health issue.

Josh Macin:

Health issue? I would say pretty much like chronic fatigue and depression, but those are just labels. And underneath that all, I would say is toxicity. I would say mercury and aluminum, in my opinion, are just all over. And mercury is causing—

I'm sure you've seen this YouTube video where they have a mercury molecule coming next to a myelin cell. The myelin cell is this beautiful tree-like formation, happy and healthy. And the mercury comes like a big cloud and just kills it basically. That's what mercury is doing—amalgam fillings, sushi, all kinds of vaccinations.

So, I would say, because of my crazy story, I would say mercury is the number one root issue. And that leading to depression and chronic fatigue being the biggest issues.

Wendy Myers:

Yeah, mercury, statistically, is the number one toxicity that all people have. And it's unavoidable! It's from coal-burning, fossil fuel burning. It's getting to the air, we breathe it in. It's placed in our mouth with the mercury amalgams. And because it's in the air, it gets into the fish, and into the food chain. It bio-accumulates and we're all eating it. It's no wonder why everyone is so, so mercury toxic.

It can manifest itself in hundreds of symptoms and medical diagnoses. It's a huge problem that people really need to address. I totally agree with you.

Josh Macin:

Absolutely!

45:36 WHERE TO FIND JOSH MACIN

Wendy Myers:

Well, Josh, thank you so much for coming on the show. We've been trying to do this podcast for a while. Sorry there's been so many delays, but I'm glad you finally came on the show.

And definitely, everyone, go check out their Detox Dudes Facebook group, and their website, theDetoxDudes.com.

Is there anything else you want to share with the listeners about where to find you?

Josh Macin:

That's all, yeah. Just theDetoxDudes.com. And YouTube, [theDetoxDudes](https://www.youtube.com/thedetoxdudes). I also have a Facebook page, the Detox Dudes. And yeah, you can put a link down below for the link to the tribe or to sign up for the tribe.

Wendy Myers:

Yeah, absolutely. That will be in all the show notes. You'll know exactly where to get in touch with Josh if you want to ask him some questions about detox.

Josh Macin:

Cool! Thanks, Wendy.

Wendy Myers:

Everyone, thanks so much for joining us on the Live to 110 Podcast. You can find me at Liveto110.com. You can learn about my healing and detox program at MineralPower.com. And be sure to check out my new podcast about bioenergetics called Supercharged on iTunes.

Thank you so much for listening to the Live to 110 Podcast.

