



Transcript: #354 How to Detox The Pineal Gland and How Mercury Prevents Detox with Clayton Thomas

- Wendy Myers:** Hello, everyone. I'm Wendy Myers from myersdetox.com. Welcome to the *Myers Detox Podcast*. Today we have my colleague, Clayton Thomas, on the show. His website is therootbrands.com and he's going to be talking about how to detox the pineal gland, what the pineal gland is, what it does and why mercury prevents detox of all other toxins. We'll talk about glyphosate. We're going to be talking about why a lot of different detoxes don't work, in relation to what I just said. We'll discuss what happens when you detox the pineal gland and all of the benefits of that. We'll talk about how a proper detox plan improves sleep.
- Wendy Myers:** We'll talk about how long it takes the body to detox. You probably won't like the answer to that. We'll discuss how zeolites have been depicted as causing toxicity. We'll talk about the wide range of quality of different zeolite products. It's just a really interesting conversation with a fellow detox expert. He's been studying it for 16 years.
- Wendy Myers:** Many of you listening to the show are worried about the heavy metal and chemical toxin load in your body. I created a quiz to help you discern the relative body burden of toxins. You can take that at heavymetalsquiz.com. It's just a two-minute quiz and then you get your results. You'll also get a free video series answering all of your frequently asked questions about detoxification like what testing is best and where do you start? There are lots of great videos for you after you take that quiz, so go check it out at heavymetalsquiz.com.
- Wendy Myers:** Our guest today, Clayton Thomas, is a healthcare entrepreneur and founder of Root Wellness offering naturally sourced and grown CBD products. It is also a social sharing community focused on creating health and happiness through its unique consumer sharing network. Clayton has 40 years of experience in human

and animal wellness and 16 years of focus and research in detoxification, with an expertise in zeolites for systemic detoxification.

Wendy Myers: He is a formulator, manufacturer, consultant and distributor of wellness products. He focuses on bridging the gap between allopathic traditional health care and the integrative wellness side of patient care. You can learn more about Clayton at therootbrands.com/wendymyers. Clayton, thank you so much for coming on the show.

Clayton Thomas: Indeed, thank you for having me. I've watched and read your work for many years so it's a pleasure to both be here and finally chat.

Wendy Myers: I'm glad that I met you. I was introduced to you by a mutual friend. You are very knowledgeable about detoxification. Why don't you tell us a little bit about your story and how you got interested in detox.

Clayton Thomas: It's a lifelong journey, as is the process of actual systemic detoxification. I grew up in a veterinary practice so my entire life has been centered around animal and human wellness and nutrition. I was really fortunate because my parents were extremely integrative in their approach to veterinary medicine. I can remember when I was 12, listening to *Dead Doctors Don't Lie*, and really getting into the importance of mineral supplementation. I remember playing with lasers, acupuncture, puppy puncture, essential oils, magnets and many other things that have come down the animal route over the last 30 years, before moving into the human side of things.

Clayton Thomas: As an athlete in college and throughout my childhood, it was important to always look at performance and how you can tweak your performance. A lot of the time the conversations have been about how you have to eat right, you have to supplement right, you have to exercise and you have to sleep. About 16 years ago, my philosophy changed. I had a colleague call me and say, "Hey, you need to look at this product." It changed my perspective. There have been two times in my life where you get that little tap on your shoulder and God's like, "Hey, figure that one out, that's what you're supposed to follow."

Clayton Thomas: It was really about taking a volcanic crystal, one that nature created to clean up everything outside. It changed my perspective about true health when it comes to dealing with the environment that we live in today, what we're born into and where we live. Wellness is no longer about addition. It's not about supplementation and it's not about your diet. It's all focused on what you can remove. That's the foundation. If we're building a house, you have to have that as a foundation because we are basically a cesspool.

Clayton Thomas: If you have a pool that you love to go to and someone poos in the pool, everyone gets out of the pool. You empty the pool, you sanitize the pool, you clean the pool, you fill the pool back up with water, you put in new salt and maybe a couple of chemicals to make the pool clean again. Then everyone can

enjoy the pool. We don't see ourselves as a pool even though we're 70% saltwater. We are a cesspool. We're loaded with pollutants from conception on. Instead of actually working to clean out the pool, we just try to throw in more chemicals.

Clayton Thomas: They could be natural chemicals, more salt and what have you. Over the last 16 years or so, it's been a matter of studying and drawing correlations between different issues. It's figuring out what are the best mechanisms and most effective pathways to allow the body to do what it's supposed to do. It's also about supporting that process because of mercury, glyphosate and a bunch of the other heavy metals but primarily mercury.

Clayton Thomas: Mercury shuts off our ability to do what we're made to do. We can't methylate. We can't produce glutathione. It destroys every organ system of the body but differently in every person. You look at it and you try to use some reason. You say, "Okay, why don't we just remove the cause. If you can address the cause you don't have to deal with symptoms." It's the inverse of everything that we're taught. That's been the history and it is the approach now.

Wendy Myers: Let's explore that a little more because I think this is something that people haven't heard before. Mercury destroys your body's ability to produce glutathione and to methylate. That inhibits your ability to detox other heavy metals. This is a concept Dr. Klinghardt has talked about. It's really problematic because mercury is everywhere. It's in the air, food and water. It's in fish. There are a lot of different sources and it's so insidious. Can you expand on that a little bit more?

Clayton Thomas: Dietrich is who I've used as a resource for a long time. Dr. Klinghardt, he's the man. When I first started on my journey about 16 years ago, I lived in the Seattle area. He invited me to come speak at one of his conferences. We got to chat about the initial concept of what my mission and my purpose is now. When we sat down, he said, "Look, if what you're talking about is true, this is the most advanced chelator we've ever seen." When you look at mercury, it's the worst neurotoxin known to man.

Clayton Thomas: It's one of those things that there's so much history on, right in front of our eyes, yet people don't understand. It's like the Mad Hatter in *Alice in Wonderland*. People say that the Mad Hatter is crazy, which he is, but that story was created for a purpose back in the 1500s. The hatters that made felt hats used mercury to cure the felt. They went crazy because of it, from the fumes from the mercury. It's neurotoxic and they went nuts. They had hair like me.

Clayton Thomas: You actually have to do some research into this to really comprehend the true detrimental nature of this one toxin. It is the worst neurotoxin known to man. You can't argue with it. It's used in so many different aspects of our lives. It's one of those forever chemicals. It doesn't have a half-life. It doesn't go away once it's in the environment. People used to play with thermometers. They would break a

thermometer open and hold the mercury in their hands. They thought it was really cool. After a little bit, it wasn't there anymore. It didn't evaporate.

Clayton Thomas: It's inside of you. This stuff doesn't go away. The hard part to comprehend is the fact that 30% of the mercury that's in mom ends up in the fetus. Look at the biomagnification issues that we have. This is why we have so many issues today. As you said, it's in the air, it's in the water, it's in our food and it's in the soil. China's industrial revolution, over the last 30 years, has destroyed our environment because they grew so quickly. They didn't have the EPA in the safety manner that we have because our industrial revolution was years ago. Still, that problem exists.

Clayton Thomas: The gold mining that was done on the West Coast produces massive amounts of mercury. People don't talk about the amount of mercury in the environment. In California, from the droughts, it's in these dry river beds and creek beds and from all the mining. When they do get water, it flushes new mercury into the water supply. It goes in and poisons even more people. You can't just look at one simple aspect and say this is the problem. It's not localized anymore.

Clayton Thomas: We used to think that because we live in the United States our only issues are in the United States. It's not true. I do a lot of work with my group in Norway. In Norway, they think that since they are Norwegian or Scandinavian and they have beautiful fjords and mountains, they're protected. Their environment is even more polluted because of all the jet streams that come over in the clouds, from China. The mountains actually cause everything in those clouds to dump mercury into their lakes. What they think is a pristine environment is actually more polluted than most places on the planet.

Clayton Thomas: It's one of those things where you can't just say it's this issue, we've only got it in our fish or maybe we have it in our water supply. It's everywhere. We can look at the addiction process. We can look at different aspects of mental health today and you can trace these things back maternally. Why is that? It's all environmental toxicology. What's in mom goes down the line, and it just continues.

Clayton Thomas: You have the biomagnification aspects of what's in the environment and what's injected into our kids today. Why are our kids more screwed up than at any other point in history? It's because they're a compilation of everything that's been put into them. Then we're putting more stuff into them from breast milk, food, water, air, soil and anything else that they're exposed to. Understand that mercury isn't just neurotoxic. It disrupts every system of your body but it does it differently in every person.

Clayton Thomas: That's the wicked nature of the work that you do. Trying to explain to people that you have one cause and the etiology is all the same. The symptomatology is going to manifest differently in every person because of how these things affect different aspects of your body. Mercury actually magnifies the deleterious

capabilities of lead, aluminum, cesium, strontium and arsenic. It actually makes them worse. Because of the evil nature of this metal, being there from conception inhibits our ability to get it out.

Clayton Thomas: You hear so much about how glutathione is the master detoxifying antioxidant and the body produces it. It's so crucial. Mercury is one thing that knows how to turn that off. It shuts off your methylation process, it shuts off reproduction. You can go down the list. We can talk for hours and hours and hours on each aspect of it. It's the one thing that people have to understand. This is the deal. This is the problem. You can throw out glyphosate and everything else but mercury is it. If you said, we're going to focus on detoxification, it's the hardest one to get out. That's my rant.

Wendy Myers: I love your rant. You're not going to do a three month detox and get the mercury out. This is a lifestyle. Can you talk about how detox is a lifestyle? It's not just something you're doing once, or one or two months out of the year.

Clayton Thomas: It's not a liver cleanse, it's not a kidney cleanse, it's not a GI cleanse. Because of the effects of the mercury, this is not something that you can do quickly. I'm not a practitioner and my dad banned me from being a doctor. Clinically, if you try to remove mercury too quickly, you can kill someone. If you do it wrong, you can kill them or you can really screw someone up by removing amalgam fillings. This is the work I've done for the last 16 years.

Clayton Thomas: I still have my amalgam fillings to prove a point to people, that if you do things right you can still manage it. You have the risk of doing it wrong. If you have your amalgams removed improperly, you're in for a world of hurt that you never imagined. You can have someone who is normal and the next day they're cuckoo. They'll ask what happened?" They just went to the dentist, there's our sign. Theoretically it would be good if we were able to just clean out everything we had in our system, but we are not capable of that.

Clayton Thomas: If you do it, it is a process to do because you can't do it quickly or your body will go into shock. You couldn't function and it might just kill you. If you're able to do that over time, your exposure daily is going to continue. Like you said, it's in the water you drink, the food you eat, the air you breathe, the car you're driving, the planes you fly in and the soil you plant. If you don't, you should. You need to get dirty and you need to be grounded but all of these things are continually exposing us to more chemicals, toxins and pollutants.

Clayton Thomas: What I found over my last 16 years is the more you do to clean yourself up, the more environmentally sensitive you become. This means it becomes even more important to continue doing that because once you're clean, you actually become more aware of how polluted the environment is. Your body is telling you, "No, no, no, you're not stopping. This is one thing that we keep doing."

Clayton Thomas: And as we talked about from a foundational perspective, it's the most important thing you can do for your health. If you don't do it, these heavy metals will block binding sites and they'll screw up every aspect of your body. If you're looking at it from a budgetary standpoint and need to make a choice, what do you want to do? Do you want to remove all the bad stuff and then try to eat as well as possible, if you don't have the money to spend a lot on supplements?

Clayton Thomas: The argument over the last 40 years from the medical establishment has been that supplements don't work. It's true, but their argument is wrong. It's not that supplements don't work but instead you don't work. You can't use what you're putting in because you can't absorb it.

Wendy Myers: We can't absorb the supplements.

Clayton Thomas: You can't use it, you can't methylate, you can't assimilate. Where do you start? You've got to get stuff out first.

Wendy Myers: I love that point. That is such a good point about the nutrition research out there. That's so key. I find that in the past in clinical practice, I've given someone supplements for two years, like magnesium, zinc and all the stuff that they need and their mineral levels aren't going up. They can't absorb this stuff. There's so many things working against our gut including heavy metals. Now, I use very different practices and a lot of different tools to facilitate absorption, but the metals throw a huge wrench in metabolism of all different kinds.

Clayton Thomas: Now we're also faced with the glyphosate issue. Forty-five years of exposure. That's finally showing the evil nature of what this chemical is and what it can do. You see on TV all the time, about the issues with cancer, that's the tip of the iceberg. The methylene resistance issues that we have, glyphosate creates antibiotic resistance in plants where it basically gives them AIDS. The pathogens in the soil kill the weeds. The glyphosate doesn't kill it, nature kills it, it just makes them weak.

Clayton Thomas: It's that same process where you have this water soluble chemical that's everywhere and you can't get rid of it. It destroys the microbiome. It destroys our ability to create neurotransmitters. It creates antibiotic resistance. If you go to the hospital or if you're exposed to any bacteria, you've got a really good chance of having methylene resistant Staphylococcus aureus. People say MRSA is bad and yes, it's not your friend, but all of these issues people fear pertain to one thing. You're polluted. That's it.

Clayton Thomas: It makes you sound a little bit crazy. You stand on only one pulpit and you say "This is the problem." Everybody looks at you like you're nuts. Now, people are starting to come back and say, "You know what, you look crazy but everything you've been saying comes back to the same thing." It's the hard part because we can't just look at heavy metals. You can't just look at glyphosate. We can't just

look at fluoride. We can't just look at just fire retardants or PBEs, PBDEs and all these things. We want to segment them.

Clayton Thomas: It's the same thing that's going on in society right now. The idea is to segment different pieces of the population because if we can segment them, then we can destroy them. You can't do that in the body. You can't address just one because they're all encompassing. That's the hard part. Personally, I put such a massive focus on heavy metals because they are the baddest boys on the block. Now we have glyphosate and how it interacts with mercury and some of the other metals. How it destroys things and allows the metals to get even worse, when you look at how it blocks binding sites.

Clayton Thomas When you chat with people, it's the hardest part for me. For the last 16 years or so, I've worked with so many families with kids that have been deemed autistic. People that have been through the wringer themselves. For the last 10 to 20 years, they've been trying to get well and have done X, Y, and Z. They take all these things, like you said, and they're still not well. They're not addressing the cause. It's one of those things where you realize you've been doing it wrong the entire time. How do you get that time back? You don't but you get to start now and do it right.

Clayton Thomas: I think that's what's really important in finding the right messenger. You find a good practitioner that actually knows what's going on, like you and the work that you do. You need to find people that have the right perspectives and have the knowledge and experience that they can share with someone. It's not that they've been lied to, they just haven't been educated enough to get to the root of the problem because not everyone knows about this.

Clayton Thomas: The industry thinks that Dr. Klinghardt is absolutely nuts because he's their biggest threat. For the last 30 plus years, all he's been going over is metals, bacteria and things like this. They say, "No, no, no, that's not it, that's not it." One of the things that got me initially was looking at some of the data from the Environmental Working Group and from the World Health Organization. Granted the World Health Organization in 1974 was not the world health organization that it is now, so we won't argue that because that's a whole different conversation.

Clayton Thomas: The World Health Organization published data in 1974, that they knew at that time that about 85 to 90% of all chronic degenerative diseases were caused by environmental toxins, like metals and such. You look at that data and you say, if I'm pharma and I want to make money, do I treat the cause? No, because I know the data. Mercury does this, this, this, this, this, this, this, this and this. Arsenic does this, this, this, this, this and this. Fluoride, if we put it in the water and we put it in your mouth, does this, this, this, this and this.

Clayton Thomas: If we know all of these things cause all of this symptomatology, they can be diagnosed as X, Y and Z. We also know that you can prescribe based on those

symptoms. You can get these drugs, but because of the nature of these metals they're going to cause additional symptomatology over time. We can prescribe more drugs for those and make another diagnosis and then you have customers for life. Wow, that sounds like healthcare.

Clayton Thomas: What if we figure out how to get this stuff out? Then you don't have to worry about symptoms because the body is made to heal. It's made to be an amazing energetic, spiritual being that's made to heal. You just have to give it the ability to do it. That's really the key.

Wendy Myers: Yes, we just have to get the roadblocks out of the way. There's too many things interfering. Like you said, it affects every different metabolomic function in the body. People don't realize diabetes is just toxins. It's not because you're eating too many carbs, that doesn't help, but that's part of it. People don't realize, even Dr. Joe Pizzorno, Founder of Bastyr University, says the number one cause of diabetes is environmental toxins.

Clayton Thomas: It's funny because one of my collaborating research partners, Dr. Dori Naerbo, she's a PhD. She's in Norway now but she's a stem cell research specialist. It was funny talking with her initially because she's a stem cell super-freak. She told me that she oversees one of the largest clinics in Dallas and then the largest clinic in Panama, where all the celebrities go down and get their IVs.

Clayton Thomas: She told me they won't do IV therapy or stem cell therapy on autistic kids because they're loaded with mercury. Mercury inhibits stem cell production and you're just wasting your money by injecting stem cells into someone loaded with mercury.

Clayton Thomas: I started laughing at her. I said, "Doc, do you understand that every one of your patients is loaded with mercury? You're saying you can't do it to these kids yet all the adults that you're charging \$25,000 or \$50,000 to, come down and do these IVs. They're probably more polluted than the kids. You're telling them that this is good." She said, "Oh, that makes sense." Being a researcher, she started to look at a bunch of meta-analysis. 300,000 live studies of patients looking at the big five like diabetes, cardiovascular disease, COPD, obesity, all the big ones.

Wendy Myers: Hypertension.

Clayton Thomas: Neuropathy.

Wendy Myers: Hypertension.

Clayton Thomas: Hypertension as well, all of it. Not just diabetes but every single issue like cancer, autism, Alzheimer's, Parkinson's, ALS. MS, you got the list. With the big five, it's all heavy metals.

Wendy Myers: I agree.

Clayton Thomas: It's all published. I've got a 200-page compendium that she did, to start, that's all clinical studies. COPD, here's how metals affect it. Diabetes, here's how metals affect it. Cardiovascular disease, here's how it's affected. If you look at the data, you can't argue. There's no way to say you can't draw a correlation between the two."

Wendy Myers: It's exhaustive.

Clayton Thomas: You can't argue.

Wendy Myers: It's exhaustive. The research is exhaustive. There's thousands and thousands and thousands of studies that show this.

Clayton Thomas: Sometimes there are thousands of studies on one subject, that's the really sick part. Look at obesity, there's over 1800 studies on it, the draw of metals. That's just looking at metals. You start throwing in glyphosate, you start throwing in other stuff and it just opens up the world of chaos. You open up Pandora's box. You just want to close it.

Wendy Myers: Let's talk about the pineal gland. This is something that we haven't talked about on the show before. Tell us what the pineal gland does for anyone that's not aware. Then we'll talk about how to detox it. Also, what are some of the symptoms if your pineal gland is calcified and what is that?

Clayton Thomas: The pineal gland is the light center of the brain. It's a really little gland that sits at the base of your brain and it's known as the light center. It's the location where melatonin is produced. It's also known as the spiritual center of the brain. It's where light comes in and light goes out. Depending upon your philosophy, a goal of people that would want to make sure that a population stays a little docile, wouldn't want them to come into the light or see the light. That's what your pineal gland is.

Clayton Thomas: Research done back in the '20s, '30s and '40s, figured out that fluoride was really good at calcifying that little gland. If it was calcified, then it doesn't work very well. That light center doesn't function as well. You look at today how many people take melatonin supplements because they don't sleep. How many pillow commercials and how many mattress commercials you see to help you sleep. Guess what? Mattress and pillows won't help you. What will help is this little guy, that if you can clean that up and you can do it properly, then it starts working again.

Clayton Thomas: You might have amazing spiritual experiences depending upon how you function and what your belief system is. What you do on that side of life. You're probably going to find that you're going to sleep better than you've ever imagined. It's so crucial because a third of our life is spent sleeping. That's where we dream, that's where we create, it's where we regenerate, it's where we recover and it's where our hormones start working.

Clayton Thomas: People don't appreciate that process. People say, "Oh, yeah, I'm going to pull an all-nighter." That was one thing for me in college, I never once pulled an all-nighter. I never studied in college, that was one of my fatal flaws, but I always got eight hours of sleep. I could go take a test and I would recall everything from class and everything I read and I never had to cram, I never had to study. I just made sure I slept because you can process everything.

Clayton Thomas: If you look at the research studies that have been done on sleep deprivation, even for short periods of sleep deprivation, it causes memory loss, decreasing cognitive function and psychosis. That's why sleep deprivation is used as a mechanism of terrorism. Most people are sleep deprived. They just don't know it. They haven't had a really good eight hours of just being in a coma, basically. That's what your pineal gland is controlling.

Wendy Myers: It's not surprising that so many people have sleep issues today. With the fluoridation of the water and people drinking filtered water but still showering in fluoridated water. Not every country has to deal with this. In the United States, it's still allowed. More people need to be contesting this practice in their local city. Let's talk about how fluoride calcifies the pineal gland and disrupts its function.

Clayton Thomas: As we touched on as with mercury, aluminum and lead, these are neurotoxic. They love the brain. They love the central nervous system. Say cesium, cesium 137, that's from meltdowns like Fukushima and Chernobyl. Cesium loves cardiac tissue. Strontium and lead love bone, so they're stored in bone.

Clayton Thomas: Fluoride loves the pineal gland. If you get fluoride in your system, whether it's from mom or when we're kids and we're brushing our teeth. It's those things that you look at. You go back and wonder why did they do that when we were in kindergarten? They wanted to turn the lights out. The process of getting this stuff in your system makes your light center a little crusty and incapable of working the way it's capable of.

Wendy Myers: I like that analogy. It makes your light center crusty. I love that. How do we detox the pineal gland? What is it with fluoride? What does that process look like?

Clayton Thomas: That gets into my journey. It's taken some research. Clinoptilolite is a natural occurring volcanic crystal. If you like crystals, people know that quartz and rose quartz are really awesome, energetically and spiritually. We know crystals are very unique because they're an energy storage medium. There is a lot of research for using them. They are using crystals now for semiconductors and such. Quartz is actually part of this zeolite class of minerals. They are volcanic minerals that are created from volcanic ash and some lava, mixing in lake beds and seas, and then forming these different crystals and clays. Bentonite, which people are familiar with, is in that class as well.

Clayton Thomas: To understand the mechanism is really important. Volcanoes are the largest natural source of emission of heavy metals and toxic gases in the environment. We know in homeopathy, that "like cures like". That's the same process that nature was using to create all of these toxins in the environment, when the earth was being created, however you want to argue it was done. The process to terraform the planet created a lot of volcanic eruptions.

Clayton Thomas: In that same process, the emission of all those toxic gases and metals would have made life unsupportable. That same process created this group of crystals, clays and minerals that have the ability to bind all of this stuff. So, like cures like. Nature provides. The important part for us throughout history has been figuring out what nature has provided and how we use it. My last 16 years have been focused on working with clinoptilolite, which is really the most unique of the class and has been proven to be the most effective to work as a molecular sieve. This amazing honeycomb structure that's naturally negatively charged. It attracts and binds all the bad guys.

Clayton Thomas: It's actually been proven to be the most effective mechanism for binding glyphosate. Glyphosate wasn't even around when these crystals were being formed. There's some intelligence there. The problem with clinoptilolite is, it's a natural rock. It's a crystal that has been used for millennia in its solid form and in a powdered form. All of the literature that's been published shows that this crystal has these amazing properties but it's not permeable. It's not bioavailable. If we could make it bioavailable, if we could get it to cross the gastrointestinal wall and make it small enough to work across cellular membranes, we could change health care. That's what we've done.

Clayton Thomas: That's been my last 16 years. I've got to give a shout out to John Salley, because John is a basketball player and the one who caused this. He put me together with this amazing person behind me. Coming together with someone that's a PhD, SID, EdD and that's been in biotech. She comes from a background of creating molecules with Biogen Idec, Pfizer, Johnson & Johnson and UCB. Someone that has a background in nanotechnology and bioscience engineering from Harvard, just for fun, because that's what women do. Guys, we just stick in our box.

Clayton Thomas: Women say, "I'm going to solve this problem." By being able to take in the best of biotech, the best of science and the best of nature, and say how do we combine these things to create something where we can take what nature created to make it bioavailable. That's where we are now. That's the only way you can do it because you have to get here. Our traditional mechanisms for detoxification can't do it. Well, some of them can do it but they can't do it safely and they can't do it passively.

Clayton Thomas: When it comes to systemic detoxification, if we're talking brain to toes, then it's a matter of doing it slowly. It's a matter of doing it passively, systemically, safely and slowly. The only way you would find that is in nature. That's what is so

unique and so special, nature provides. Whether you say, "God did it" or "Nature did it", it's all the same and energetically it's like, here it is. That's been the fun part. Being able to combine that with other protocols to say, "Okay, how quickly can we do this or how supportive do you want to be in that approach?"

Wendy Myers: I like what you said there that you have to do this systemically. I think so many times people think of their symptoms or their pain points and about how do they detox their thyroid, or how do they get their liver working better or detox their liver, or their brain because they want their brain working better? The body does it in its own time. It removes things based on the nutrients that it has, the energy levels it has and the nutrients that it's provided. It does things in the order of it's priority, not your priority.

Wendy Myers: Going through this whole systemic process, about how long do you think this should take? This is probably foremost in most people's mind. How long is this process going to take?

Clayton Thomas: Well, you quoted the founder of Bastyr. The naturopathic approach is one month for every year that you've had issues. You look at that and honestly, when taking that approach, it's not a matter of saying, "Okay, it's one month for every year that you've been symptomological." It's basically every year you've been here because we've been polluted from conception. The ability to clean up the body, like you said, the body is going to dictate how it does it. We have our desires, like I want to clean up my brain. It's the same thing when it comes to metals, people want to get the mercury out.

Clayton Thomas: I do a lot of urine analysis testing to look at excretion analysis with unprovoked baselines, because I don't like provoked baselines. Then I just do any follow ups to look at what's coming out of people. Because we're an onion. It's like Shrek, ogres are like onions. Detoxification is the same way. You're just peeling an onion but you don't know what's in each layer. We don't get to dictate that. We don't get to dictate what comes out first. We don't get to dictate what area is done first. Because, as you said, this amazing energetic system dictates how. If provided what it needs to be successful, it's going to dictate how it does it.

Clayton Thomas: From a timing standpoint, I can tell you that I've seen people who have changes in 10 minutes, because of the energetic aspect. I think for most people, if you wanted to know how your system could really start to function, I'd say no less than 90 days. Even with what we do now, having the most advanced formulation and product I've ever produced in 16 years. I get feedback from people who say, "Okay, I saw these things over the first nine days. I lost eight pounds in eight days and I'm already in shape. I do my celery juice every morning and I dropped eight pounds in the first eight days and I didn't change anything."

Clayton Thomas: I'm like, it's inflammation, right? Hold on. It's negative inflammation. If you remove the metals, you remove the negative inflammation. You go over 30 days, 45 days, 60 days, 90 days, and you're still seeing changes. You're seeing different

adjustments, it's the cool thing to hear from people. I got pictures last night from someone who has been using the products for like a month and her face just broke out. She had the worst acne breakout on her cheeks and she's never had acne. She said, "Is this going to go away?"

Clayton Thomas: It'll clear but your largest organ, one of your primary detox pathways, is saying it's time to flush some stuff out. Because of what's in this area are amalgams. We put everything in here, our mouths, some of it goes in through our eyes but most of it goes in your mouth. Some of the stuff is stored in tissue in your mouth. You've got metals and toxins in your gums and your cheeks. Your body can do some really interesting stuff when it's capable. You see different stuff. It's really difficult to give someone an exact timeframe.

Clayton Thomas: I have someone who's actually listening to me, and they said, "okay, how long should I do this?" My answer is womb to tomb. That's best. You have the ability to detoxify your baby while it's in you, because you're polluting it. You're feeding it but you're also polluting it. If you had an option, you would want to do this every day for the rest of your life. You will know the benefits of it, you'll experience it. That's the key. You can't say, "Oh, you're going to stop at this point." No, you won't. If you do it right, you won't stop.

Wendy Myers: I like that answer from womb to tomb. I think that's really accurate. That's how long you need to detox. It's a daily process. Even if you clean up all of your tissues, your brain and your fat, you are exposed every day to more toxins. Especially in China, there's no scrubbers on any of the industries there. All that garbage comes over to us. We are very global in many ways including toxins.

Clayton Thomas: It's one of the benefits of this COVID crisis. We got a couple days of reprieve from manufacturing and we saw what happened globally, looking at Google Maps and the clouds and everything. They went away and they could see the sky in China for the first time in decades. That's not very good.

Wendy Myers: You have an approach called The Root Approach. I love that. What makes your root approach different?

Clayton Thomas: Root was founded on our simple philosophy that you've got to cure the cause. The mechanism is, and granted I'll make this clear, because it's my great joy to work with amazing practitioners like you. There isn't just one thing. To say this is the cure-all. There's no panacea. There are mechanisms that do what they do really, really well. They can be stacked. It's a lot like making nootropics. You don't want to just take nutrients, you want to stack them properly.

Clayton Thomas: I actually have a bottle here so I'll do the shameless plug. We've created this little guy, Clean Slate. That is the final iteration of the zeolite side of taking clinoptilolite, being able to break it apart and clean out that cage structure. You don't want all the metals and toxins that are naturally stored in it, in the environment, that's why a lot of the powders aren't the ideal thing to be

ingesting. We have a process that can make those fragments really, really small. Small enough to permeate cellular membranes and they're water soluble.

Clayton Thomas: If you look at the water soluble membranes across your body, you go, pretty much everything. You can go detoxify from the head to the toes. It's amazing in what it does on its own, but then when it's combined with the additional aspects that good practitioners know how to use, it helps to lay that foundation. Then it allows everything else to kick in. The second approach that we had was looking at cognitive function because people are stressed out, they're unhappy.

Clayton Thomas: As we've touched on, neurotransmitters aren't produced when you're toxic. Whether it's glyphosate or metals, neurotransmitters aren't produced when you're stressed. We created a formula that uses all natural ingredients, but we use the biotech approach to it by using the highest quality ingredients. It took three years to develop. To make sure that we were using the right amounts of the right ingredients. That they're stacked together, that they have the right catalysts which you don't hear in nutritional supplements. They put everything together and you have five actives and two catalysts.

Clayton Thomas: When they're combined and they hit your gut, because that's where neurotransmitters are produced, it goes click. In 10 to 15 minutes, you get dopamine and serotonin going into your brain the natural way, on demand. That's been the focus for me, body and brain. I've worked with a ton of great practitioners and it allows them to be more effective. Once you start that process, then you can start layering supplementation. What do we add now once you've got things being removed because that's the foundation of it all.

Wendy Myers: There's not one panacea when it comes to detoxification. There are a lot of products that work very well, for the majority of people. The zeolites, like you mentioned, are one of them. Within every category of supplements, there are bad products and there are high quality products. I've seen things on the internet about zeolites. They have aluminum in them or they have this or that. When to avoid them. The recommendation is to avoid them because they have metals in them, but that isn't entirely true. Can you talk a little bit about that issue that a lot of zeolites have, but not all of them?

Clayton Thomas: I think it was 2015 that Mike Adams did an article on clinoptilolite powder for retoxifying and not detoxifying. It was funny, because as soon as he posted that article, my phone blew up. I called Mike and I said, "We need to have a conversation. I want to be open to the industry." It speaks to that because you have a natural occurring mineral, that is a molecular sieve. It binds metals, it binds toxins, viral particles, bacteria, mold spores and biotoxins from bacteria like lyme. It does this naturally, in the environment.

Clayton Thomas: So if you just grind up a powder and you ingest it because it binds stuff, you get into the issues of not putting yourself in a position to be successful. There are things that make clinoptilolite unique. Do you have the risk of releasing some

metals that are stored in it by using a powder? Yes, but if I'm defending the market, this crystal is really unique because it works on a cationic exchange process. The heavier metals are tightly bound. They don't come out.

Clayton Thomas: We'll use aluminum because that's the one most commonly talked about with clinoptilolite because clinoptilolite is a sodium aluminum silicate. You have this aluminum backbone, which came from the volcanoes, tightly bound with sodium ions. In a human body and nature, it's fairly solid and stable. It takes 400 degrees, a lot of acid and a lot of time to denature that. It's not an issue that takes place in the body. It's the same thing with the conversation people have about vitamin C and sodium benzoate.

Clayton Thomas: You hear some of the crazies talk about how if you mix sodium benzoate and vitamin C together, it can create benzene in the body. Well, if you heat it up to 425 degrees for a couple hours and you add massive amounts of vitamin C with sodium benzoate, yes, you can create benzene. If you heat up the human body to 425 degrees, you're ash. You don't have to worry. It's a matter of understanding the science because people think hydrogen is highly unstable and flammable, yet you drink water. It's two parts hydrogen and one part of oxygen. What are you going to do?

Clayton Thomas: It's a matter of understanding the chemistry. There's stability in nature. We've figured out the process on how to clean out the cage structure, which is crucial. If you take a powder and it's already loaded with this stuff, you're inhibiting the cages from binding more but it might not redistribute. It can't bind as much. If you have the option, do you even want the risk of redistribution? I would say no. I'm one that says there's a chance that some stuff could swap out like mercury which is a really dense, really small molecule.

Clayton Thomas: If there's aluminum, lead and other stuff that's in there and mercury comes along, it says "That one's smaller and more dense." It's going to get rid of the arsenic, aluminum or lead ions and say, "Mercury come on over here." Then you do have a chance at some redistribution. It would be really rare but why run the risk. Be intelligent about your shopping. I'll give you the most important aspect. It's trusting the people that you're getting the information from and trusting your sources. I've read a bunch of your work and if you have really good practitioners that you work with, then you have a trusted source. They can provide some good stuff to you. I think that's even more important than the rest of it.

Wendy Myers: Tell us about your site, where everyone who is listening can get your product and learn more about it.

Clayton Thomas: You can go to therootbrands.com/wendymyers. You can research the products and you can buy the products online from a trusted source, which is the nice part. We created the model to be able to share. You can only get a code from someone that's involved, whether it's a practitioner or a friend or family

member that's joined the community. So go to therootbrands.com/wendymyers. I think along with this interview, we'll post a code on there that everyone can get access.

Wendy Myers: We'll have that posted for you guys if you go on myersdetox.com and search for Clayton Thomas. You'll find that link in our podcast notes. Clayton, thanks so much for coming on the show. Tell us, is there anything that you left out of this conversation or anything that you want to close with and tell the listeners?

Clayton Thomas: Listen to Wendy Myers. She knows what she's talking about. Trust your source, she's amazing. That's what I can leave you with. Everything you continue to tell people to do, do that.

Wendy Myers: Well, thank you so much.

Clayton Thomas: Well, keep doing it.

Wendy Myers: I'm very passionate about what I'm doing, just like you. For me, when I was dealing with my health issues and I hit upon metals, chemicals and environmental toxins, I was like, "This is it. This is the cause of all of this stuff." I can't shout it from the rooftops loud enough." Clayton, thanks for coming on and joining the conversation with us and reinforcing the message that toxins are the root cause. I love the name of your company.

Wendy Myers: Everyone, thanks for tuning in to the *Myers Detox Podcast*. I'm Wendy Myers from myersdetox.com. You can check out this podcast on iTunes and also the video versions on myersdetox.com or on my YouTube channel, youtube.com/wendymyers. Thanks for tuning in. I'll talk to you guys very soon.

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