



**Transcript: #342 The Connection Between Trauma, Pyroluria, and Heavy Metal Detox with Niki Gratrix**

**Wendy Myers:**

Hello everyone. My name is Wendy Myers. Welcome to the Myers Detox Podcast. You can learn all about detox at [myersdetox.com](http://myersdetox.com) and get the free transcripts for all of these podcasts on myersdetox.com. So thanks for tuning in today. We have my friend, Niki Gratrix on the show. Fascinating show. It's always so invigorating and stimulating talking to Niki Gratrix. She's so brilliant. And we'll be talking today about the connection between early childhood trauma, or just also called adverse childhood events how those can cause a condition called pyroluria to epigenetically express, or just cause your genes to turn on the issues caused by pyroluria which are zinc deficiency, B6 deficiency, and manganese deficiency among others, and how that in turn will prevent heavy metal detoxification, and why so many people struggle with heavy metal detoxification when they attempt it.

**Wendy Myers:**

And we'll talk about all the different ways that you can very simply, and safely, and easily, and inexpensively address this trauma that is causing this condition, and then reverse it. And it's important for so many reasons to address emotional trauma as well. We all have it, and it causes so many different issues. We talk about the statistics on the show today, and the connection between childhood trauma, and the dramatic increase even fourfold, four times, or 400% of health issues. The more abuse people have the more health issues they tend to have later in life. So it's not just about your ability to detox or not, but this can give you a clue if you are very ill, or have trouble detoxing. You've attempted a detox, and you're not able to, this is one of those clues you want to pay attention to today.

**Wendy Myers:**

And we're also going to be discussing vagus nerve tone, and how to improve your vagal nerve tone as well, which is very important for detoxification. And we'll also discuss the shocking statistics on how prevalent pyroluria is. It's really mind-boggling, and how bioenergetics can help to emotionally detox and

release trauma very, very simply. We talk about a couple different methods on the show today. One of them is biofield tuning this very powerful sound therapy method, and how that works. We'll also talk about the research, and all of the studies out there on the body's energy field, how it's scientifically proven that we have an energy field, and that trauma can imprint on the energy field.

**Wendy Myers:**

And so unless you're working in the energy field to address trauma you're not going to be very successful. I know a lot of people have gone to therapy and done different things, and those are wonderful. Cognitive behavioral therapy and other conventional modalities, but you really need to be paying attention to working in the body's energy field, especially, if you want to release and overcome adverse childhood events, and trauma which we all suffer. We all had trauma of some sort or another. And we'll also discuss the role of stress, and how this trauma causes stress, which then contributes to one of the roadblocks we encounter in detoxification. So a really, really good show today.

**Wendy Myers:**

I know you guys listening are very concerned about detoxification and what your levels in your body are of heavy metals, so I created a quiz. You can go to [heavymetalsquiz.com](http://heavymetalsquiz.com) take this two minute quiz based on some lifestyle questions. We can extrapolate what your relative level of exposure is to toxins, and perhaps your body burden of toxins. So if you take that quiz you'll get your quiz results, and then I give you a free video series answering a lot of your frequently asked questions like how long does it take to detox? Where do I start with detoxification? What type of testing is best to determine my heavy metal levels in my body? So go check that out at [heavymetalsquiz.com](http://heavymetalsquiz.com). Take the quiz, get your results, and get the free video series afterwards.

**Wendy Myers:**

So, my guest today, Niki Gratrix. She's an award-winning nutritional therapist, a bioenergetic practitioner, and transformational coach helping people to optimize their energy. She's also one of the foremost experts on adverse childhood events and trauma, and how to address trauma in unconventional ways. And in 2005 she co-founded one of the largest mind-body clinics in integrative medicine in the UK, and the results with patients of the clinic were published as a preliminary study in 2012 in the British Medical Journal Open. Niki is also right now co-hosting the [Trauma and Mind-Body Super Conference](http://traumasuperconference.com) launching on June 29, 2020. You can join this absolutely free conference to learn how to address your emotional trauma at [traumasuperconference.com](http://traumasuperconference.com). Go check that out. She has 90 different speakers encompassing every aspect of trauma, and more importantly how to address it and get rid of it so that you can live your best life, and wake up feeling joyful. So go check that out. Niki, thank you so much for coming on the show.

**Niki Gratrix:**

Thank you so much for having me, Wendy. It's great to be here.

**Wendy Myers:**

So you are the trauma expert. I love all the work, everything that you talk about on [nikigratrix.com](http://nikigratrix.com). And you have an amazing [Trauma Super Conference](http://traumasuperconference.com) coming up, and I wanted to talk about that as well, but I wanted to discuss the really compelling connection that is the culmination of your life's work, and talking

about trauma, and its connection to disease, increased rates of health issues, and diseases later in life. And how these adverse childhood events can lead to a condition called pyroluria, and we'll discuss what that is. And how that condition prevents and interferes in heavy metal detoxification, which is what we discuss on this podcast, as well as removing these roadblocks to detoxification. So, first, why don't we just define what pyroluria is?

**Niki Gratrix:**

Yeah, so pyroluria it's a genetic condition that's present in up to 15% of the population, but in my experience it's rampant in the epigenetic expression of it. So stress will trigger it in most people, but about 15% of the population have it and are born with it. Essentially it's a block in the heme synthesis pathway. And heme is the little part of red blood cells that carries the iron, and essentially when there's a blockage in that synthesis pathway, the upshot is that you get something in your urine called HBL. This molecular compound attaches to all your zinc manganese basics, and also makes you biotin and iron deficient.

**Niki Gratrix:**

So 15% of the population need to be supplementing zinc, B6, manganese for life on an ongoing basis. And the rest of us if we've had stress and this is where it links to early life stress, and childhood trauma because everybody's had stress, and that's where a lot of it's all coming from it's the reason that pyroluria is likely to be so rampant. Now you just think about this and the direct connection to heavy metals like B6. B6 is needed for the mastication, for the mastication cycle to work, and Phase II liver detox. And, also, zinc is doing things like disarming the immune system when you're deficient in zinc, and lowering all your stomach acid so you're starting to get mineral deficient.

**Niki Gratrix:**

All of these things, blood sugar imbalance with the lack of manganese, all three impact your mitochondria function. What you're doing is becoming a storage unit for all the heavy metals that you're exposed to in the environment. It's a massive risk factor that will vastly increase your likelihood of storing heavy metals and not clearing them out. And they're getting more and more prevalent in the environment so it's more and more important to make sure that you're not the pyroluric whose in the 15%, or that you're not in that 85% which is rampant.

**Niki Gratrix:**

And I've come to this conclusion because of all the clinical work that I do. I see a lot of people with emotional issues and trauma. Everyone I'm testing is testing positive for pyroluria. We have Dr. Dietrich Klinghardt says that he's seeing over 75 to 80% of all his clients are pyroluric, and he's seeing tons of people with heavy metal toxicity like Lyme and chronic fatigue syndrome. Autism is up there at 80%. So he's already confirmed that as well. It's very interesting because Klinghardt thinks that bugs are causing the heme problem, and are leading to the pyroluria.

**Niki Gratrix:**

My hypothesis is, no, all his clients were already traumatized. They were traumatized because of early life stress which we could talk just briefly about the stats, and the prevalence, and the implications of that, but one of the ways that this early life stress translates into chronic complex illness across the board in

adulthood is that it triggers pyroluria. Early life stress impacts the nervous system, affects the biofield, multi-layered impact, but one of the key pathways I want to share with people is this key critical pyroluria condition that becomes triggered. And the interesting thing is if you are in the 15% you will need to supplement for life, but you can be cured of pyroluria if you take the supplements to rebuild your level up if you're in that stressed epigenetic group. You'll only be cured if you do heal the stress and the trauma which has impacted the neurological system and the biofield.

**Niki Gratrix:**

And so that's what I'm finding with clients is if they're not in the pyroluric 15% group you can be cured and you don't have to keep taking supplements, and you won't keep building up heavy metals if you balance the nervous system. And that whole side of things, the nervous system, and the biofield side is the bit that gets downplayed, and ignored, but it's ultimately in 85% of people. It's the stress that is causing the heavy metal build-up because of pyroluria. It triggers pyroluria. I hope that makes sense.

**Wendy Myers:**

Absolutely, yeah, and that's why I personally am focusing on working on my trauma, clearing my trauma, using different methods of bioenergetics in different modalities like NES Health, for instance, to work on my trauma and clear it, because in our discussions I have pyroluria, also. It's caused by trauma. I don't have it genetically. I've already established that, and I think this is a huge piece of the puzzle. When you mentioned that to me I thought, "Oh, my God, this is so brilliant." And you mentioned that this trauma, and then pyroluria, and then heavy metal accumulation also causes inflammation, which leads to so many chronic health issues that we have today. First, let's get to defining trauma, and then we'll get to some other things that you touched on earlier. So you are an expert in trauma and adverse childhood events. So tell us about that, and then how that affects our health?

**Niki Gratrix:**

Yeah, so the word stress is a wildly overused word, and trauma is not a well understood word. It also gets wildly overused as well most likely. So, first of all, just talk about trauma for a second. There's two different distinct types of trauma, and at the moment the general association with the word trauma with most people is the trauma like being in a war zone, maybe an assault, maybe being in a car accident. Something which was a shock. It was too much to process and deal with at the time, so it leaves an imprint on us, but that type of trauma is in response to a discrete event, and it leads onto something which is a diagnosable condition called PTSD, post-traumatic stress disorder. Now that is pretty rare. It's a big deal when somebody has it, and it's important to address, but it's actually rare. It's also pretty curable, and conventional intervention to that would be an intervention called EMDR, eye movement desensitization and reprogramming. So that's what the world-leading experts are saying about that type of trauma.

**Niki Gratrix:**

When I'm talking about trauma I'm talking about something which is way more rampant it's called developmental trauma. It's also known as attachment trauma. That's early life stress. It's stress which occurs before age 18, and it's

specifically to do with the bonding and our relationships with our key caregivers. So if we are chronically verbally abused, if we're chronically emotionally neglected, if there's problems in the family like substance abuse, addiction, domestic violence, or it could be physical, or sexual, or emotional abuse as well, or just physical, well, not, just physical, but all physical emotional neglect. So all of these things. It's ambient trauma. It's relational and it's ongoing. It's not just a one-off thing.

**Niki Gratrix:**

And it turns out that less than 45% of adults securely attach with their caregivers, so we have an epidemic of attachment developmental trauma, which is really what it really comes down to is a lack of love and care coming from the parental figures. It's not always mom and dad. It's whoever was the key caregivers. Quite often it's not their fault. They're just doing what they got from their childhood. It's a nonverbal process how we bond with our key caregivers, especially, below age four. It's nonverbal, it's eye contact, it comes through tone of voice. It's actually energy. It's an energetic connection. And when we as children don't get that, and hardly any of us do these days, especially with industrialization parents being basically distracted all the time with their jobs, and all the rest of it. We have an epidemic of neglect and abuse that's happening.

**Niki Gratrix:**

And the Adverse Childhood Event Study you mentioned, massive study done by the CDC-Kaiser Permanente, 17,500 adults. It was, by the way, interesting, it was mostly the white population, white middle class population because they thought that this early life stress might be in minorities, or people in the poverty line, or below the poverty line, and it turns out it's not true at all. It's rampant across all socioeconomic groups. Yes, there's an income gradient the lower your income the more adverse childhood events you have, but being above the poverty line doesn't save you from ACEs, adverse childhood experiences. So this was the shock that everybody went through when the researchers did that study, the ACEs study was like, wow, this is across the board. This is everybody. This is not just in minorities.

**Niki Gratrix:**

Just with this early life stress it becomes internalized in the body. So where we have this early life stress the brain is still developing, and the body is still developing, and the stress becomes A, our identity. This state becomes a trait. It becomes who we are. It changes the way our neural pathways in the brain are built. It imprints onto the biochemistry, and the energy field. So we're sort of walking stress. And, also, it means that in adulthood your ability to cope with stress is set up by your early life experience. So people who were in the war, the soldiers in war zones, only some soldiers get PTSD in response to the same events. It's the ones who had early life stress who are the ones who tend to develop PTSD. The ones that don't have early life stress, and had good social relations, are the ones that don't tend to develop PTSD.

**Niki Gratrix:**

So, essentially, your ability to cope with inevitable stressful adult events, just general stress coping as well with having tons of emails to do, jobs, kids to look after, our threshold of what triggers this into a stress response is much lower if

we've had early life stress. So we're less resilient. We're more likely to get PTSD. We're more likely to perceive the whole world as being stressful if we've had early life stress because we're less able to do things like self-soothe. We have less self-love. We are more prone to bipolar, anxiety, depression, ADD, all of the mental health conditions. By the way, what's hugely interesting with the ACEs study it's a massive correlation between if you have a moderate level of ACEs, four ACEs, you have a 400% increased risk of dark depression, anxiety, dementia, Alzheimer's across the board in all the mental health conditions.

**Niki Gratrix:** And how interesting is that all the research on pyroluria started with the mental health conditions. Why? Because pyroluria makes you B6 deficient. Now your neurotransmitters are all over the place. You need B6 to produce serotonin that leads onto melatonin. You need it obviously for, yeah, that's tryptophan, GABA, dopamine, glycine, you need basic. So that's just one of the ways that pyroluria and early life stress will translate into a chronic mental health issue. And then also there's all the other knock-on effects that are not clearing out heavy metals, and that will make you go mad as a hatter as well.

**Wendy Myers:** Yeah.

**Niki Gratrix:** As Dr. Pompa talks about going mad as a hatter because of mercury toxicity. Maybe you have a mouthful of fillings, early life stress, and you're pyroluric it's a perfect storm you're going to end up toxic, and with some kind of chronic illness. So I hope that helps people understand that we have this silent epidemic that's been going on, of this early life stress that impacts us neurologically, biochemically, and at the biofield level, and we are imprinted with that stress. All the stress studies, by the way, in adulthood, in science, it's never about the external circumstance, because some people get stressed by some things, and the other person doesn't. So it's always your perception of stress. It's not the external events. What's your threshold of coping with stress? How is that set up? It's set up by our childhood experiences. It's early life stress, and our genetics thrown in that will make us more or less able to cope with those things as well.

**Wendy Myers:** Yeah, and many times there's people with mental health issues that they're perceiving threats in their environment when there are none where we see people with borderline personality disorder, or people that are maybe gas lighting. They perceive these stressors that just aren't there because it's internal, it's their brain that's been wired incorrectly, for instance. I love this information so much because when people are stressed like this so they are just set up to be chronically stressed, to have more stressful reactions to their environment than the next person given the same stressor.

**Wendy Myers:** This is the reason that many people's feet are on the gas pedal, and they can't let up. They're trying to relieve stress. They're trying to feel better, feel more at peace, more relaxed. They try to do meditation, or they try to do yoga, and they're just right back where they started before doing that relaxation type exercise. This stress prevents detoxification. It prevents people's bodies from

working correctly. It prevents their body's ability to process and release metals number one because their stress hormones are so high their body is just not in detox mode. You have to be in that parasympathetic part of your nervous system for your body to be able to detox. You have to be sleeping really well to detox, and for your liver to be functioning in the evening when you're primarily working on detox. Can you talk a little bit about that, and how trauma contributes to that?

**Niki Gratrix:**

Yeah, I mean, that's hugely important. It's how you get all these factors coming together creating this perfect storm. The interesting thing is the norm is trauma and stress. We are in a society that I think it was Krishnamurti said, "it's no sign of health to be well-adapted to a sick society", something along those lines. The norm, the standard is drama. The standard is lack of attachment, and you can see it with the craziness going on in the world, right? Attachment trauma will lead to people being over-givers, overachievers, not making time to do the self-care thing, not doing circadian rhythm, not being able to stick to the diet, all of those things. It also creates the kind of people that are a little bit towards the sociopathic side, that's where it comes from. It comes from having a parent's genetic propensity, and then a lack of care in childhood, and those types of people are attracted to power, and then we keep voting for them, so.

**Wendy Myers:**

Yes.

**Niki Gratrix:**

Sorry, just got political there for a second, but this is because so much of society's ills and issues, and their health issues. Well, this epidemic of chronic illness that we have, so much of it, you can't ignore this piece, this emotional piece. It's a huge part of this picture, and so these other factors like you said like getting good sleep. A diet to manage blood sugar control is critical in this process. All of these things that we need to be doing on a daily basis. The issue is really getting to the stress, and relieving the stress. It's a lot deeper than people really realize. Those things like circadian rhythm, blood sugar, those are really important things, and they can make a big difference. What I'm discovering with some of the things you can do to stimulate the vagus nerve, they're important to do on a lifestyle basis as well, but often you have to go a little deeper to be honest. You have to go a little bit deeper.

**Niki Gratrix:**

Some people need to physically go a bit deeper because there's brain degeneration and need some stem cell triggers, and red light therapy, plant therapy, this kind of thing to stimulate the brain, so the brain will stimulate the vagus nerve. So some people actually need to do a lot of brain regeneration work. There's so many attacks happening on the brain right now whether it's 5G, EMS, terrible fats that people are eating in their diets, trans fats, the build up of heavy metals. Our brains are under attack right now, and if a brain that's not functioning is what causes low vagal tone as well. This is probably the main reason. So even when we start to do these lifestyle things like regular yoga, meditation, we really need to get to these core stressors. We're holding stress in our bodies and in our biofield to a degree that we're only probably 50% or less aware of the majority of us.

**Niki Gratrix:** Things like shame, self-hatred, all those kinds of things come from attachment trauma from, basically, an environmental failure where we didn't fully bond with our parents. As a child we have to protect that relationship because our survival is dependent on it, right? So what happens is the child goes, well, it can't be the parent's fault. It can't be out there in the environment. It has to be me. There's something wrong with me, and I have to make up for that. And that's where the drives to become things like the over-giver. Tons of therapists, psychotherapists, moms we're all the over-giver types. We learned that we didn't get unconditional love. We got ignored, we got neglected, maybe even physically abused, so what we did to make up for that because we're obviously not lovable, obviously not just good enough as we are, we have to make up for it.

**Niki Gratrix:** Same with the achiever types. The achiever types feel worthless unless they're having a massive successful career, or having a huge impact in the world, achieving, achieving, achieving, when in truth a lot of that is driven by self-love deficit, and a lack of self-worth. This is deep stuff. It's a lot deeper, and it requires a lot more reflective work, and doing questionnaires getting it cognitively, and then we'll talk about transmuting that which is a whole other story as well, which we'll turn on last. There is also another type, the perfectionist type. Those are the types that are like, okay, I'll just get things perfectly done. If I do things right I'll be okay then I'll be lovable. So people have these built-in identity level belief systems. Most of it is unconscious to people. So you could be holding, by the way, still, also, rage, anger, all kinds of emotions stuck there in your energy field from 20 years ago.

**Niki Gratrix:** All of that is creating an incoherent energy field. It's creating dissonance in the field, disruption in the energy field. That's creating a lowered heart rate variability which is reducing your vagal tone, and it's creating all kinds of imbalances in the biochemistry because our biofield, and what's going on energetically in the body is a master regulator of what's going on in the biochemistry as well. So all of that stuff, our identity, our unresolved trapped emotions that are stuck there that we couldn't process at the time we were either too young, or we were in denial that anything was going on, or we just didn't even know.

**Niki Gratrix:** Emotional neglect is not what happened, but what didn't happen was really how to self-identify. All of that is where most of the stress is, and it's actually the reason why we did the [Trauma Mind-Body Super Conference](#) because we got all the psychology people stuck together amongst all the naturopathic people to go, look, speak to each other, talk to each other more, look at both sides. It's a perfect storm where it's all of these factors coming together which creates an end result of losing your health, and potentially losing your ability to live fully.

**Wendy Myers:** Yeah, and that's why it's so important. That's why I love having you on the show. It's so important to talk about this trauma, and how it's an underlying root cause of so many health issues because people are just overlooking this. They're going from functional medical practitioners to conventional doctors, and trying



different stress relief techniques just trying all these different things, and supplements. They're trying to do all these physical issues hoping that's when they'll correct their health, or they're going to be able to meet their health goals, addressing things physically only, and only looking at that. And there's a whole other side. It's looking at the trauma, looking at the trauma's effect on the physical health, the trauma's effect on the body's energy field, and how it imprints the energy field, and we'll get to that in a second.

**Wendy Myers:** And so that's why I love that you are doing this Trauma Super Conference so that people can learn more about this. For anyone listening that is chronically ill, and they've just been on this merry-go-round of constantly going to different doctors it's so important to listen to a conference like this. And it's why I'm talking more and more about trauma because I've worked with thousands of people and become very, very frustrated with, how do I get someone better if they are so ill? They can't take supplements. They've tried all these different things. They can only eat five foods. They're bedridden. What do you do with these people? And they've tried everything already. There's something more going on. So it's when I met you. I met Harry Massey of NES Health just trying to look at this other side of the coin. And so you talk about all these things. How many speakers are on your summit?

**Niki Gratrix:** There are 90.

**Wendy Myers:** 90, oh, my God, so if you want to learn about trauma and how it affects your health and what to do about it listen to this conference. Tell us about it.

**Niki Gratrix:** Yeah, so with the conference we address all aspects. We have people talking about how do you resolve PTSD which is that discrete, the one-off discrete event, and we have people talk about EMDR and PTSD. The difference between PTSD and developmental trauma so we help people understand that. And then we've got world experts who are the developmental trauma experts like Dr. Diane Poole Heller, Dr. Laurence Heller. The attachment styles, attachment trauma. Laurence Heller has written a brilliant book called Healing Developmental Trauma. Highly recommend that book if you want to learn more about it.

**Niki Gratrix:** We do the top-down, we call the top-down approaches. We've designed it so that there are top-down approaches, and all the bottom-up approaches, and the middle ground which is the nervous system. Listen, if you want to be happy and healthy and feel good emotionally you've got to have a healthy body. You need to address the biochemistry that's really important. So everything that matters. We have experts speaking on blood sugar control, food sensitivities, circadian rhythm management, how to get good sleep, all these things, adrenal fatigue, sex hormone balances, thyroid issues, nutrient deficiencies. We've got people on pyroluria. We got people talking about neurotransmitters, so all the bottom-up things, and all those things can be important. So you get a taste of all of those.

**Niki Gratrix:** Then we've got the biochemistry. The stuff you do in biochemistry won't work if your nervous system is stuck in either freeze state, or fight-flight. So if you're not in that good vagal tone, a high vagal tone is so important. It just won't work. You won't be able to very well solve the trauma at the emotional level, and also your biochemistry just won't come well if you don't balance the autonomic nervous system. So we've got a whole set of people talking about how to do that. Practical steps to stimulate the vagus nerve. Anybody wanting to regain their health you have to start engaging in things every day that will stimulate the vagus nerve.

**Niki Gratrix:** I've mentioned Modius Health quite a few times, which is [modiushealth.com](https://www.modiushealth.com). No financial affiliation there. A great vagus nerve stimulator that I found online because people are always asking me, and it's pretty affordable. So there are electrical devices. There's things like you touched with meditation, yoga, Qi gong, singing, gratitude journaling. There's a lot of practical lifestyle things we cover all of those. Sometimes people need to go a bit deeper because the brain is a little degenerated and we need to stimulate the neural cells in the brain to get the vagus nerve back online. We've got Dr. Kharrazian talking about that. Ari Whitten on red light therapy. So there's lots of ways to regenerate the brain, and all the ways to stop.

**Niki Gratrix:** Loads of therapists that will just balance the autonomic nervous system. EMDR will do that. Somatic experiencing, Dr. Peter Levine that could be applied to PTSD, or developmental trauma is actually applied to both. The neuro affective relational model with Dr. Laurence Heller, that's fun. It's in the autonomic nervous system. Body up posture approaches. Hands-on touch therapies all help balance the autonomic nervous system, and get the trauma out of that.

**Niki Gratrix:** So that we basically are in a nervous system state which is calm, balanced, that will allow your body to function properly, because when you stimulate the vagus nerve, the vagus nerve animates so many organs in the body. The only thing it doesn't animate is the adrenals is what you'd expect, right? But if you don't have good vagal tone your digestion won't be working, you won't be detoxing, you won't be digesting food, you won't be moving the food through the digestion, breath, everything. Inflammation won't be switched off if you have low vagal tone. So the vagus nerve is critical. We have people on every aspect of that.

**Niki Gratrix:** And then we also have more on the top-down, and the energy only approaches. So lots of energetic approaches. EFT and EMDR are actually both energy psychologists, but we also have we talk about network spinal analysis which is a form of chiropractic, very powerful, that will flush through working on the spinal cord, and will flush the energy through the spinal cord, and get the energy flowing again. It just flushes out anything that's dissonant. The interesting thing is trauma leaves an imprint on your nervous system and the biochemistry so you need to correct both of those, but it actually lives in the biofield. The information that the memory, and the actual emotion it sits in the biofield which is also in the waters of the body, and if you miss that level you're not really

clearing the root cause, and that's where one of my main focuses is on the biofield using sound therapy, and information medicine to help clear out this dissonant information in the energy field.

**Niki Gratrix:** And, actually, I'll just mention Karl Pribram was a world leading neuroscientist. He's the one who said where is our memory stored? If you cut up a neuron in the brain you won't find a memory there. They've never done that. The brain neurologists say it's not there. So it was Karl Pribram who was a world-renowned German neurologist who said he reckons that the things like memories, skills learning, how to do things, and including memory of trauma is stored in the field created around the brain by all the neurons firing together. So it's in the fields. This is what heart matter found. It's the field around the heart as well, so they can link incoherent heart rate variability, in heart field, with lower negative emotions.

**Niki Gratrix:** So the emotions and the memories are energy and information in the field. When EFT and EMDR are working on the energy fields, and so is sound therapy, a lot of other therapies, homeopathy, information imprinted onto water which is what NES Health is. That's all working to clear out the meridians and the energy field. So that's another missed root cause that we do want to work and explore the level.

**Wendy Myers:** Yeah, so let's explain what is the biofield, or the energy field for anyone who may be not familiar with that term. We definitely have touched on that in the Myers Detox Podcast previously. If you guys want to listen to any podcasts on NES Health, but I talk about it a lot myself. So explain what that is exactly for people who may not understand that concept.

**Niki Gratrix:** Yeah, so I think most people have probably heard from ancient yogi Indian ideas that there's an aura, that the body has an aura, and people have heard about Chinese medicine. You have these meridians. One of the best explanations is the work of a heart map. And this has been absolutely scientifically validated. There's no question about the fact that humans have a field probably stretching quite a few meters around the body emanating from the heart in a toroidal pattern so it's coming around and up in a toroidal pattern like this. You can't really see, and it's emanating out of the heart. And it's a field that encapsulates the body, and it's made of what I call energy and information, meaning that it's electromagnetic, and it responds to light, electromagnetic frequency, and it's made partly of photons of light. So we are beings of resonance and electricity as well as having a biochemical body. You have more than one body to consider for your health. You have your physical body, and you have this electromagnetic body.

**Niki Gratrix:** And there's also just going a bit deeper there's information which you could talk about in terms of codes and geometry that are actually doing things like giving a photonic shape. So we exist on the physical level. We exist at the subatomic level. We have a subatomic field, an energy field that is profoundly controlling what's happening at the biochemistry. There are things happening in the body,

communication happening in the body, instantaneous communications happening in the body that can't be signaled through any kind of biochemical hormone, or even a nerve transmission, right? We have instantaneous communication happening. Cells differentiate instantaneously that's your fields of information that's non-local if you like. This is the biofield it's been around for thousands of years in the Chinese medicine traditions, in the yoga Indian traditions as well.

**Wendy Myers:** That's the meridians and the chakras, and the concept of energy blockages in the meridians or chakras.

**Niki Gratrix:** But the idea is that our bodies are electric, that we are beings of resonance. There are over 5,000 papers on red light therapy just shining infrared red light on our bodies. There's 5,000 papers on PubMed showing that it has a profound impact. Our cells are probably more than 100 times more sensitive to electromagnetic signaling than they are to biochemical signals. We're affected by light. We're affected by electromagnetic figures. We're affected profoundly by sound. Everything to do with waves, sound waves, our souls communicate to each other using those kinds of electromagnetic frequency signals. So not only can the environment profoundly impact us when we have negative light in electromagnetics, and negative sound waves coming our way, but they could also be used therapeutically.

**Niki Gratrix:** To me it's more proof that we are subatomic beings as well as having a physical body. You have an invisible subatomic body that is connected, by the way, potentially to everything in the universe because at the quantum level everything gets really weird, right? All points are connected in time and space at the quantum level so there's weird things that can happen. The instantaneous communication, quantum entanglement, all that stuff it's real. It's controversial, but some of the most proven studies are in quantum physics proving that. By the way, our consciousness is entirely connected with all that, too. So our consciousness definitely affects this quantum field that we have as well, but that's also where the trauma piece comes in again because it's another way that the mind and body are talking to each other. They are one thing. The mind and the body are one thing. What goes on emotionally will be expressed physically, and the physical body also profoundly impacts our mental well-being, and our emotional state as well.

**Wendy Myers:** Yeah, but the beautiful thing is that because you have this imprintation of trauma on the energy field it can also be very easily and elegantly reversed so that you can clear your energy field of this trauma imprint, and it's not difficult to do. It's not terribly expensive. People just need to have an awareness about that, and some information about modalities that are proven to work. This for me was very profound because I felt like I had reached a point where I felt great physically. I was doing all my detox stuff. I was taking all the supplements, and I was exercising and eating a right diet, and I just still just didn't wake up feeling good.

**Wendy Myers:** And I knew that I had trauma that I needed to work on. I'd done all the therapy. I read all the books on depression and improving your mental health, and the seven steps of highly effective people. And just done all that work already, and I still wasn't really where I wanted to be. And it was this working on the energy field clearing trauma that got me to that next level, but it's a key for people that are ill, or just not where they want to be mentally. It's so important to talk about this. Can you tell us about how we can go about energetically clearing trauma from our energy field?

**Niki Gratrix:** Yeah, so there's a lot of different therapies that work at the energy level. You could use EFT. You can use EMDR. Also, homeopathy can work on the emotions, something in a bottle. Also, NES Health Infoceuticals are somewhat working on a similar kind of level. Information imprinted on water. People don't realize that water does have memory, and that's another level. It's still seen as controversial, and I think there will be more and more research coming out that proves that that is the case, that the information is printed on our field. Water can hold the field information, basically. There's something special happening about water. Speaking of structured water, we got Professor Gerald Pollack on our Trauma Summit by the way, so listen to what he is saying. He basically confirmed he said, there's no doubt water can contain memory. Structured water is what makes it like a microchip makes water like a microchip these parallel lines and so on, so it becomes a storage unit.

**Wendy Myers:** Infrared saunas improve increased structured water in the body, creating easy water in the body.

**Niki Gratrix:** Yes, exactly. So in terms of what energy therapy is, Chinese medicine and acupuncture work on the energy field. I've mentioned network spinal analysis is another energy field. We've got pulsed electromagnetic field therapy will also work on the field, and it's actually being directly used to help brain entrainment and help the field and clear the field of trauma as well. So that's working at that electromagnetic level, too. There's family constellation therapy which is working on intergenerational trauma at the energetic group level. There's things like Reiki which fall into this category, too. So everything's working on that level.

**Niki Gratrix:** One of my favorites at the moment is music and sound because sound therapy also makes sense to a lot of people. If you think about a lower emotion let's say a negative emotion maybe it's depression, maybe it's rage, resentment exists in the field, and it's being stored in the waters of the whole body field. It's at a dissonant frequency. It's an incoherent frequency. It's like a patch in the field which is heavy, and it's causing distortions. It's causing energy blockages. So if you think about a tuning fork, or think about an opera singer when she's singing if she has the right tone she could shatter a glass. So that's sound therapy, that's pressure waves oscillating, and then it's coupling with the molecules in the glass, and the vibration of her voice is making the glass shatter. The molecules are starting to resonate with her voice, and the glass shatters.

**Niki Gratrix:** This is when soldiers marching in unison on a bridge the bridge will start moving in unison with the marching soldiers through this oscillation, and the bridge can collapse, which is why you should never march in unison on a bridge, right? With soldiers. So I didn't know about that before. They also use ultrasound to break up kidney stones. So it's the same idea that you're using oscillation and making the molecules of the kidney stone vibrate at the same rate as the ultrasound, and it breaks them up. You can do it with cancer tumors as well. So sound therapy is an expanding area, and the conventional research is mainly with ultrasound, which is outside the audible sound, but you can also use tuning forks, and meditations.

**Niki Gratrix:** Sound therapy works in two ways. One is through that oscillation. So we tune the biofield, and what we do is where there's dissonance we get the tuning fork to hold it in that area, and we'll aspirate it until that negative frequency is cleared away. Basically, that emotional release. It will actually come out, and people will feel maybe a bit sad for no reason, a bit angry. Occasionally some memories come up, but it's a very safe way. It's not re-traumatizing, and it's a very safe way of just clearing out the dissonance in the energy field, and making the field more coherent again.

**Niki Gratrix:** So sound therapy also does charge the body, so it literally excites the molecules of the body. The membrane potentially increases. The voltage over the cell membrane potential increases so you've got a more energized cell, so that's probably how ultrasound works as well. So you've got more energy, the cell has more energy to do work. So there's a charge with sound therapy, and there's the resonance. So it does two things. Resonance and it charges you. It's like a battery, you're getting charged doing sound therapy, and you also become more coherent. You're getting a more coherent energy field. Now you're changing the epigenetic expression.

**Niki Gratrix:** I have to mention just lastly the work of Dr. Carlo Ventura. He's a professor of biochemistry at the University of Bologna in Italy. He's a cardiologist M.D. and has a PhD in biochemistry. He's the guy who actually discovered that stem cells can be sung to, and you can direct sound at stem cells, and they stimulate, and they differentiate, and they start to differentiate into bone cells, and into fat cells, and they'll help regenerate the body. So we know this through red light and pulsed electromagnetic field therapy. They stimulate stem cells, so does sound. So sound is stimulating your stem cells, and his research has confirmed it. He's patented the process as well.

**Niki Gratrix:** So it's regenerative. We're talking about regenerating the body. Sound therapy is amazing, and it's a really nice experience. It's a pleasant experience. You're not just using a device that's invisible. You could use things like tuning forks, meditations, and so on. Brain entrainment, also. People have heard of binaural beats. Music has absolutely been found to be therapeutically beneficial for PTSD for a whole range of homeostatic markers in the body as well. That's the power

of sound therapy. It changes the epigenetic expression, and here's what I'll just leave you with to just contemplate.

**Niki Gratrix:** I have found in my clinical experience there is nothing that will trigger heavy metal detoxing more deeply than biofield tuning, sound therapy, and it also comes with a bit of a warning. Don't jump into sound therapy if you have got heavy metals you're doing a sonic quantum detox. And there's nothing that will reach that. Colonics won't reach that. Castor oil packs, all of the fasting, nothing reaches what I found sound therapy will do because it's working at the quantum cellular level, subatomic level. And it's creating this coherence, and it's telling the genes to switch on or off in a healthy way. Suddenly we switch off this pyroluria. Suddenly the body has got its B6, its zinc back. You're going to go straight into detox with that.

**Niki Gratrix:** So it's very interesting one of the world leading experts in biofield tuning, Eileen McKusick, has a contraindication on her website. If you've got heavy metals she won't see you because you need to be following a safe protocol for heavy metal detox. It needs to be done in the right order. It could be dangerous or unsafe if you did it in the wrong order. So what does that tell you about sound therapy, pyroluria, and heavy metal toxins?

**Wendy Myers:** Yes. And there's a protocol to follow, and I thank you so much for mentioning that because you've had this experience yourself when people are getting excited about something and feel like this is the answer finally, and this is what maybe I'm missing. We talk a lot about a lot of different alternative methods for heavy metal detoxification. This is something I absolutely employ on your advice doing the biofield tuning. I absolutely love it. I do it every single night, but I did myself take it very slow, but you've had people that get excited about it and go gung-ho, and then they, unfortunately, can have a very strong heavy metal detox happening. And even an emotional detox which can take people aback, surprise people because you're taking this body that's out of tune, and then getting it back into tune, and then it starts working. And you're like, wait a second. I want to feel better, right? So this does happen.

**Niki Gratrix:** Yes. That's the message. Yeah. I think if you want a gentle experience with biofield tuning and sound therapy I'd actually go to Eileen McKusick's website and go find one of her practitioners. She can do an hour's therapy in-person, or you can get remote therapy. I encourage people if they want to have a go at sound therapy, that's the gentle type. I'm doing the program that I work with where it's much more intense, but you can control it by just doing it for a shorter period of time. I teach people how to do sound therapy on themselves, but it's so powerful that people really do need to either stick to just doing 10 or 20 minutes a day, and have a whole set of being aware about what happens physically in the detox, but, also, emotionally it's a journey.

**Niki Gratrix:** If you've been anxious your whole life, or you've had a whole chunk of your personality has been driven by feeling not good enough, and you start doing tuning therapy to clear that belief, and suddenly it goes away, you could start to

wonder who you are. You have an identity crisis. You can feel like you're in the void. I've had people who have been stressed in the opposite of adrenalized energy their whole life. Take that away and they could either feel really flat and depressed, or they're actually just in a calm state, but they're interpreting it as depression because they don't know what it's like to be at peace. They've never had it. So there's a journey. There's a journey that people need to know about, and there are pitfalls.

**Niki Gratrix:**

A lot of emotions will intensify on their way out. So there are detox tools. There are a whole bunch of detox tools. Things like, which we won't go into, but lemon balls, and certain crystals that will help clear things faster. Everything to do with water therapy because water is really important. When you do sound therapy it will mobilize the emotions, and then toxins into the body's water, so you want to get that stuff out as fast as possible. Sauna therapy, steam room therapy all becomes really important. And my program those things are mandatory not only for the toxins, but the emotional work as well you need to be flushing. I have special water that I recommend people use.

**Wendy Myers:**

Well, tell us about your program, your emotional detox program is what you're talking about, right?

**Niki Gratrix:**

Yes. It's called the Emotional Detox Program. Next few months it will be available, but I work with guided meditations that people do while they're doing the tuning fork therapy. And people can get a free mediation on my website. That's how they can stay in touch with me as well because I'll announce the program later. It's about to be launched. So, yeah, it's interesting. It's an amazing journey, but you're changing your emotional set point, that is actually what you're doing. And you're doing the real work. And, of course, it also involves change as well, so you can have things happen like losing interest in old hobbies that just don't interest you anymore. Foods you don't want to eat anymore. People you don't want to see anymore because you'll start to realize how much your energy field is actually attracting what experiences you have in your life so it can become a very spiritual experience as well like waking up to who you are. It's an awakening experience so that's quite interesting as well.

**Wendy Myers:**

People don't like change either, so.

**Niki Gratrix:**

I know, I was going to say, but then they want to feel good without changing anything. It's insanity, isn't it? The definition of insanity is doing the same thing expecting a different result. So this embracing of change is critical. Changing of habits, routines, people that you might be hanging out with. Sometimes people change jobs. This can happen because you're changing so much as a person, and that puts some people off, and that's okay to me because they probably shouldn't be on my program if they don't like change. If you don't want to feel better really because you don't want to do the change then that's okay, but it's probably not for you then.



**Wendy Myers:** Yeah, and people have to be ready for that change, also. They have to be ready, and expect it, and embrace it, so you provide a lot of tools for people in that regard.

**Niki Gratrix:** Tons of support.

**Wendy Myers:** So go to [nikigratrix.com](http://nikigratrix.com). Sign up for her newsletter. You'll get the announcement when her emotional detox program is ready. I highly, highly recommend that, but if you're ready just dig in right now. So tell us about where we can go to sign up for your Trauma Super Conference?

**Niki Gratrix:** Yeah, so people can just go to [traumasuperconference.com](http://traumasuperconference.com). So [traumasuperconference.com](http://traumasuperconference.com). This is a great experience where you'll get it's like a smorgasbord of having a taste of everything that you can do to heal yourself. And the reason I'm passionate about it because there's so much reductionism in naturopathic natural medicine. We're almost as bad as conventional medicine in the sense that a practitioner is out there telling you to do something because that's just the modality they're trained in. Rather than thinking about the whole person and going, well, I can fix this bit, and help you with this bit, but you also need to consider the energetic level, or the neurological level, or this environmental thing that needs to change.

**Niki Gratrix:** So the conference is a way to get a taste of all of that to help people go, wow, I've got at least 10 things that I haven't done before that I didn't realize were relevant to me. And it's a cheap way of doing it because you can go through spending thousands of dollars trial and error, with tons of different practitioners, whereas, the summit is a perfect solution to an online conference like this where you can still buy the summit for 60 bucks as well if you want permanent access to it, or you can start it today you just could go and listen to all the speakers each day. It will just help you get a feel for everything that's out there speaking to world leading experts in all of those modalities in health advances, mental, emotional, physical, energetic. So, yeah, don't miss it. Don't miss out.

**Wendy Myers:** Yeah, I mean, it's unbelievable this lineup that you have put together of the world's top experts on trauma and all the different modalities to address trauma. I strongly urge people so I keep talking about trauma. It's mentioned usually at least once on most of my podcasts because if you're critically ill, if you're sick, and you've been ill for a while, you're chronically fatigued, even bedridden, or just have multiple health diagnoses you have to address trauma. And even if you do feel good like you have relatively good health, and you're just looking to up your game, and bio hack yourself you also want to address trauma. So we're all in the same boat with this.

**Wendy Myers:** So I highly recommend you guys go buy the summit so you can listen to it at your own pace, but, also, we talked earlier about pyroluria. We talked about the trauma that causes pyroluria, inflammation, and then that leads to heavy metals accumulation that leads to its own whole host of health issues. And so you guys

will get lots of information on how to address that. We covered a lot of ground on how to address that in this podcast. So, Niki, thanks so much for coming on. Any closing thoughts or final words you want to give the audience?

**Niki Gratrix:**

Just know that you can heal yourself. Your body knows how to heal itself when we put all these things in place. It's the awareness of knowing what made up your storm. What was your storm? What was your personal story? Was it early life stress? What type of stress was it? What are your genes doing? What exposures have you had? And when you decode that there's just tremendous hope, and there's this huge amount. So we just wanted to get this out there because there is so much people can do, so we're just trying to educate people as best we can. You can reverse this and you can get your life back, or feel amazing, and be supercharged.

**Wendy Myers:**

Yes, absolutely. Well, Niki, thanks for coming on the show, and everyone thanks so much for tuning in to the Myers Detox Podcast where we talk about everything and all the different underlying root causes of heavy metal toxicity and how to get rid of it. And working on trauma is one of those aspects of detoxing your body physically and emotionally. So thanks so much for tuning in. I'm Wendy Myers at [myersdetox.com](http://myersdetox.com). I'll talk to you guys next week.