



## Transcript: #395 Lymph Drainage, Homotoxicology and Detox with Dr. Ginger Nash

- Wendy Myers:** Hello everyone. How are you doing? I'm Wendy Myers. Welcome to the *Myers Detox Podcast*. You can find hundreds of free resources; hundreds of articles and hundreds of podcasts on [Myersdetox.com](http://Myersdetox.com). Please go there and sign up for our newsletter. You'll learn all the latest cutting edge tools and techniques to detox your body of heavy metals and chemicals. That's what we will talk about on this podcast today.
- Wendy Myers:** And I have a great guest on the show. Her name is Dr. Ginger Nash. We're going to be talking about lymph drainage, homotoxicology & why you should care about that, and of course, detoxification. We go in depth about lymph, lymphatic drainage and how to go about doing that. We'll be talking about the top herbs and essential oils to help with lymphatic drainage. We'll also go into Dr. Nash's harrowing story of how she had to have a cyst the size of a volleyball, removed from her abdomen at age 24. How that really got her into studying naturopathic medicine, helping women with their hormones and toxins, et cetera. She's really an expert on the subject.
- Wendy Myers:** We go into the difference between drainage therapies and detoxification. We discuss why you have to have the detox pathways and drainage pathways open, before you start going nuts with heavy metal detoxification. We also talk about the methods and markers that Dr. Nash uses to assess lymphatic health.
- Wendy Myers:** It's a really, really good show today. Dr. Nash is such an expert on this topic. I really enjoyed this conversation a lot.
- Wendy Myers:** I know you guys listening to the show are worried about toxins, how to detox your body and the level of toxins that you may have in your body. I created a quiz that you can take in a couple of minutes at [heavymetalsquiz.com](http://heavymetalsquiz.com). After taking this quiz and answering some lifestyle questions, you can get your relative

level of body burden of toxins and a free video series about what to do about them. You can go take the quiz at [heavymetalsquiz.com](http://heavymetalsquiz.com).

**Wendy Myers:**

Our guest today, Dr. Nash graduated from the National College of Naturopathic Medicine in 1998. In her 20 plus years of clinical practice, she has worked with thousands of women on natural hormone balance without the use of hormone replacement. She uses complex homeopathy, herbal medicine, and Nutrigenomix as therapeutic cornerstones of her practice. Dr. Nash taught at the University of Bridgeport's College of Naturopathic Medicine Clinic for six years and has taught seminars for other health professionals throughout the US and Canada for over 15 years. She's a sought after speaker. In 2018, she launched an online community for women called *Feminology*, which interweaves the scientific knowledge behind natural medicine and the art of helping women heal.

**Wendy Myers:**

You can learn more about Dr. Nash and her work at [gingernash.com](http://gingernash.com). You can also visit her website [feminology.org](http://feminology.org) to learn more about her work there.

**Wendy Myers:**

Ginger, thank you so much for coming on.

**Dr. Ginger Nash:**

Thank you, Wendy. I'm excited to be here. It's great to get to know you a little better and share some of my knowledge with your audience. I'm excited.

**Wendy Myers:**

Tell us a little bit about your story and how you got interested in your approach with patients.

**Dr. Ginger Nash:**

I am a naturopathic physician. I went to school in Portland, Oregon in the '90s, way back in the '90s. Like many people in the natural medicine field, I had my own trials and challenges, health-wise. Most of mine were gynecological. When I was working on a history of medicine degree in San Diego, I developed some severe hormonal imbalances. In my opinion, it was as a result of being on birth control pills for a number of years. I developed a huge ovarian cyst. We're talking volleyball size, 30 centimeters.

**Wendy Myers:**

Oh my gosh.

**Dr. Ginger Nash:**

I had no health insurance and I was working in a health food store. I was interested in natural medicine because of learning about the history of medicine. It was a really cool background to have because I was aware that there were these different competing models of looking at the body, of looking at health and illness. I never really felt like we were second rate when we were learning about natural medicine. As you know, there's thousands of years of traditional medicine, indigenous medicine, Chinese medicine and Ayurvedic medicine. There's these rich traditions.

**Dr. Ginger Nash:**

When I became sick myself, I unfortunately needed to have emergency gynecological surgery, abdominal surgery. I lost an ovary and fallopian tube at

24. I had to go under not knowing whether I was going to wake up with any gynecological organs. It was a pretty daunting and traumatic experience. I came out of that feeling a strong desire to empower women around their health. I was curious how I ended up in this situation at the tender age of 24, with such severe hormonal imbalances that I would grow this huge cyst in my body and not even really be aware of it. I learned so much about body awareness.

**Dr. Ginger Nash:** The day I got out of the hospital was actually my 25th birthday. It's kind of a dramatic story. I had an epiphany, literally that night laying in bed. I had 27 staples in my abdomen. They had to do a laparotomy because they had to cut through all the muscles. The cyst was so large they couldn't see on ultrasound, so they didn't know what they were going to find when they got in there. I had all these staples and I was laying there looking up at the ceiling and thinking, "I think I'm going to go to naturopathic medical school. I think it would be a really interesting way to combine my love of science and history, into helping women understand their bodies and the choices that they can make to keep themselves healthy."

**Dr. Ginger Nash:** Off I went the next day, I literally called all the schools. This was before the internet. I got the brochures. I had been working as a research assistant for a women's studies professor in San Diego. She was writing a book about the history of naturopathic medicine. I knew the schools existed, this was when there were only three schools. I ended up going to NCNM in Portland, which is now NUNM. It was a passion driven, mission driven experience for me in medical school. That was great because there were a lot of crazy things that happened during the course of those four years. The profession is new and fledgling and really went through a lot of growing pains at that time, when I was in school in the mid '90s. I was focused very much on doing this work.

**Dr. Ginger Nash:** It wasn't until my last year, actually the summer I was studying for boards after graduation, that a friend of mine and I, who had both been interested in homeopathy at a French school of homeopathy. She told me there was a French medical doctor coming to New York to give a seminar. It was his first time coming to the US. That person was Dr. Gerard Guenot. I had no money, but I managed to get a ticket to New York. It really changed my approach to patient care because the type of homeopathy, drainage homeopathy, or terrain medicine is very different from the way classical homeopathy is taught to us in naturopathic medical school.

**Dr. Ginger Nash:** That really set me on a different trajectory, learning more about European biological medicine, and certain kinds of therapies that we didn't get a whole lot of in school. They certainly fit with the philosophy and the knowledge that I had gleaned from four years of medical school. As you know, we learned by interacting with patients and by doing. It was really like that full entry point into, "Okay, this is a whole new thing to jump into." I never looked back. It was something I was really excited about.

**Wendy Myers:** What is homotoxicology? I assume you learned about homotoxicology from the French doctor? What is that exactly and why should we care about it?

**Dr. Ginger Nash:** Homotoxicology is related to a concept really well described in traditional medicine and in scientific literature as toxemia. Homotoxicology is the process by which the body is going to deposit various toxins into the tissues, into the extracellular matrix and into all these areas of the body. The kinds of therapies that I do with folks address this directly, which is helping them eliminate them. There are certain organs that we call emunctories. Some of these terms are a little archaic, but they can be melded with modern science and research that's done on the way the body does eliminate.

**Dr. Ginger Nash:** The term was coined in the 1940s by Dr. Hans Reckeweg, but it's really describing this process of maldigestion. As you know, Wendy, everything starts with the gut. These mal digestive processes, poor absorption and poor metabolism would create these toxins. Certainly some of them are coming from the outside world, the toxic world that we live in. Some of it is even as a result of faulty physiology or endogenous toxins, from either nutritional deficiencies, microbiome imbalances and all these kinds of things that affect the way your body is able to eliminate.

**Dr. Ginger Nash:** The three main organs of elimination are the lung, the kidney and the liver assisted by the gastrointestinal tract. When those become overwhelmed, the body starts depositing toxins into other tissues. That can really lead to a lot of the kinds of things that we see as chronic illnesses and symptom pictures, that we see all the time.

**Wendy Myers:** I have a whole chart of every different metal and chemical and what organs they prefer or tend to deposit in. They'll affect the functioning of those organs. Lots of toxins deposit in our fat, also.

**Dr. Ginger Nash:** Absolutely.

**Wendy Myers:** Can you talk a little about that and how that may impede weight loss?

**Dr. Ginger Nash:** For fat-soluble toxins, the most common way for the body to sort of wall off or protect itself once there is that stage of overwhelm, is to suck them away in the fatty tissue. That's really problematic, I'm sure as you know, as people lose weight and burn fat, they have a massive detox reaction because they're suddenly being exposed to all those toxins that have been walled off in the fatty tissue. That can certainly slow down not only sex steroid hormones that are important for metabolism but can cause problems with insulin imbalances, cortisol imbalances and all types of problems metabolically, that make the person hold onto extra weight.

**Dr. Ginger Nash:** There's one theory, I'm sure you're familiar with it, that the body will sometimes hold onto extra water to dilute the toxins. A lot of times people that are

struggling metabolically, feel puffy, have lymphatic issues and have a lot of problems with regulating the tissue levels of not just the toxins but water and other natural molecules that should be eliminated from the body regularly.

**Wendy Myers:** I think people don't really realize how much of their weight, 15 pounds, can be lymph fluid that isn't able to drain or what have you. Detoxification is super, super important to lose weight. If your lymphatics are clogged or your liver's not working properly, it's not going to be able to deal with all of these different toxins that you have. What is the difference between drainage therapies like we see for lymphatic drainage and detoxification?

**Dr. Ginger Nash:** I like to think of it as drainage therapies and those more sort of gentle subtle types of therapies are really working on supporting natural physiological processes. The way that we innately breathe in and out waste products, 13 times a minute, that exchange of gases is like a normal physiological process. In naturopathic medicine, we're always so focused on the liver and the gut, but we can't forget that the lungs are an important organ of elimination.

**Dr. Ginger Nash:** For example, for some people that's their weak organ system, right? Thinking about supporting elimination on an organ system level, for some people it's the respiratory system. In Chinese medicine, the kidney is extremely important in terms of elimination. Supporting healthy kidney elimination, would have to do with when we both just took a sip of water a little while ago, staying hydrated and making sure that your fluid balance is adequate.

**Dr. Ginger Nash:** Then of course doing certain things like keeping your microbiome balanced, eating a diet that's beneficial for beneficial bacteria, keeping levels of stomach acid to a healthy level so that you're not having overgrowth of pathogenic bacteria or H pylori, et cetera.

**Dr. Ginger Nash:** Supporting elimination is really all the things that we do to support the eliminations; pooping, peeing and sweating. I think of infrared saunas, which are so popular and so wonderful, as more of an elimination type of process although it does have a lot of detox support, as well. Eliminations or drainage therapies are more like supporting the natural lymphatic drainage, constipation and supporting chronic lung infections, et cetera. Whereas detoxification is really a little bit more about pushing certain detox pathways, which mostly occur in the liver. That's why the liver is always called the main organ of detoxification.

**Dr. Ginger Nash:** It's a little bit of a different focus. Certainly detox is important, obviously, and the liver is primarily responsible for sorting a bunch of toxins that end up there but they don't always get out of the body. You have to dump them into the gut and then you have to be pooping regularly. You have to be peeing regularly. You have to be sweating regularly, moving your body and moving the lymph. The lymph doesn't have a central pump like the heart does, for blood, which is of course important to blood circulation. Exercise, movement and all of these sort

of boring, unsexy things that we teach our patients all the time, are just so essential.

**Dr. Ginger Nash:** The real gem of working on eliminations and doing drainage, in my opinion, is that once you really start to optimize those functions in the body, people sometimes don't need much more aggressive therapies. If you get the body actually clipping on all circuits from the cellular level to the tissue level, to the organ level, if you can get the body eliminating waste products, it just allows everything in the body to work more effectively. It allows for better homeostasis and all those thousands of mechanisms that the body knows how to do on its own.

**Wendy Myers:** I agree with you. I think that a lot of people think in terms of detox is, "Oh, let's take something and rip it out, bind to it and take it out." That approach is helpful and needed, but you also have to facilitate the body just being able to work on its own, how it's supposed to. Many people have different blocks to functioning, whether they're emotional trauma or genetic issues, or there's a lot of different things that can prevent functioning.

**Wendy Myers:** Let's talk about the lymphatic system. That's really a big focus of your work. Tell us what the lymphatic system does and some ways that you help to get your lymphatic system flowing.

**Dr. Ginger Nash:** Absolutely. The lymphatic system has been somewhat overlooked by traditional medicine. There's no blood test to test your lymphatic system. It's really the main waste management system of the body. There's a tremendous amount of lymphatic tissue, called the mesenteric lymph, all around the gut and the intestines. It's where the lymph nodes reside, of course, and it's where we first encounter toxins from the outside world. Food and everything that we're ingesting into our body is around the gut lymph, that's where whole lymphatic vessels and channels really turn on is around the gut.

**Dr. Ginger Nash:** It's the lymphatic system's job to pull toxins from the extracellular matrix, the space in between our cells and fluid and route those toxins through the lymphatic system. Then these little sponges along the vessels, the lymph nodes, if something is really dangerous that's identified by the immune system, that's where your specific antibodies are made. It plays a huge role in eliminations but also the health of your immune system.

**Dr. Ginger Nash:** This is why, of course, when someone gets diagnosed with cancer or is being evaluated for cancer, they want to look at the lymph nodes to see if there are any aberrant cells moving through the lymphatic system. Those lymph nodes can actually kill cancer cells if they're able to identify them early enough, before things have broken down in a body's defensive positions.

**Dr. Ginger Nash:** The lymphatic system really penetrates the whole body, even into the brain. It was long thought that the brain didn't really contain any lymph tissue, but we

now know that there's very delicate systems of lymphatic channels called the glymphatic system. They drain the lymph from around the glial cells in the nervous system. Most of this happens at night when you're sleeping. I'm sure you know, Wendy, and probably a lot of people in your audience, that a lot of detoxification and elimination happens at night. When we sleep, our brain shrinks a little bit and those glymphatic channels really get to work by eliminating. This is why people who have insomnia or poor sleep habits are more toxic, don't feel well and have many more problems.

**Dr. Ginger Nash:** It's all connected to this system that helps constantly. If your lymphatic system stopped working, you could die within 24 hours, which is just kind of wild to think about. We know that if you weren't breathing or if your heart stopped pumping blood, you would die within a few minutes. The lymphatic system is really essential for that constant circulation of waste products out of the body.

**Dr. Ginger Nash:** They have these little valves in the channels so the lymph gets pushed along from contraction of the muscle. This is why exercise, movement and things like rebounding have been studied in terms of supporting lymphatic flow. That's one simple thing that people can do. Dry skin brushing is another really simple thing that people can do. There's a lot of interesting technology and devices that have come down the pike in the last 10 years or so. In addition to what's called MLD, which is a manual therapy, manual lymphatic drainage, there are some devices that are specifically used to support lymphatic flow in the body. Some of those are things that people may be familiar with like pulsed electromagnetic forces and things like that. There's even some light therapies. Certainly even just yoga and doing inversions can help stimulate lymphatic flow. Doing self lymphatic massage, using Jade rollers.

**Dr. Ginger Nash:** There's bunches of home therapies that you can do, in addition to the kinds of homeopathics that I mentioned earlier, which are more internal. I use complex homeopathics, and I use a number of really wonderful herbs. As you said earlier, toxins have a specific affinity for different tissues in the body and different plant medicines of course have a different affinity for different tissues. There are lots of wonderful herbs that have a different affinity for the lymphatic system.

**Wendy Myers:** What herbs are those?

**Dr. Ginger Nash:** Some of the ones that I use a lot are red clover or trifolium pratense. I use a lot of phytolacca oil topically. I'll use some essential oils. There's a number of them. Violet is wonderful. Even turmeric essential oil is wonderful. There's also scrophularia in terms of plant medicine, yellow dock and all the docks. A lot of the bitters will move the lymph and red root ceanothus, which is not the most commonly used herb but it's a wonderful way to move lymph.

**Dr. Ginger Nash:** We didn't mention earlier with the fat-soluble toxin issues, that so many women have concerns about breast cancer. Part of the prevalence of breast cancer in our society is because the breast tissue has so much fat. A lot of these

fat-soluble toxins are stored in the breast tissue. For example, I'll have women do self breast massage using some phytolacca oil, or lately I've been asking some women to make a paste with Epsom salts, and you can add a couple of drops of different essential oils. Clary Sage is wonderful for breast health. You can put it in the Epsom salt paste and then do a little pack on your breasts. This is for women who have already identified that they have some issues with blockages in the lymph flow in their breasts, or they had a history of mastitis when they were breastfeeding or their breasts tend to get very swollen or painful prior to their period.

**Dr. Ginger Nash:** I wouldn't say that would be the first thing I would recommend if someone's just like, "Hey, I want to keep my breasts healthy." If you know that you have some issues with drainage from the breast tissue, then that would be something that you can do. It's safe, cheap and completely non-toxic.

**Wendy Myers:** Fantastic. I love essential oils. I've been going crazy with them. I have so many of the Living Libations essential oils. I just love them so much.

**Dr. Ginger Nash:** I know. I do too.

**Wendy Myers:** I use them constantly.

**Dr. Ginger Nash:** Almost every day, whether it's diffusing them or putting them in Epsom salt baths or using them topically but you don't want to put all essential oils directly on your skin. Please be careful. They're amazing. They're so powerful because you just need a couple of drops and they can really do a lot.

**Wendy Myers:** So when a patient comes to your office, what types of evaluations do you use routinely in your practice?

**Dr. Ginger Nash:** I have been using for about a decade now, a whole body thermography exam. I don't know if you're familiar with that, Wendy. It's a technology out of Germany that was developed about 30 years ago. It's just gotten better and better with the use of sensitive instruments. It's using a really simple probe that measures skin temperature changes, and there's a neural reflex to the underlying organs or tissues. It actually measures about 18 to 20 lymphatic points. It measures 32 points on the breast alone. I really love to do that when people are coming in and they have questions or concerns about their lymph, but really it's used for whole body evaluation of sinuses, cerebral circulation, digestive issues, gallbladder, liver, pancreas, colon, et cetera. That's one exam that I use.

**Dr. Ginger Nash:** I do see a lot of people from a long distance. I do a lot of telemedicine. If that's not feasible, I will use traditional labs. I do use some non-traditional labs. I'll do some hormone metabolite testing. I really like organic acid testing too, which is another urine test that gives us a lot of good information about what's going on with the microbiome, what's happening with neurotransmitters and some nutritional measurements that you can't really do in the blood.

- Dr. Ginger Nash:** Honestly, I really rely on a good, good clinical history. I'm not somebody who really likes to do thousands of dollars worth of tests, but the right data at the right time to sort of confirm what you're learning from taking a careful history can be great, at times. If people aren't making the kinds of progress that you would expect after a few months then maybe we need to get a little bit more specific about what is going on.
- Dr. Ginger Nash:** I do genetic testing sometimes, but I never start there. I find there's so many things that people need to work on before we get down to the genetic level. For me, that's just something that I don't immediately jump to.
- Wendy Myers:** How does nutrition fit into this paradigm of detox, when you're working with clients?
- Dr. Ginger Nash:** Yes, great question. I think nutrition is a foundation for all of us working in natural medicine. What's better than a therapy that you are definitely going to practice every day with what you put in your mouth? Certainly there's so many wonderful nutritional supplements. For me, a lot of times if a person is really deficient or depleted or they need support to even be able to process the toxins properly because not everybody needs to start with elimination or needs to start with detox. Some people really need the building blocks for various hormones, neurotransmitters or just managing their toxic burden. I definitely always make that part of my initial evaluation.
- Dr. Ginger Nash:** One of my main teachers in the nutrition world is Dr. Peter D'Adamo, of *The Blood Type Diet* fame. He's become a good friend. It's not the be all and end all. There are a lot more specifics, but for me, it's a great starting point. Knowing someone's blood type is really going to help me identify some large biochemical characteristics that are important to understand.
- Dr. Ginger Nash:** It's not about trying to come up with the perfect diet for somebody because there's no such thing. Everybody has to figure out, over a process of months to years, what the perfect diet for them is. For me, looking at the blood type is definitely a good starting point. That's part of my initial evaluation as well. I always want to know a patient's blood type.
- Wendy Myers:** It really does take years to figure out the diet that's right for you. It's amazing because I realized when I was doing the keto diet or low carb diet or fasting even, that keto flu is detox, sometimes. I didn't connect that at that time. I thought, "Oh, that's just how you feel when you're going low carb." When you're burning fat and switching to fat as burning for fuel, there's toxins in all that fat that gets released. That doesn't make you feel very good.
- Dr. Ginger Nash:** Absolutely. For me, I did intermittent fasting for a month, two years ago, and I gained eight pounds.
- Wendy Myers:** Oh no.

- Dr. Ginger Nash:** That's not for me. It works like a charm for some people. That's part of my initial consultation with people, is to always try to set expectations and say there is no perfect diet in a vacuum, I have to know about you. It's not only a matter of telling people the perfect diet to eat, it's like, "Are you going to be able to do this?"
- Wendy Myers:** Exactly. What's right at one time, and then two years later you may need to do something different. It's always changing.
- Dr. Ginger Nash:** Yes.
- Wendy Myers:** Exactly.
- Dr. Ginger Nash:** Totally.
- Wendy Myers:** Food sensitivities are a constant moving target. You work with thousands of patients. Tell us about some of your success stories or any story that stands out in your mind.
- Dr. Ginger Nash:** It's funny because I feel like the success stories I remember most are the things that are sort of closest to my own history. Maybe that's common, but I've definitely seen some amazing results working on severe hormone imbalances and ovarian cysts. I work a lot with endometriosis.
- Dr. Ginger Nash:** I've been working with Jessica Drummond who has a wonderful endometriosis program. I've been doing some clinical work for her. Those women are so sick and they're dealing with so much pain and inflammation.
- Dr. Ginger Nash:** But the one story that stands out is a patient that I actually just talked to yesterday, but I first met her 20 years ago. I've been in practice for about 23 years. She came to me with a pretty severe situation with a couple of ovarian cysts. She had one that ruptured, which can be incredibly painful, and she went to the hospital. She was told she really needed to get her ovaries removed and she was in her late 20s.
- Dr. Ginger Nash:** We were able to address her hormonal imbalances over a couple of years and she never had another ovarian cyst. She ended up having two children. I just talked to her yesterday, for the first time in about a year. She's never looked back. She had a lot of work to do, but as you mentioned earlier, some of it was transgenerational trauma which can affect your hormones and affect the health of your ovaries. Especially when you're born with the eggs that your mom had in her. It's amazing how the generational things can be passed down.
- Dr. Ginger Nash:** We really came at it from a combination of nutritional support, drainage for the hormones, getting her diet in check and working on some of that past history. She's been quite healthy and she's now going through menopause so she's looking for some more support with that.

- Wendy Myers:** Aren't we all?
- Dr. Ginger Nash:** Yeah.
- Wendy Myers:** It's amazing, I have a lot more content on [Myersdetox.com](http://Myersdetox.com) on how toxins affect our hormones. When you're looking to balance your hormones, you want to be looking at detoxification and some of these estrogens and heavy metals that act as metalloestrogens. It's just amazing how many different chemicals and metals impact the function and production of our hormones. It's astounding.
- Dr. Ginger Nash:** Yes, and the sensitivity of the receptors and all of it. It's absolutely a huge part of getting hormones in check, is working with detox and elimination.
- Dr. Ginger Nash:** I think that some of the people that I haven't done as great work with, are actually people that are so focused on this idea of the right information, the perfect combination of supplements or whatever. Really, it's more about needing to learn how to feel safe in their bodies. Many people that have been sick for so long and have been in pain for so long, feel like they're constantly at war with themselves. As I get further along in my career, I'm always recommending various programs and therapies to address the health of your nervous system and the sensitivity of your nervous system.
- Dr. Ginger Nash:** Back to this idea of there's no perfect diet. It's not the food; it's what your body is doing in reaction to the food. The same is true for any chronic illness. It's learning to sort of manage some of the fear, anxiety, frustration and sometimes anger from being sick for so long. Sometimes when patients who've listened to 30 or 50 podcasts and read all the books, they think you're going to give them the perfect combination of stuff. It's really so much more simple than that in some ways. It's like, "Okay, let's just slow it down and learn how to trust your body again."
- Wendy Myers:** Yes, I totally agree with you. You have to bring the people's stress levels down, their responses. Their amygdala has been rewired in a certain way, and you have to retrain it. Those neural pathways in people who are just stressed all the time are traumatized by their illness.
- Dr. Ginger Nash:** You have people who eat a carrot and feel something in their stomach and then it's like they get into that limbic loop or the amygdala is so hyper-sensitive. Then the stress hormones kick in, the gut shuts down and it just perpetuates this whole cycle. It's not to say that it's people's faults, but after years of chronic illness, it really is an important piece to address that.
- Wendy Myers:** Yes, absolutely, because that gets in the way of any healing progress and healing. Forget detoxification, you need to start with the basics first and bring down those stress levels and return to the foundations of health. It's a very basic thing.

**Dr. Ginger Nash:** I think that's what I'm saying for myself as a practitioner, I have to remember that and not get caught up in, "Okay, we're going to fix you and figure out the right thing." Because I do want everybody to get better than sees me, of course, but it's a matter sometimes of really pulling back and coming back to basics, like you said.

**Wendy Myers:** Where can people learn more about you and work with you?

**Dr. Ginger Nash:** My website is my name, [gingernash.com](http://gingernash.com). I also started a second business a few years ago with a colleague of mine, Dr. Tara Nayak, who practices in Philly, called *Feminology*. It's more of an online platform and resources for women's health issues. We also have a website [feminology.org](http://feminology.org). We have some free resources there. I've got some free resources on my website as well. If you're interested in learning more about my work, I'm happy to share some guides that I've written and things that talk about some of the topics we've covered today.

**Wendy Myers:** Fantastic. Ginger, thank you so much for coming on the show. Everyone thanks so much for joining me. I'm Wendy Myers of [Myersdetox.com](http://Myersdetox.com). Thanks for joining us today on the *Myers Detox Podcast* where we explore all types of topics related to heavy metal, chemical detoxification and different topics surrounding how to detox. Thanks for tuning in. I'll talk to you guys next week.