



Top Takeaways: #294 Top 5 Ways To Fight Dehydration - Why Drinking Water Alone Isn't Hydrating You, and Why Most Alkaline Water Is Garbage with Eileen Durfee

1. After working as a nuclear power plant engineer for many years, Eileen became sick from toxic exposure, and decided to go on a journey to heal herself through detox and nourishing her body.
2. Through this journey Eileen developed highly effective inventions and supplements to aid anyone on a healing journey.
3. Even if you are just 2% dehydrated there is measurable cognitive decline.
4. Dehydration can cause many problems in the body including joint pain, poor digestion, acid reflux, high blood pressure, asthma, blood sugar deregulation and many more.
5. If the kidneys don't have enough water to process urine, your body will harvest water out of the blood stream, creating high blood pressure.
6. Because we lose a lot of water while breathing, the body will constrict the lungs if there is not adequate hydration in the body.
7. Drinking a form of water called bulk water, water that you quickly drink throughout the day, can actually strip important minerals from your cells. This is why Eileen suggest taking a pinch of Healthy Salt in a glass of water several times a day.
8. Healthy Salt, compared to other salts, is a clear winner in producing the best alkaline pH levels, ratifying sodium requirements of the body, supplying 100 essential minerals, and overall, providing the necessary requirements for hydration.
9. Himalayan salt produces far less alkalinity in water (6 pH) and has a far less mineral content (1%), verses Healthy Salt's 10.72 pH alkalinity and 25% mineral content.
10. Eileen has urine test strips that test for your hydration level, mineral reserves, and your alkalinity or pH, as well as test strips that you can dip into your water to test for metal levels.
11. Not all alkaline water supplies what the body with what it needs to create cellular energy and stay optimally hydrated. Healthy Salt creates the ideal alkalinity in water.
12. Water today is not structured, and lacks many minerals for out body to properly retain water.
13. Dr. Gerald Pollack discovered a property of water called EZ, where water, formed around salt, will grow by absorbing light, and become like a battery, growing fastest with infrared light.
14. EZ water is much more hydrating than other water, and will be produced rapidly by

- taking the Healthy Salt and supplementing it with infrared saunas.
15. Eileen also makes a device called the Bio Disc that can also help to quickly produce EZ water.
 16. You can learn more about Healthy Salt and Eileen's other amazing products at creatrixsolutions.com

Wendy Myers: Hello. My name is Wendy Myers. Welcome to the Myers Detox Podcast. Today, we have a really interesting show. It's all about dehydration. And we're busting some myths about salt, what you need to know about salt. We make some really good differentiations about why your sea salt of choice may not really be having all the benefits that you think it is.

Wendy Myers: And we're also going to be talking about why you constantly go to the bathroom and wake up to go to pee at night. I know a lot of people have night-waking because they have to go to the bathroom and part of the reason is because you are not hydrated. We talk about why your alkaline water may not be very good for you and why just drinking water alone may not be enough to hydrate you. We talk about a lot of different techniques to help improve hydration on the podcast today.

Wendy Myers: We also talk about why you want to skip Himalayan salt to meet your mineral needs; and why Himalayan salt can actually cause acidity in the body; and the type of salt that has the highest mineral content in the world, 25% minerals, where most sea salts and Himalayan salt only have 1% mineral content; and what that means for your health; how to monitor if you're getting enough minerals through some really interesting urine test strips; and the type of light that hydrates you to increase EZ water or exclusion-zone water. So really, really interesting show today.

Wendy Myers: Lot of you guys listening to this show are looking for ways to improve heavy metal detoxification and just generally improve your health. And I talk a lot about on the show about how heavy metals dramatically impact your health and why they may be the missing puzzle in trying to meet your health goals and trying to feel better in where you may not be having success in that because you're not adding detoxification to your health regime. Well, I've created a very simple quiz, takes two minutes to do, to help determine what your potential levels of heavy metals are in your body. Go to metalsquiz.com. Take the two-second quiz to learn your metal levels and some solutions about what to do about that to improve your health.

Wendy Myers: Our guest today, Eileen Durfee, was a former nuclear power plant engineer, auditor and inspector. But after working for many years in this job around nuclear power, she became very toxic and suffered from allergies, chemical sensitivities and thyroid disease. During her journey to heal, detoxify and achieve health, she invented really helpful solutions to take your detox to the next level.

Wendy Myers: Eileen is passionate about taking good ideas and creating better health products to support detoxification, energy production, mineralization and natural health. She was granted one utility patent and has seven patents pending and is writing a self-help book to fix the 100 billion-dollar-a-year low back pain problem. You can learn more about her and her really unique detox inventions at creatrixsolutions.com.

Wendy Myers: Eileen, thanks so much for coming on the show.

Eileen Durfee: Thank you for having me.

Wendy Myers: Why don't you tell the audience a little bit about yourself and how you got into health and why you're so passionate about detoxification?

Eileen Durfee: I've been sick my whole life. And I was a nuclear power plant engineer. And I became sick from toxic exposure and I needed to detoxify. So I've kind of been on this journey because I felt like if the body just had what it needed, that I wouldn't need medications and all these things. So it's been quite the journey. And so I'm a gadget-woman and so I try to life-hack and come up with better ways to do good things.

Wendy Myers: Yeah. And so you have this amazing salt that I'm absolutely in love with. It's called [Healthy Salt](#) and it's really, really special. And I wanted to do a whole podcast just focusing in on salts and dispelling some myths that people have about salt and what type of salt they should eat. So that's what the whole show's going to be about today but let's talk first about dehydration.

Wendy Myers: So dehydration's a huge, huge problem. A lot of people today are dehydrated. And as a result, they pee too much or their sleep is disrupted because they're waking up in the middle of the night to go pee and there's a lot of different issues caused by not drinking enough water. So just how bad is dehydration? What are some of the other symptoms people will have if they are dehydrated?

Eileen Durfee: Yeah. Well, dehydration is really bad. Even if you're just 2% dehydrated, there's measurable cognitive decline. And so that's everyone of us every single day. At least at some part of the day, we're dehydrated. And the body goes into this rationing system. So it's like whatever water is available, it has to make use of. And so there's all kinds of receptors on cells to produce more histamine to conserve water and then prioritize what cells get water.

Eileen Durfee: And just a few examples would be your cartilage in your joints. That normally should contain a lot of water but if there's water shortage, the... because normally, the bone marrow, that's where the water comes through into the joint but the bone marrow has a higher hierarchy of importance. And so the body will sacrifice and not send water to the joints. And then it causes pain because it's not cushioned so it's not ready

for movement. And it will preserve it in the bone marrow. So that's one instance.

Eileen Durfee: Another instance would be in digestion. Normally, the stomach will empty really acid food, digested slurry into the intestines but that would damage the intestines. And so what the body does, the pancreas actually makes like a sodium bicarbonate solution but it needs a lot of water to do that. So how many people will eat a meal and they'll just feel like their food just sits on their stomach and sits on their stomach and it's not moving? It's because the stomach will not release that into the intestines and damage it unless there's adequate amounts of that sodium bicarbonate solution to go in there. And this whole cascade of digestion problems are because of dehydration.

Eileen Durfee: The valves that keep the stomach contents in the stomach, instead of regurgitating it up through the esophagus or the hiatal hernia, everything like that, is when there's dehydration, the muscles in those valves relax because it's preparing the body. It's like, "Okay, we can't damage the intestines with dumping our acid stomach contents in there," so it's got to come out the mouth. So the body keeps relaxing all these things and so people don't realize that these problems are because they're thirsty.

Eileen Durfee: I mean, Dr. Batmanghelidj, he wrote this book, *Your Body's Many Cries for Water*-

Wendy Myers: I love that book.

Eileen Durfee: You're Not Sick; You're Thirsty. I mean, even we're helping people to detoxify and there's one thing at the cell level is these lysosomes. They're responsible for cleaning up all the molecular debris inside the cell. And they need protons to become very acid to have this exchange from alkaline to acidity to clean out the cell. And so when you're dehydrated, the water on the outside of the cell isn't in the quantities that it should be. But normally, there's a special kind of water that they just discovered that will help this gel water to be able to have this exchange go in there. And so if you're dehydrated, it doesn't matter how many supplements you're eating. To get dehydrated, if there's water-rationing going on in the body, then you're not going to detoxify.

Eileen Durfee: And there's one more example I want to give and this is breathing. We lose a lot of water through breathing. So one of the things that the body does in the water conservation process is it produces histamines to constrict. So it's going to constrict the lungs so you don't lose as much water there. So how many asthmatics are like so dehydrated? I think their symptoms would go dramatically down if they were having the fluids where it needed to be.

Wendy Myers: Yeah. I'm glad you brought that up because that's one thing any of my clients that have allergies or histamine-response issues or anything like

that, they have to drink more water. It's just a natural response the body has when it's dehydrated.

Wendy Myers: So let's talk about salt. Why would consumption of salt help with hydration?

Eileen Durfee: This new fourth phase of water builds around salt. In chemistry, they say, "Salt sucks," because you've got the cell, you've got this osmotic flow. So on one side of the membrane, you got a low concentration of salt. In the other one, you've got a high concentration of salt. So next to oxygen and water, salt is used more in the body in osmotic flow.

Eileen Durfee: It's like the hydroelectricity plant that the body can make energy from. And the body'll store like 27% of the salt in the bones. And, again, salt retains water. It's actually a natural antihistamine. So the body'll even mobilize salt stores out of bones to help retain water because we don't have a hump like a camel to draw water so our body uses that histamine. It uses salt because it's part of the electrical circuit. We couldn't do anything without salt in our bodies.

Wendy Myers: Yes. And so why do you recommend a pinch a day? Or a pinch of salt in every glass of water?

Eileen Durfee: Well, there's, now, four states of water. And they call it bulk water that we would drink. And the density of the waters are different. So bulk water, that we're just drinking eight glasses a day, actually flush through the cells. Like if you drink a bunch of water, in 10 minutes it can flush through the cells and not hydrate the cells but actually take a lot of mineral, electrolytes with it. And so with doing salt...

Eileen Durfee: Actually there's a new type of water that they created because it's not just solid. It's not like ice, it's not liquid and it's not vapor. There's what they call EZ water and it basically... Our skin is like a solar panel so it will negatively charge and store energy like a battery. And this salt, this type of water, the EZ water, forms around salt. And so it's like an energy storage bank. And so our hydration cannot really be complete without taking salt. And we just don't want to strip and get rid of our minerals by just all of a sudden drinking eight glasses of water a day.

Wendy Myers: Yeah, yeah. Because people don't realize that drinking eight... say they're trying to drink more water. They drink all this water and don't have enough salt intake, it's just going right through them. I don't know if anyone's paid attention to that. But if you're one of the people that you feel like you're constantly going to the bathroom, and that was me at one time, then you're probably don't have enough minerals in your body. You don't have enough salt intake. And this is a big problem today because our food is largely deficient in minerals because our soils are largely deficient. And we have to actively work to replace the minerals in our diet that are missing from there, that we're not getting.

Wendy Myers: And so we don't want to just do that with any salt. We don't want to just put any kind of salt into every glass of water that we're drinking. Himalayan salt is very, very popular. Has a lot of press. But what do you recommend that you feel like is better than Himalayan salt?

Eileen Durfee: I, for the therapeutic, just little pinches of salt using this really fine powder to give you a lot of alkalinity for that osmotic electrical exchange. I recommend [Healthy Salt](#) because it's 10.72 pH. And I relooked at the lab reports. It's not 30%. It's like 25% minerals. And then when you leave it in water, the pH does not go down and the ORP is low.

Eileen Durfee: So there's a place for oxidation, like if we're doing some ozone therapies, because it'll break down toxins. But when you want to keep the minerals in your body, you want to have a low ORP. It's like an antioxidant value. And so I really recommend for, in your water, just the pinches of it because it's actually the finest particle size of a salt that there is and so it starts actually absorbing right in our mucosal membranes, in our mouths. Great for gum health but...

Wendy Myers: Yeah. I absolutely love the [Healthy Salt](#). I've been taking it every morning in my water or right before I have my coffee because I know coffee really takes your minerals. So I have the salt right before my coffee as a buffer zone. But I also have been doing some pinches throughout the day in my water and I absolutely love it.

Wendy Myers: I definitely can tell the difference. I feel better. I'm not urinating as much. I mean, I put other things in my water like I put some restructuring drops in the water and that really helps to retain the water as well. But if I don't do that, if I don't do the Health Salt and/or I don't do the structured water drops, the water just goes right through me. It's unbelievable. So I never ever drink water without some sort of treatment to aid retention of the water and retain so I stay hydrated.

Wendy Myers: And so let's talk about the Healthy Salt, let's say in comparison to the Himalayan salt. Let's first talk about pH. What are the differences in the pH between these two salts? You mentioned ORP. Let's get to that next. But first, let's just talk about the pH.

Eileen Durfee: Yeah. Well, the Himalayan salt comes from either the Pakistan area or the Himalayans itself and so there's like miles and miles where this salt can be mined from. But on all the lab testing that I've looked online and everything like that, you're right at about a 6 pH. And then there was some testing that was done where they put the Himalayan salt in water, kind of like the book talks about, making the sole. So you're not a crystal and you're not a liquid. And there's a saturation point in water to be able to dissolve this sodium chloride. And the longer the Himalayan salt stays in the sole, the higher the ORP value goes. So that's detrimental.

Eileen Durfee: And with the Healthy Salt, you're 10.72 pH. It's like you talk about drinking a cup of coffee, it takes 20 parts of alkalinity to reverse one part of acidic

food. So drinking coffee or anything with caffeine in it, is going to be dehydrating. So you're going to have to drink more water than that 2.5 quarts a day to make up for that. But yes, immediately using high pH...

Eileen Durfee: And that's how I fell in love with Healthy Salt because I met a Korean acupuncturist and he was selling this salt and it was astronomically expensive and I was just so skeptical. And he had all my favourite sea salts out there: the Redmond, the Himalayan, the Hawaiian, the French salt. I mean, he had like about eight or nine salts out there. And he used Kirkland purified water, which has a acid pH of like 5. Stay away from that, right?

Eileen Durfee: So he filled up all the glasses and then he put a pinch of each of the salts in the glasses. And they still stayed acid. I'm like going, "Hm." And he put a pinch of the [Healthy Salt](#) in there and the glass went blue. I'm going, "Okay. I got to buy this. I'm going to try it. There's something to this."

Eileen Durfee: And so then that's when I started the journey of pulling a hair analysis and then every day for a month, taking the dose of salt, which he recommended a 16th of a teaspoon three times a day. So I did that for a month. Then I stopped salt. Boy, I didn't like the month without the salt because the salt made me feel so good. But anyway, I had to do it.

Eileen Durfee: So then I did another hair analysis. And so I'm cutting my hair only a half-inch long because length equals time. So then I go a month without the salt. Then I cut my hair again. Then I get to start the salt again.

Eileen Durfee: I did that on-and-off about four or five times before I was totally convinced that this salt was something special because all the heavy metals would dramatically go up in my hair. My energy production, my blood-sugar ratio, everything would improve. And it was like changes that you just never see but it would be like the changes that you never see every other month when I'm on the salt. Just consistent. So I was quite impressed.

Eileen Durfee: And so then I spent about \$3,000 on lab testing because the Korean acupuncturist said, "Hey, the salt's a 9 pH. And it's this and it's that." And so when the lab tests came back, usually people exaggerate as far as "This is better," whatever. But it was 10.72 pH.

Eileen Durfee: And when you compare the magnesium content in Healthy Salt compared to Himalayan, it's like 1 part per million in Himalayan but it's 6,800 parts per million magnesium in Healthy Salt. I mean, so besides satisfying the sodium requirements in our body and benefiting for creating more hydroelectricity from a greater differential in pHs from here to here, then Healthy Salt is the clear winner. And so as far as pH goes, I've never seen anything that worked so well.

Eileen Durfee: It's like that's the other thing is I got these test strips, these ultra-sensitive ones. Besides the hair, that's something that takes a month. But how about instantly seeing a change in hydration? These ones, if you got

a high specific gravity, you're going to be dehydrated and you'll probably have higher amounts of protein and things in your urine. So you'll see all these markers that are not good. So I take a baseline with this one. Then I start dosing on Healthy Salt through the day.

Eileen Durfee: Then I start checking to see, "How much? How acid am I really? What did that cup of coffee do to me? How much do I really need to get back up where it's good?" And then I could do those. And then when these start consistently showing that, "Hey, I'm having the right amount of salt and alkalinity." So then I go back to these and I check what happened to my specific gravity.

Eileen Durfee: And, oh my gosh, in like three days of consistently doing the water with the salt, then all the urinalysis strips that show dehydration go away. So it's hair analysis with the pH test strips. You could really bring your body to where it needs to be to have maximum function.

Wendy Myers: So you mentioned ORP earlier. So what exactly is ORP in layman's terms, if you will? And can you explain why you don't recommend Himalayan salt due to its high ORP value?

Eileen Durfee: Sure. ORP is oxidative reduction potential. I guess, if you're familiar with ozone, it's got three molecules of oxygen and the third one, breaks off and it oxidizes. It breaks down a substance kind of like the EPA will inject ozonated water into contaminated groundwater to clean it up. It purifies it. Los Angeles ozonates their drinking water.

Eileen Durfee: And so when you put Himalayan salt in water and leave it there, like creating a sole, the longer it stays in the water, the lower the pH goes. It goes from 6 down to 5. But the ORP value keeps on going up for like 48 hours, it... so it's like the longer it stays in there... so that is going to be breaking down the minerals that are in the salt that you're trying to get in your body. And then with that lower pH, I don't think that that's good. And if you have a low ORP, that's antioxidants.

Eileen Durfee: And so with the [Healthy Salt](#), you've got a low ORP. And so in a salt, you wouldn't want a high ORP. Now, there's a place for ozone therapy, which that is high ORP and you would do it in different protocols. And so with the salt, I don't recommend using a high ORP salt with a low pH.

Wendy Myers: And explain how the Healthy Salt has the low ORP.

Eileen Durfee: Well, when you dissolve it in water and you measure it, it does not climb. It is low and it stays low. And so that's just antioxidants. So you're getting a lot of things all wrapped up into one with the Healthy Salt. You're getting minerals. You're getting the salt. You're getting the high pH. You're getting it as an antioxidant. As I do more testing, I've got some ideas for testing. I have a theory that it might even make EZ water, expand EZ water. So we'll have to see if my theories are right and get that tested.

Wendy Myers: That's awesome. So these pH test strips, so they're testing the urine, correct?

Eileen Durfee: Yeah. They can [inaudible 00:25:21] saliva, but yeah.

Wendy Myers: So that's awesome. So you have these test strips that are testing the urine. So you can test for your hydration level, for your mineral reserves, your alkalinity or your pH. And that's just fantastic.

Wendy Myers: And then you also have other strips as well where you can actually dip them into your water, say, without the salt, you can dip them into your water and see if your water levels have metals in them as well. So it's an instant gratification for testing your water. And so I love these test strips that you have. There's another test strip you have as well. Can you talk about that one?

Eileen Durfee: Yeah. The water that we drink is so important. They've even figured out that people drinking certain types of water will live a lot longer than others. So water is like our most important nutrient that we could put into our body. A lot people are drinking tap water. They're drinking acid bottled water and everything else but that doesn't mean that it isn't free of contaminants. And so part of the whole detoxification thing, our first line of defense is "Let's don't put it in our body to have to get rid of later."

Eileen Durfee: So we have the water test strips and they're a 14-panel. All the other ones online are like a 10-panel. And so it gives us information. So, "Hey, do we need to do some filtration? Do we need to switch what type of water we're drinking?" because that's just an important thing that you can do for yourself.

Wendy Myers: Yeah. And so let's talk about alkaline bottled water for raising pH. So if you're drinking Smartwater, it's not working because that is not a high-pH water. So what are your thoughts on that? There's so much marketing around alkaline water but there's a lot of problems with the various waters that claim to be alkaline.

Eileen Durfee: Well, let's make them alkaline. Our body has a system of preferred minerals versus other elements that can increase alkalinity. Yes, your body'll derive some benefits from alkaline water kind of like your body'll forced into giving you energy if you drink coffee. But is that natural energy? Is that good alkalinity? And that's kind of what people have kind of gone off in left field here, is they're all wanting alkalinity and they're coming up with all these ways. Even machines that put electricity on plates that release elements of titanium or platinum or have extra calcium in there to have this alkalinity.

Eileen Durfee: But why not give your body something that it needs to produce cellular energy in our body to create this amazing water, this phase of water that we're going to talk about, that's going to help hydration instead of these

bottled waters? You can make your own alkaline water and supply your salt needs.

Wendy Myers: Yeah. And so you're just talking about Kangan water, where there's water that's sent over platinum and titanium plates and those metals get into the water. And so, while it's technically alkaline, you can become very metal-poisoned over time drinking that type of water. It's really bad.

Eileen Durfee: Yep, that's right. And people ... not aware of that.

Wendy Myers: Yeah, I know. It's just terrible that... It sounds great. "Oh, Japanese, amazing high-end water system." It's very, very expensive and people just end up poisoning themselves.

Wendy Myers: So let's talk a little bit about what you mentioned before, the recent discovery in water properties by Dr. Gerald Pollack. And explain how taking a near infrared incandescent bulb sauna can help to hydrate the body.

Eileen Durfee: Yeah. It was interesting. I mean, water is almost unexplainable. There's 70 anomalies in biochemistry that happen around water. I mean, they still don't understand it. And so at the University of Washington, he was studying water. And they found this phenomenon where water becomes negatively charged, which they didn't think was happening before.

Eileen Durfee: And they went home one day and I guess a microscope light was accidentally turned off. And so when they came back in, it's like this exclusion zone with all this negatively-charged water was like so much smaller. And they turned on the light and all of a sudden, it grew massively.

Eileen Durfee: So then they understood that water absorbs this light and becomes like a battery because this water becomes thicker, it needs to have salt around it. That's where the water... they call it EZ exclusion because it'll push everything else out of that area and just become negatively-charged and it will actually really separate the positive to negative. So, in theory, you could put electrodes in there and produce electricity out of water. And they did an experiment and they did that.

Eileen Durfee: And so then they did studies and they found out that that water grows faster with infrared light. So obviously, sunshine, probably the reason why we feel so good when we go out in the sun is that EZ water is expanding and storing energy. See, we thought that our mitochondrion and eating food and all this other stuff was responsible for energy production in the body. But now, there's a new aspect. Our skin is like solar panels.

Eileen Durfee: But this water is denser. That's the neat thing. It almost turns into like a gel. And so, it actually is more hydrating to the body. So we really want EZ water as much as we can. And so when we're in the sauna, obviously one of the reasons why we feel so good is we are creating EZ water.

Eileen Durfee: And when we're taking the salt.., like the [Healthy Salt](#) will maintain it. And then we're getting that hydroelectricity that's produced through the osmotic action of the high and the low. And then our detoxification goes up because EZ water has to get inside the cell. And because of this negative and positive charge, protons are attracted to it.

Eileen Durfee: So that's where when it goes inside the cell, these lysosomes attract the protons and they become really, really acid. So then this whole acid/alkaline thing happens to where it propels and cleans up all the molecular debris in the body. And so it's like light. Oh my gosh. Taking a sauna will hydrate your body. You have to take your salt with it. I mean, it's just amazing.

Wendy Myers: Yeah. And I love this because I've been talking for years about how when you're doing a hair mineral analysis and then you can look at your mineral levels and gauge them. And then you need minerals for detoxification. And it's difficult to get the amount of minerals that you need. It's difficult to supplement that away. And then you have to drink... juicing is a great way to get minerals but can be very expensive and time-consuming.

Wendy Myers: And this is just a really great, easy way to just, in addition to what you're already doing, to hydrate your body. This is one of the most basic things in health, is you have to get adequate minerals, I mean, not only for detoxification but just for your body to work properly. And being properly hydrated by the book that... What was it again? Everything You Need to Know About Water? What's it called?

Eileen Durfee: I think everybody should read this book.

Wendy Myers: I read it. I just couldn't remember the title. What is it again?

Eileen Durfee: Yeah. It's Your Body's Many Cries For Water.

Wendy Myers: Many Cries For Water. Yeah. It's such a compelling story. But yeah, just if you're dehydrated, you have more pain. You have more allergies. You have more histamine reactions. You have more brain fog. You have more fatigue. I mean, there are so many negative symptoms that people can have when they're dehydrated.

Eileen Durfee: So let's touch on the sodium and high blood pressure.

Wendy Myers: Yes, yes.

Eileen Durfee: There is a chapter in this book... so everybody that's got high blood pressure, go buy this book and read it. But it's your body's rationing system where it's constricting the blood flows. If the kidneys don't have enough water to process the urine, it will actually squeeze the blood vessels. And it has this reverse osmosis plant and a shower spigot where it will actually harvest water out of the bloodstream for the kidneys to

work. And that whole process creates high blood pressure. And this doctor says that it's just a symptom of severe, long-standing dehydration.

Eileen Durfee: And so he says for people that have edema and swelling, they need to actually measure the amount of their urine output compared to their water intake. And they have to go very, very slowly. And if they start having edema, swelling, that's kind of like your body creating its own camel hump. It's like, "Oh my gosh. Here's all this water. We got to store it and we got to ration it out based on all these protocols and hierarchies."

Eileen Durfee: And so what he said is to stop the salt intake when you're swelled up and drink enough water to where that begins to recede. Then you work up with very tiny, little bits of sodium with the salt so it balances it. And maybe over the course of one to two months, you'll be able to rehydrate your body. Because that's a common question people ask with sodium and high blood pressure and "I swell up like a balloon." You're dehydrated.

Wendy Myers: Yeah. And part of that also is from sodium chloride, like the table salt that people eat, where the doctors... That's what they're telling you to avoid, is the sodium chloride. An ignorant doctor will say, "Avoid sea salt also." But the sodium chloride, that makes you retain water too but it makes people very, very ill. It's a poison to the body. Very, very different than [Healthy Salt](#), which has 80... was it 100 minerals that's in it?

Eileen Durfee: Oh, if you do the ultratrace minerals, yeah, it's just like... And that's the other thing. For the genetic code to work, there's a scientist that documented that we need at least 49 minerals for basic functions and apparently another 10 that is highly suspect as minimum requirements. So even in food supplements, where are you going to get 49 to 59 minerals? You're not going to get it.

Eileen Durfee: And that's the other thing about Healthy Salt that I really liked, is because in this quest to find all these analysis of all the other different salts, Real Salt, 98-something % sodium chloride. They all had very few minerals in them. But I ran across this information about a French scientist. At the turn of the century was basically taking sea water and processing it in a way that he would give it to humans. And even in his studies, he took the blood out of dogs and completely filled them up with this sea water and they were living, walking around just fine. And so when we looked at the analysis of what was in that marine plasma, which is very expensive. It comes like in little ampules that you drink. When he was doing it, he was injecting it into people and curing just about every disease known to man. He was killed in WWI and over a million people went to his funeral.

Eileen Durfee: Well, they're still making this but the ratio of the minuscule amount of minerals is what's so important. And what was so interesting when we started comparing the lab tests of the Healthy Salt to that marine plasma, it was so similar. Just yeah, we don't have the plankton. That's the other component in theirs that's very healthy for us. But so when you compare

all these other salts, whether it's super high or low and all this kind of stuff, they just don't have that broad spectrum trace elements that our DNA, our body just loves. It just is crazy when people, if they would do a hair analysis with you and get a before and then add this and just see the changes, it would just... It's just incredible.

Wendy Myers: Yeah. And that's what's so great about these minerals, is that it's very, very fine. It's unlike any salt I've ever seen. I've never seen salt that's kind of this really fine particulate. You need a tiny, tiny, little amount.

Eileen Durfee: I don't know if they can see it but it's just like a powder.

Wendy Myers: It's like so-

Eileen Durfee: If I blow it, it just goes in the wind.

Wendy Myers: Yeah. And you only need a tiny little pinch of it. A tiny, tiny little amount. So even a little jar goes a really, really long way. And it kind of tastes a little bit like sulfur. Has like a little sulfuric taste. Can you explain that a little bit?

Eileen Durfee: Well, this salt, the Korean acupuncturist, he wouldn't tell me how they made it other than it's a mined salt. And then they debrine it in the shade. Then they rake it and they spray it and wash it. But then they add herbs and natural ingredients. It actually has been in his family for thousands of years. So it's not the 9-times roasted bamboo salt where they pack it with clay and all that kind of stuff. It's not like the Japanese high-energetic salt. But they have a different process.

Eileen Durfee: And then once three and a half years has gone by, then they put it in a special pot and they burn it under high flame for days. So there's some ash content in there from those natural secret ingredients that were in there, that actually are kind of like some salts because like if you cremate a body, there's just a lot of salt left in the ash and minerals. And so this salt is not only the trace elements and the sodium chloride but it's this ash that I think is probably the secret healing ingredient in the salt.

Eileen Durfee: But there's a lot of people that will talk about how they crave it. Some people will say it smells so strong that they can't hardly stand it but it's just like so... I mean, you could take a pinch of it... I mean, it's not really good for salting your food because you have to use so much of it. But if you have a lamb roast or something, you take it and you just put it on there, it's like the powder, it just disappears. It just absorbs in there so well. But yeah.

Wendy Myers: So you can use it to flavor your food if you want but I just put it in every glass of water that I drink. That's kind of my little mainstay that I do.

Wendy Myers: So you have this multi-faceted approach that hydration that you do every day. And I've been employing these same things as well. So it includes

the water, adding the salt to the water, near infrared light and the urine strip testing. So can you explain how you implement this protocol into your daily routine?

Eileen Durfee: Right. Well, in my sauna, now that I've learned more about this water, you can... This is another good book that explains this new breakthrough discovery-

Wendy Myers: What's the title of the book?

Eileen Durfee: It's called The Fourth Phase of Water.

Wendy Myers: Yeah. Dr. Pollack. Mm-hmm (affirmative).

Eileen Durfee: Yeah, yeah. Beyond Solid, Liquid, and Vapor. And so now, I'm using three of the TheraBulbs in my sauna. Then I'm using one Philips bulbs. Because Philips emits 550 to 3,400 nanometers of light. So they found out that all light, even the light from a microscope, will expand EZ water. But the frequency that expands EZ water the fastest, and it doesn't take very much of it, is 3,000 nanometers. So that's why I use one of the Philips bulbs now in my sauna since I've learned that. So it's like I'm maximizing my solely near-infrared but then I'm getting some of the mid-infrared frequencies that you can get in a incandescent bulb sauna.

Wendy Myers: Yes. Because you make saunas. You have a Sauna Fix sauna that people can find at creatixsolutions.com. Just so you guys know what she's talking about.

Eileen Durfee: Yes. I mean, every morning, I do a coffee enema. This is how I transform into Superwoman. You can use regular crystal stones or I have a Bio Disc that I put in my water dispenser. I have spring water that's room temperature. And then I put this in there so it actually changes the surface tension of the water. Makes it more structurized. And then I do a coffee enema. But I have a Sauna Fix hanging on my ceiling. And I have a Colema Board.

Eileen Durfee: So before I even get in my sauna, I'm getting my light. I already have had my glass of water with my [Healthy Salt](#). And then, after that, because I'm using the hot yoga tent, so it's a little bit bigger, I just start the preheat on that in there. And then I drink more water and take a little more salt. And then I go in there and then I start doing movement. And that's the other thing that's so awesome about hydrating your joints.

Eileen Durfee: I want to talk about back pain just a little bit. The disc between your... right on top of your L5 lumbar bone, that disc is full of water. And 75% of the water in that disc supports the trunk of your upper body. But guess what doesn't get allocated water when you're dehydrated? Your disc. So you're going to have back pain. So when you drink a lot of water, how do you get the forces to get the water back in the disc? So that's what I'm doing in

my hot yoga tent because doing the neck flexion actually creates suction and draws water, hydration, back into your discs.

Eileen Durfee: And then also, I have this other invention that we'll be talking about later that I arch over, it's not like a regular situp, but I arch over it. So I got the light shining on me. I've got the water in that I consumed. I got the salt. So now I'm using the mechanical advantage of sucking the water back into my vertebrae discs to create hydration. And also bending your joints with the light because as your body begins moving more water back into your cartilage, when you're actually shining the light, then it's going to create the EZ. So it's going to be more of a gelled, cushioned water. So you can really limber up and create some hydration going on in your joints where it's lost it, where you're going to suffer more damage.

Wendy Myers: Yeah. And so many people today, and I suffered this myself, they have back problems because if they have bad posture and sitting at their desks and like this in front of their screens. But people are also dehydrated and then they just turn the wrong way or do a little bit too hard of a workout or whatever, they have weak stomach muscles or not exercising enough and, lo and behold, they get a bulging disc or a slipped disc. And part of that is due to being dehydrated and not being... it's not just, "Oh, I'm just out of shape," or, "That just runs in my family. We all have bad backs," or... You're dehydrated.

Wendy Myers: And then people also have, a lot of people have high blood sugar. That also compounds the problem. That also contributes to dehydration as well.

Eileen Durfee: And then the muscles, the proteins, in the act of using a muscle, it folds. But guess what? You got to be dehydrated. You have to have that EZ water and the protons there to open the muscle up so that when you're dehydrated, your muscles won't work right. All these people trying to work out that are not hydrated, then your body... then we see what? All these high cortisol levels. So your body begins cannibalizing its own tissue to produce the energy that it needs because it's lacking energy too. So it's a vicious cycle. Really, really good book on water. Everybody should read it. Reread.

Wendy Myers: Yeah. I actually wrote a book called... or I actually wrote an article, rather, called "Dehydration Causes Pain and Disease" based on his book and about dehydration and how it really... Proper hydration solves so many different problems. That's just the most basic thing we're talking about today on the show. And you have some tools with the [Healthy Salt](#) to be able to really maximize your hydration even more so because I found I'm drinking really high-quality water. I'm drinking spring water or properly-filtered water. I know what I'm doing. I put a lot of research into it. But it's not enough. It's not enough to just drink clean water.

Wendy Myers: So water today is not structured properly and we don't get enough minerals to hold the water in our body. So if you are waking up in the

middle of the night, going to pee too much and it's keeping you up, if your urine is just running through you, you're drinking a glass of water and it's just running through you, you need to take some extra steps to remineralize properly, to hydrate properly. I mean, mercury toxicity can also cause this. It can cause ADH, which helps to retain water in your body. Mercury will cause problems with that. And that can cause water to run through you. But really, the basics are mineralizing your body and having enough salt in your body to hold on to the water.

Wendy Myers: So Eileen, is there any other parting thoughts that you want to share with the audience on this topic?

Eileen Durfee: There's foods too that people can incorporate that have a lot of this gel, this EZ water. So we can actually hydrate by eating certain foods. I listened to this TED Talk of this lady who is an anthropologist and she was studying "What did these people in the desert during drought times do? They weren't drinking eight glasses of water. How else did they hydrate?"

Eileen Durfee: And her mother had a huge dehydration problem in a nursing home. And so what she did is she found out that chia seeds have tremendous amount of EZ water in them. And so she just ground up chia seeds, sent it to the nursing home and said to put some into her morning orange juice. And she never even had another chronic dehydration episode even though she lived in her 90s.

Eileen Durfee: And so there are things, different roots vegetables. I mean, the leafy greens are just full of EZ water. And then we could incorporate those into our diet, which a lot of us are probably already doing. So we don't have to get all of our hydration from water but if we can do the water, the structured water, something as simple as using crystals in there or this in your water or use it like a coaster, in 20 minutes, you'll notice the difference and the change of the water.

Wendy Myers: And that's the Bio Disc. You can get that on creatrixsolutions.com.

Eileen Durfee: Yeah. And so it's just all these little life hacks. And then monitor. Figure out are you really hydrated? How much further do you have to work at this? And then develop a habit. Hey, it takes, what, 30 days to develop a habit?

Wendy Myers: Yeah. I love the test stripes. I think they're a great way to monitor what's going on. And some of that in the past, the pH test strips weren't so great but we've really come a long way in the technology in their accuracy. And today, you have these amazing strips that people can use to monitor.

Eileen Durfee: Yeah. So don't get the 14-panel and think you're going to really see a change in your pH on this one because the incremental steps are too big. This one, the incremental steps, the pH test strips, they're like 0.25. You

are going to see changes very fast with this. And so the combination of both is what I would do.

Eileen Durfee: Because some people, they're going to have a different alkaline mineral reserve. There's some tests. It's written on the little box of how to figure out if you've got a good electrolyte reserve and the different indicators. And you could do saliva pH. You can do a lemon saliva pH. You can do an alkaline food test or a acid food test. And you can really dial right in there to see how quickly you can proceed on a detoxification program because if you don't have the amount of minerals, you're mineraly-deplete, you're going to have a whole lot more Herxheimer reactions, retracing reactions. And so just the simple water and salt and pH, and build that up, and then you can kind of start running on your detox program.

Wendy Myers: Yes. And that's so important to mineralize to aid detoxification because minerals help to push metals out of the body. It's the most basic way and most simple, effective way to detox your body, is simply mineralizing it. And your body will just start getting to work on its own, pushing mercury out, pushing other metals out by displacing those metals in the body with minerals.

Wendy Myers: And so well, Eileen, thanks so much for coming on the show and really illuminating why we need to increase hydration in our body and some of the symptoms dehydration causes and a lot of your amazing tips to remineralize the body to increase hydration and monitor your progress as well to see if what you're doing is working. So, Eileen, thanks for coming on the show. Tell us where we can find you and your [Healthy Salt](#) and test strips and Bio Disc.

Eileen Durfee: It's on creatixsolutions.com. It's kind of like where innovative health products come to life. Everything about stopping toxins from getting in your body in the first place by cleaning your air and your water and then mineralizing your body and then sweating it all out with, I think, one of the best saunas on the market. So-

Wendy Myers: I love your sauna. I mean, I recommend it. I have a few different saunas out there but it's strange how I had never really met you before or talked with you about your saunas and I love... You have the near infrared bulb saunas. But not only that, you've got this reflective coating inside that helps to increase the heat, increase the effectiveness, increase the amount of toxins coming out of you faster. And you use the sauna glasses that protect your eyes with every sauna purchase. And it's just you've really just taken things to the next level. And I love how you've just picked apart every little... really, every little aspect of detoxification and just taken it to the next level. So we did a podcast before called "Infrared Sauna Tips You've Never Heard Of" if you guys want to learn more about that with Eileen Durfee.

Wendy Myers:

So Eileen, thanks for coming on the show. And everyone, thanks for listening every week to the Myers Detox Podcast, where we explore all different types of topics related to detoxification, protocols, mineral supplementation, biohacking techniques to take your health to the next level. Thanks for tuning in and I'll talk to you next week.