



## **Transcript: #430 How To Overcome The Biggest Roadblocks To Weight Loss**

**Wendy Myers:** Hey, everybody. How are you doing? I'm Wendy Myers. Thank you so much for joining me today. I wanted to host this for any of you guys that are struggling with weight gain. If you've been struggling with mental and emotional burnout, physical fatigue, and frustrations with losing weight. I wanted to give you some tips today on this class. So, this class is called, How to Reset Your Mind and Body for Effortless Weight Loss, More Energy, and Better Health. Because I know that the last few years have been really exhausting for all of us. A lot of you guys are burned out and levels of burnout are at an all time high. And if you've gained weight, you're probably feeling it more than anyone that's on this call today.

**Wendy Myers:** And waking is often how the body responds to stress, to fatigue, and to burnout. When you're really kind of just burning the candle on both ends, or you're just listening to all the fear porn in the news, and you're scared and responding to all, you know, this latest news that's coming out, all of this can really get out of hand, especially as we age, and it could cause you to age more rapidly. And many experts believe that obesity accelerates the aging process even more than smoking. So, you know, your weight is something you really need to keep under control. And so, that's why today I'm going to show you how to reset your mind and your body, reverse weight gain, and overcome burnout.

**Wendy Myers:** So today I'm going to talk about topics like why diet and exercise alone often fail, it's not enough today, the five hidden roadblocks to weight loss, and we'll talk about the toxins that are sabotaging your metabolism. This is something that I'm an expert in, I've been studying it for over a decade, it's a personal obsession of mine. And we'll talk about what obesogens are and how to safely get rid of them, and we'll talk about the top ways to bounce back from mental burnout. And we're going to talk about much more as well.

**Wendy Myers:** The stress, anxiety, and challenges of 2020 and 2021 for me triggered a downward spiral in my health and my weight. I was super stressed out, I gained

20 pounds, I stopped going to the gym. I was like, "Oh my God, the world is ending." So, I started eating salt and vinegar potato chips and ice cream, and I was eating ice cream like every night. I was just like "crap! I don't know what happened". I think I just, you know, was engaging in habits I don't normally. This is in 2020, and it caused me to gain 20 pounds, big surprise. It didn't really take all that long either, I don't know how it happened, but it was really upsetting to me that 2020 really took a toll on me. That's when I also was planning to start moving to Mexico. I also at one point, I left my husband. There was just a lot of stress going on at this time for me, on top of the pandemic, you know what I mean?

**Wendy Myers:**

I eventually, I got really sick and tired of how I felt, you know, I was tired of feeling stress all the time, I was tired of feeling fat, I was tired of all the drama in the news, I was tired of not wanting to post, you know, fat photos or what I thought were fat photos on social media. I was just over all of it. So, I took action, I took back control of my health, my stress, my weight, and my emotions. And I even got rid of my husband and I actually lost 200 pounds with that decision. But that's a whole nother story for another podcast. So, this last couple years, I've researched a lot of different ways to address stress and the physical and emotional causes of weight issues.

**Wendy Myers:**

And so, a lot of the solutions that I discovered were things that I had never tried before or had never even heard of before. But today, I'm back in control of my health, I feel amazing, I'm happier and healthier than I've ever been before. And I lost the weight that I gained in 2020. But it took me a while, it took me, you know, a while to kind of like, figure it out all of these tools and implement them and start losing the weight. So, I wanted to share all tools with you that I discovered, today. So, maybe you also gained a few pounds over this last couple of years, maybe you're still struggling with stress, with sleep issues, with weight, with lingering health problems, you know. Maybe you promised yourself to get your weight and your health back under control in 2022 and, you know, maybe you're not quite off the start that you'd hope for this year. So, I want to give you some insight into why your efforts are not working.

**Wendy Myers:**

So, many of you guys obviously try diet and exercise. So, that's something that I've used whenever I've tried to lose weight, of course, you have to cut your carbs, it's course you have to eat more vegetables and, you know, eat less food, you have to exercise, you have to build muscle in order to lose weight, got to do a little bit of cardio, you got to sweat. But a lot of you guys are doing that or have tried that, and it wasn't enough, it wasn't giving you the results that you had hoped for. I know for me, at one point in my life when I really struggled, this was before I started [myersdetox.com](http://myersdetox.com), when I was trying to lose weight, it really compelled me to start my website because I was struggling so much to lose weight when I was working out six to eight hours a week and going to bed hungry every night, and it wasn't working, I'm like, "I would be an Olympic athlete if I was doing this stuff in my 20s, what is going on?"

**Wendy Myers:** And so, you know, a lot of you guys, you're eating organic, maybe you're trying keto, you're taking fat burning supplements, exercise, and going to bed hungry, feeling deprived and still not getting results. And so, you know, that's certainly been me in the past. When I discovered detoxification, and when I discovered how much heavy metals and chemicals impact your waistline, for me, it was really, really shocking because I had just studied exercise physiology and diet and exercised my whole life. And those were my go-tos, those were the things that always worked for me. But after I had a baby about 11 years ago, those things weren't working. And so it was really surprising to me. So, for all of you guys listening that you're just killing yourself at the gym and you're going to bed hungry every night, this webinar is for you.

**Wendy Myers:** So, I want to talk about a few of these underlying root cause culprits that are sabotaging your diet and exercise efforts. So, number one is toxins. So, the question is, should you diet or should you detox? So there's a lot of metals and chemicals that are directly tied to weight gain. So, number one is arsenic. So, arsenic poisons your ability to make insulin and to regulate insulin, which regulates your blood sugar. And so, a lot of people that are, I personally believe that arsenic is one of the number one causes of diabetes. It's not necessarily that people are eating too many carbs, that can be the case, you eventually wear out your pancreas if you're always abusing it and eating too much sugar and carbohydrates on a daily basis for decades. But arsenic really does poison your body's ability to regulate your blood sugar, and that can be a cause of weight gain.

**Wendy Myers:** Lead, everyone has lead, there's no exception to that rule. That causes fatigue, it poisons your hormones, it poisons your mitochondria, so, your ability to produce energy. Then there's BPA, which is a plastic hardener that's tied directly to increasing the number of fat cells that you have in your body, it messes up your hormones, your estrogen levels, it makes you more estrogenic. And so that can lead to weight gain also. Then there's mercury, so, mercury poisons your thyroid. So, I believe that mercury is one of the number one reasons that people have thyroid issues, and if your thyroid isn't working well, your thyroid controls your metabolism, so, you're going to have slower metabolism. You're burning less calories when you're at rest, you're going to feel depressed, you're not going to have a ton of energy, you're going to feel sluggish. And mercury also poisons stress hormones and sex hormones as well. So, it poisons your body's ability to make testosterone which you need to build muscle, it poisons your ability to, you know, for your estrogen and your progesterone to work properly.

**Wendy Myers:** And these toxins are really a big reason why our hormones are totally out of whack, and if your thyroid stress and sex hormones are out of whack, obviously it's going to throw a huge wrench in your ability to lose weight and to maintain a healthy weight and promote weight gain. Then there is glyphosate. So, glyphosate it's an herbicide rather, that destroys your good gut bacteria. So, there's a direct correlation to gut bacteria and having the, you know, proper amounts of good gut bacteria to bad gut bacteria, and being overweight and

having poor immunity. So, glyphosate is really, really, really nasty. So, also if you're not absorbing your food properly and breaking it down, you're going to have lots of cravings. Your body will make you eat food until it gets the nutrients that it needs. And so, a lot of these heavy metals and chemicals really destroy our digestion and you just want to eat, eat, and eat and never feel satisfied. And that's one of the reasons, one of the culprits.

**Wendy Myers:**

And so, another five hidden roadblock to weight loss or one of the five hidden roadblocks to weight loss is emotional trauma. So, this is something that I'm talking about more and more, and more about in my work. Because for me, I've been working on my emotional trauma for about six years and I have just, I feel like I've just completely transformed my life. I mean yeah, I've been working on my health for a really long time, my physical health and detoxing my body and things like that. But really working on my emotional trauma took me from here to here in my physical health, my emotional health, and just how I feel mentally as well.

**Wendy Myers:**

And so a lot of you guys are on this detox journey with me, but I think a lot of people are looking for physical solutions naturally to what they perceive to be physical problems like weight gain. But it's not always that simple because we have this mind-body connection. So, trauma, and stress and negative emotions cause physical health problems, they do like weight gain. And in fact, research shows that over 67% of physical health issues are caused by emotional trauma. This is the landmark ACE's study that was done over decades. And so, that's pretty shocking. So, this is something that you have to factor in if you're trying to tackle a physical health issue. And so, what are you doing right now to detox your emotions? And how do you even do that in the first place?

**Wendy Myers:**

So, the thing is, that if you don't address your emotional trauma, it can lead to all kinds of things. It can lead to sleep issues, it lead to food cravings, emotional eating, blood sugar imbalances, and exaggerated response to stress that messes up your hormones, it can cause fatigue. And all these issues and more are caused by emotional trauma that lead to weight gain. Trauma causes an increase in stress hormones that never shuts off, that it constantly drains your energy. It's like this broken record playing in the background that's just an energy drain. Negative emotions and unresolved issues prompt emotional eating.

**Wendy Myers:**

And so, for many people, myself included, these problems can be caused by emotional toxins like stress, repressed emotions, attachment trauma that comes from not bonding properly with one or more parents, and other unresolved trauma. So, anything that we weren't emotionally ready to deal with at that time. So, if you don't do something to detox your emotions too, you won't enjoy the level of energy, restful sleep, and healthy weight that's really your natural state. The bottom line is that everyone has trauma to a degree, and I assure you that this is affecting your ability to lose weight and one of the reasons that you're struggling. But we'll talk about that a little bit more in a moment.

**Wendy Myers:** And so, one of the next hidden root causes of roadblocks to weight loss is sleep. So, if you don't sleep enough hours, the next day you can have the blood sugar levels of a diabetic. If you sleep five or less hours in a night, you essentially make yourself diabetic the next day. And so, this is going to cause all these blood sugar swings and blood sugar crashes that cause you to eat more food the next day. So, I don't know if you've noticed the correlation, but I started to notice that any night that I didn't sleep really well, I only had a few hours of sleep for whatever reason, I would be eating more food the next day. It's uncanny, so you want to pay attention to that. And poor sleep also causes higher cortisol levels, which over time can lead to accumulated belly fat. So, when you have high cortisol levels, you just have more fat build up around your midsection.

**Wendy Myers:** And also over time, poor sleep destroys your immunity. Good sleep is the number one thing for a strong immune system. And also if you get poor sleep or you don't get to bed by 11:00 PM, the liver can't do its job to detox your body and metabolize excess estrogen, which can lead to weight gain. So, being estrogen dominant, having too much estrogen in your system, if your liver can't process that, that's going to lead to weight gain. So, it's one of the reasons that women have more fat on their body than men, is because they have higher estrogen levels. And a lot of women are estrogen dominant today because of things like toxins, poor sleep, poor liver function, many other reasons. So, I can go on, and on, and on about poor sleep and how it relates to weight gain, but you get the idea.

**Wendy Myers:** And so, the next thing I want to talk about is your liver, another huge roadblock to weight loss. People just, they don't think about this, but there are a lot of things working against your liver functioning optimally. Your liver has over 500 different jobs in the body, and if it's not working properly, you're just going to be more prone to weight gain, to poor immunity, to poor sleep. Anger is a big sign your liver's not working so hot. Hormone imbalance, another sign your liver is not working so good. Poor digestion, poor digestion of fats as well, a frequent nausea. If you get a lot of skin rashes and your skin doesn't look very good, your liver can't deal with all the toxins, it starts coming out of your skin. People can get skin rashes, acne, things like that. Also if you have genetic issues where one or more processes of phase one or phase two and the liver doesn't work or doesn't work very well, this can cause liver issues obviously.

**Wendy Myers:** You can also be suffering from fatty liver or non-alcoholic fatty liver disease. There's 100 million people in the United States alone that have non-alcoholic fatty liver disease, I mean, it's 25% of the population. So, if you are overweight, you have high cholesterol, you have metabolic syndrome, you probably have non-alcoholic fatty liver disease. And that can, you know, manifest as elevated liver enzymes, people can also have liver cirrhosis, or, you know, where their liver can just be working overtime due to bad diet, poor sleep, or toxin overload. I personally believe that people today have so many toxins in their body, we have over 80 to a 100 thousand chemicals in our environment, dozens of heavy

metals. Our livers just don't recognize a lot of these chemicals. I think people, they have a backlog of toxins their liver just can't get to.

**Wendy Myers:**

So, your body starts storing all these toxins in your fat cells, the perfect storage receptacle for toxins. So, if you have an extra 10 or 15 pounds or even 50 pounds you just can't lose, your body is going to be very resistant to releasing the garbage can that is your fat cells because your liver just can't get to it, your liver's totally overloaded. So, we've got to really optimize that liver function so your body can slowly but surely start processing all these toxins and it'll start releasing your fat. And so, also you're going to have cravings if your liver is sluggish. So, the liver's involved in the digestion of fats, you know, breakdown of proteins and et cetera. And if it can't do its job and you just don't absorb the need of nutrition from the food, and your body will just call out for more, and more, and more food. So, very important to pay attention to liver health, you need to love your liver.

**Wendy Myers:**

And also a lot of you guys have heard of the keto diet for weight loss. A lot of you guys have tried that, maybe it worked for you, maybe it didn't. Well, guess what? So keto diets are really high in fat, and if your liver can't process the fats, it may not be able to process all these fats if it's not functioning optimally. So, that can be a big roadblock to trying this diet, have it not work. Your liver has to be working really, really well for that diet to work for you. And also if your liver's under functioning, it will have an inability to filter and detox obesogenic chemicals or chemicals that essentially make you fat. So these are toxins that cause your fat cells to grow exponentially larger or cause stem cells to turn into more fat cells, more than you would normally produce without these obesogenic chemicals. So, we're going to talk a little bit more about that in a second.

**Wendy Myers:**

So, one of the next things I want to talk about, one of the hidden things that cause a hidden roadblock to weight gain, so it's raining, there's a lot of noise happening right now. So, the next thing is EMF, so these are electromagnetic fields. And so, what are EMFs? So wifi, cellphones, computers, electronic equipment, the electrical system in your home, wifi satellites that are in the environment right now, these are shown in the research to clearly contribute to weight gain. And so, EMFs are a stressor to the body that raise cortisol levels. So, high cortisol levels lead to elevated blood sugar and insulin, that leads to more cravings, more eating. EMF also promotes poor sleep by interfering in your brain waves. So, EMFs are really strong, they're really strong kind of waves or radio waves, they're radiation. So they're different types of waves that interfere in your brain's kind of native electrical fields, also known as your brain waves.

**Wendy Myers:**

And so, if you get poor sleep, this leads to snacking, this leads to poor blood sugar control, and all the other problems that go along with poor sleep. And so, EMFs are a stressor on the body that are shown in research to stimulate the growth of fat stem cells. So, it turns stem cells into more fat cells, so it promotes that whole cycle. EMF interferes in your thyroid function. So, your thyroid sets

your metabolism. So, if you have low thyroid function, you're going to have a lowered metabolism. EMF causes negative hormonal changes, including disrupted function of progesterone and estrogen. EMF causes higher cortisol production, which we mentioned, it causes higher adrenaline production as well, which will cause poor sleep and more feelings of stress and anxiety. It also promotes insulin resistance due to pancreatic endocrine dysfunction as well. And EMF also has adverse effects on neurotransmitters like epinephrine in the brain, which result in mood swings, memory loss, and stress, which can lead to stress eating and emotional eating.

**Wendy Myers:**

EMF causes calcium buildup in the cells, which dramatically interferes in your cells functions. When you have too much calcium in the cells, it causes a lowered metabolism, it slows everything down because nutrients have a harder time getting into the cells and toxins have a hard time getting out. So it just disrupts your whole body's metabolism. So, the research on EMF is clear, you need it in finding ways to identify and reduce EMF exposure and mitigate it in your home and in your place of work as well, and we'll talk about some solutions in a minute. But all of these roadblocks have a few things in common. So, they cause hormonal imbalance, sleep issues, they cause blood sugar imbalances. All of which lead to weight gain, snacking, bingeing, and emotional eating. And I want to talk about a few solutions in a moment here.

**Wendy Myers:**

So, I have a lot of articles on [myersdetox.com](http://myersdetox.com). You just type in EMF, we have dozens of articles on EMF, and all of them have scientific literature studies and research to support everything that we're saying in those articles so, that's where I'd go. So, I want to talk to you guys about some of the solutions to all these problems that I'm talking about. So, I created my 14 day weight loss course, it's a [14 day weight loss challenge](#). And so, I created this because if you struggled with stress, with overwhelm and burnout the last couple of years, not to mention, you know, resulting weight gain or other health issues, and you want to get your health back on track for 2022, that's what I want for you. So, I want to help you reset and refresh in 2022.

**Wendy Myers:**

So, I want to walk you step by step through everything that I discovered in the last couple years so that you can curb your craving, so you can shed that quarantine 15 that a lot of us put on, so that you can reduce stress and anxieties, you can boost your resilience, your stress resilience and increase your energy levels and more. And to help you do that, I've created this 14 day challenge. But I can tell you this challenge will be quite different from anything that you've probably done before because it combines strategies and methods for detoxing your body and your emotions as well. We talk about a lot of different solutions.

**Wendy Myers:**

And so, what's really, really cool about this program, so I'm going to share my screen right now. So, what's cool about this program, you get nine different videos, you also get a lot of different bonuses as well. So, you get this top hidden roadblocks to weight loss that goes more in depth about what I just talked

about. You get these 25 tips to lose weight fast, you get 15 sleep packs and more for energy and sustained weight loss. This book is incredible if you have sleep problems. So, there are a lot of different things that can throw a wrench in your ability to sleep. So, that's one of the things you really have to tackle and troubleshoot if you want to lose weight. So, this is an amazing book, I spent a lot of time writing this book right here.

**Wendy Myers:**

We'll also talk about the top 10 ways to protect against and prevent EMF damage. So a lot of different tools in there, simple tips on protecting from EMF. You've got to be paying attention to this if you want to lose weight. We also talk about vagus nerve stimulation. So, I'll talk about that in a minute, but to control burnout, to reduce stress, you have to stimulate your vagus nerve. And so, we'll talk about that, it's a direct link between your brain and your gut, and studies show that stimulating your vagus nerve promotes relaxation, it improves digestion, it lowers inflammation, and it boosts your metabolism. So, a lot of this is very, very simple things, very simple tips, but we really go in depth in this guide. You also get a 10 day coffee detox, if you guys are struggling with coffee addiction, we just throw this in there. I also wrote this five day sugar detox, so great little guide to get you just taking some baby steps to cutting sugar out of your diet, and that's really hard but really important if you want to lose weight.

**Wendy Myers:**

And we also, I throw in this five day stress and emotional reset and also top 20 ways to kick your cravings. I spent weeks writing this e-guide right here. So, you get so many super cool bonuses in addition to nine different videos here, I talked with Niki Gratrix about how to release emotional trauma, amazing video, this video is so good. We talk about how to stop emotional eating, how to do a beauty detox, how to fast safely for weight loss with Dr. David Jockers. We'll talk about how to eliminate chemicals that cause weight gain with Dr. Ali Cohen, top 20 ways to kick your cravings, just a lot of fantastic videos in this course. Okay, so enough of that. All right.

**Wendy Myers:**

So, let's go back to our little chat here. So, let's talk about some of the toxins that are sabotaging your metabolism. So, we're going to be talking about these and also how to detox them. And so, you need to know about obesogens because these are chemicals that cause weight gain and prevent weight loss and we'll also talk about heavy metals as well. So, obesogens are chemicals that directly or indirectly increase obesity through the disruption of metabolic, hormonal, and developmental processes in your body. So, they have the ability to alter fat cell development and production, they alter metabolism and they also promote fat retention. So, they cause weight gain, insulin resistance, and diabetes as well. And in fact, this chart that I'm going to show you, I'm going to do another screen share here. So, this chart right here, it shows the correlation between the rise in chemical production and the introduction of toxic chemicals into our environment and our rising obesity rates.

**Wendy Myers:**

So, here on the left, you can see its synthetic chemical production, increasing dramatically after, you know, around the 1940s, but really accelerated in the



1970s and '80s and the '90s. This really has gone up dramatically, and there's a direct correlation between the increase in synthetic chemical production and people being overweight. I assure you, it's not your fault, it's not because you're just eating too much or not exercising enough, toxins are making people fat. And it's one of the reasons that Americans, two third of the population's obese. It's just insane, and this is happening around the world as well. It's not just in the United States, China, India, a lot of westernized countries have an obesity epidemic, but especially in the United States, especially in the Southern United States. And that's one of the reasons I'm very passionate about what I do, is really educating people about the problem of toxicity and the many health issues that causes people, but also contributes to weight gain, to hormonal issues.

**Wendy Myers:**

And so, you really have to think about adding detoxification to your healthy lifestyle, to your health regimen because it causes weight gain, it impacts your hormones, it impacts your ability to sleep, it just impacts everything. So, if you're not focusing on, you know, or adding detoxification to your health regimen, a lot of the things you're doing are in vain or you're not going to get the results for all this effort you're putting in. It took me a long time to figure this out. So, that's why I'm very passionate about what I do, to try to educate you and also communicate to you that it's not your fault. So many women are so hard on themselves, beat themselves up, have feelings of worthlessness. There's so many things working against your metabolism and your weight, there's so many chemicals. And so, it's not your fault, it's just what I want to say.

**Wendy Myers:**

So, there's a lot of obesogenic chemicals, they include nicotine, MSG, which is monosodium glutamate, also known as yeast extract on natural food products. MSG is added to all fast food, a lot of Asian cuisines also use MSG to enhance the flavor. Arsenic is one, atrazine, DDT, which was a pesticide, high fructose corn syrup, which you would need to be avoiding, preservatives like parabens fragrance and perfume, phthalates, plastic hardeners like BPA and plastics, plastic food containers, pesticides and herbicides like glyphosate or "Roundup" weed killer, you do not want to be using this on your yard please or your garden. There's also a lot of different heavy metals like arsenic. If you have arsenic in your body, this poisons enzymes that transports fat out of your fat cells, that transports triglycerides out of your fat cells. So, you literally can't release fat from your fat cells if you have arsenic. Where do you get arsenic? You get this from chickens, non-organic chickens, from chicken eggs, you get it from rice, you can get it from water, apple juice, things like that.

**Wendy Myers:**

And if you have mercury this poisons enzymes that detox arsenic and other metals. So, you can literally be stuck with arsenic until you detox mercury. And there's also metals that interfere in maintaining blood sugar control or cause diabetes that will promote weight gain. So, metals that affect the pancreas, and its functions and cause blood sugar control issues include iron, arsenic, excess copper, lead, and uranium. Heavy metals also interfere in digestion, and if you're not digesting your food, your body is just not going to be getting the nutrients

that it needs. So it doesn't matter what you eat, it only matters what you absorb. So, heavy metals throw a huge wrench in every different aspect of your digestive system.

**Wendy Myers:** And so, that being said, and there's a lot more I can talk about on this topic, there are so many different toxins that contribute to weight gain directly and indirectly. And so, you know, you have to detox these chemicals from your body. They've been building up for decades, and so, how do you do that? So, I talk about a lot of the strategies to detox in my [14 day weight loss challenge](#). But just, you know, a quick review, you can take detox supplements, you can do liver support like [liver flushes](#) and [coffee enemas](#). You can do detox protocols like [ion cleanse foot baths](#), ionic foot baths, rather, [infrared sauna](#) use is amazing for getting rid of, you know, toxins that are in your fat cells and sweating those out.

**Wendy Myers:** You can also do [heavy metals testing](#) and also work with a practitioner to get a personalized detox plan, and that's really best for a lot of people. So, you can get guided help and email support and having someone really holding your hand and supporting you and educating you on your detox journey. So, that's the best option for a lot of people. And a great heavy metals test is a [hair mineral analysis](#). So, we talk about all these things and more in the [14 day weight loss challenge](#). So, there's a lot of things that you can do, but you can take your detox to any level that you want, you can do it, we offer support for novice beginner detoxers in for advanced detoxers as well.

**Wendy Myers:** So, let's talk about the five keys to bounce back from mental burnout. So, toning the vagus nerve. The vagus nerve is a large nerve that connects the brain to the body's organs and helps govern various metabolic functions and it innervates this vagus nerve. It goes into every different organ in your body, it really controls a lot of different functions in your body like digestion, detoxification, hormone balancing, immunity, so on and so forth. It also promotes the rest and digest and detox arm of the autonomic nervous system called the parasympathetic nervous system. And so, the problem today is that most people are in constant fight or flight mode. They're just in a constant state of stress, and this can be because of just external stressors, but it can also be because they had emotional trauma and childhood attachment trauma, abuse, physical, mental, sexual that has kind of, conditioned them to have this really high stress set point and they just can't come down from that no matter what they do.

**Wendy Myers:** They do yoga, they do meditation, they do blah, blah, blah, and they have this stress set point that was set in childhood or they have genetic issues, like they have the TPH2 gene that's, you know, heterozygous or homozygous, so they just have a very high over exaggerated reaction to stress. So, there's a lot of people, a lot of different reasons why people are in constant fight or flight mode. And so why does this matter for weight loss? So, studies show that when we're on this chronic fight or flight sympathetic state, like so many people are, our body is simply too preoccupied with survival to focus on good health. And so, as far as it's concerned, the body's concerned, you're fighting for your life.

So, it just can't get around to things like optimal function and weight loss until this threat has passed. So, it's just not, you know, detoxification certainly is not a priority at all.

**Wendy Myers:**

And so, one way to coax your body into that calming and anti-inflammatory rest, digest, detox, parasympathetic state is through vagus nerve exercises and vagus nerve stimulation. So in this course, in my [14 day weight loss challenge](#), you'll get a guide that has 14 different ways to tone the vagus nerve, [coffee enema](#) is one of them. And there's also a ton of free ways to do this, cold showers, ice baths, gargling, singing, doing yoga, meditation, many more. I also talk about devices that you can use, one is called the modia slim. This is something that I've used for probably well over a year. It was introduced to me by Niki Gratrix. I like it because it's really strong, so you get a really strong stimulation with the vagus nerve. It's a little headset you put on and I can do it while I'm working, whatever I'm doing, so it doesn't take away any time out of my day. I interviewed the developer of the device, Dr. Jason McOwen, in this weight loss course. So, it's a bonus interview that you get when you get the course.

**Wendy Myers:**

And he also recently completed a study showing that it improves weight loss and even improves weight loss in diabetics, which that population of people have a lot of extra challenges with weight loss because they have to take insulin to manage their disease, and insulin is a hormone that tells the body to store fat. So, they just kind of have this like, is this a catch 22 for them that my father was in this conundrum also, when he'd take insulin, he just kept getting fatter and fatter and fatter then he had to take more insulin. So, there's things you need to do if you're diabetic that are in this course in order to lose weight. So, we give you a lot of different tips and strategies for that.

**Wendy Myers:**

Then there's supplements. So, [CBD oil](#) is great. [Full spectrum CBD oil](#) is fantastic for managing stress, for resiliency to stress. [Magnesium](#) is amazing for burnout as well. I love [magnesium glycinate](#) to relax your muscles. Calcium is also great to aid sleep. [GABA](#) is amazing. I love [PharmaGABA](#), that's so key for managing stress and for managing food cravings. A lot of people they're really, really stressed, they use up all the neurotransmitter GABA. So they just don't have enough to turn off the stress hormones. It's kind of like, GABA's what your body releases, is like the breaks to stress hormones. So, you end up using up all of that and then you don't have enough GABA at night to go to sleep and to calm you down.

**Wendy Myers:**

And then, you also have supplements for sleep like [melatonin](#), CBN, which is another cannabinoid that's really helped me a lot when I needed a, [THC](#) is another cannabinoid which is amazing for sleep. It does give you that high effect that marijuana gives you, but that can really be helpful for putting you to sleep and keeping you asleep, really helpful for a lot of people. A lot of herbs for sleep, [valerian root](#) as well, and there's also some infoceuticals like [ESR and Chill](#). These are also fantastic for reducing stress, for calming down stressful emotions, for calming down the nervous system, for helping you to relax at the end of the day.

So, those are in our store, [store.myresdetox.com](http://store.myresdetox.com). [Infoceuticals](#) are just salt waters that have energetic information imprinted on them. They're like the evolution of homeopathy and they just give new operating instructions, new information to your body, so those are things that I use a lot. It's part of the bioenergetic program called [NES Health](#), N-E-S health, that I use personally and recommend to all of my clients. So, a lot of information about that.

**Wendy Myers:** Then also to help with stress and burnout, meditation is amazing, and perhaps the most well known stress reduction technique is meditation. And research shows that only five to 10 minutes of meditation per day can result in physical changes in your brain, which indicates an enhanced ability to handle stress. So, that's a fantastic way, but I don't love just sitting still and trying to meditate and quiet my mind, I hate that. It's just something that I've just never enjoyed. I've always struggled with meditation a bit. For me, it's really hard. So I recommend meditations by Niki Skye. You can go to [nikiskye.com](http://nikiskye.com), she has amazing meditations that you can listen to that are guided meditations with frequency infused in the meditation, so, those are fantastic. And those are what I prefer because they have healing frequencies in them. So [nikiskye.com](http://nikiskye.com).

**Wendy Myers:** And then the next thing is blue light reduction. So, blue light is another, it's a huge stressor in our environment, so let's go over what blue light is. So, blue light is just a light that's emitted by the sun, so you want blue light during the day, that is a trigger to your brain to produce cortisol, which keeps you awake and alert. So, you don't want to block blue light during the day, you want to block it after sundown. And the problem is after the sun goes down, people are looking at their computers, at their televisions, at their cell phones, those emit blue light. So, it's telling your body to produce cortisol.

**Wendy Myers:** Your circadian rhythms are governed by external cues like light. So, you have to use ways to reduce your blue light exposure. So, you can not look at your phone or watch TV or watch your computer after sundown. That's not an option for a lot of people. So, you can install something called f.lux, [f.lux](http://f.lux) on your computer. You can turn on night mode, it's a setting on your phone, you can get blue blocker glasses, I really like blue blocks, those are fantastic. And you can also remove anything emitting light from your bedroom and get blackout curtains and the whole nine yards. But you want to get the television and other things, the little clock by your bed, you want to get anything emitting light out of your bedroom. Also if you wake up in the middle of the night, don't look at your phone, that's going to wake you up, it's going to signal to your brain it's, "Hey, it's time to wake up, the sun's rising." Also you want to replace LED bulbs with regular tungsten bulbs or bulbs sold on [daveasprey.com](http://daveasprey.com) that reduce blue light.

**Wendy Myers:** Also you need to release emotional trauma, which I mentioned before. So, you have to get rid of the underlying root cause as to why you feel stress. A lot of people don't realize how much stress they have from emotional trauma, it's not conscious. They're not consciously aware of it, they don't realize how much it drives their behavior, their decisions, their emotional eating, their sleep

patterns, their stress level, their responses to stress, their responses in their relationship, responses to stressors. And I think people don't realize that they can do all these things they normally do in their health regimen, like exercise, yoga, journaling, deep breathing, and all these other things, and they help you reduce stress for a moment.

**Wendy Myers:** But the key thing is that you go right back to your high stress emotional set point unless you do something to mitigate the emotional trauma that's in your body, that's being held in your body field, your body's energy field. So, you have to mitigate this constant stressor, and yapping doesn't work. So, just talking in therapy does not release emotional trauma. It helps you understand your behavior, but it doesn't release emotional trauma. So, that's something I'm going to be talking a lot more in the future course. But I talk about the many ways to release emotion trauma on my [14 day weight loss](#) and mind body reset challenge.

**Wendy Myers:** So, another roadblock to weight loss is exercise, so this is obvious. But what a lot of people don't realize is that exercise is a sure fire way to reduce stress, to burn excess calories, to combat depression, to get sunshine, which has a whole host of benefits and it gets your lymph moving, so that can help with detox. Even just 10 minutes a day makes a huge difference. And so, I'm committed to exercising three days a week, but I'm doing five right now, but I do minimum three days a week. I usually try to get, I'm doing really good, I get five days a week of exercise in. So, right now, I'm lifting weights three times a week with a trainer, I'm walking two to three days a week as well, sometimes I walk five days a week.

**Wendy Myers:** But one thing you need to be aware of is high intensity cardio. For some people, if they're very, very stressed, this can make them more stressed and it can backfire. So, their weight loss efforts can backfire if they're doing too much high intensity cardio. So for me, one of the best ways to lose weight is by building muscle, and that means lifting weight. I started with Pilates and doing that to build up a base of foundation and get stronger. Eventually I graduated to wanting something a little bit more strenuous, wanting something a little bit more rigorous to build muscle. So, now I'm lifting weights, I feel amazing. I keep building more and more muscle, I'm burning more and more fat, my body mass index is going down more and more and more and more.

**Wendy Myers:** The best shape I've ever been in my life, the thinnest I've ever been is lifting weights. You can also do the same thing with power yoga, that's definitely build a lot of strength. Pilates is great for people just starting out to build muscle. That's what physical therapists use, is Pilates. But it's not about cardio, I think people think, oh, I got to do cardio and burn calories. But the most important thing is building muscle. Also, you do not want to wake up at 4:30 or 5:30 in the morning and cut out sleep to go work out, that will backfire on you. So, you want to exercise but you have to do the right type of exercise and you don't want to sacrifice sleep to do so.

**Wendy Myers:**

Also you need to lower your heart rate variability. Ok so, this is a measure of stress, but it's also the number one factor in longevity. So, heart rate variability has more of an impact on mortality than cigarette smoking, then diet, exercise, heart disease, everything. Heart rate variability is the most important factor in being healthy. So, your heart rate variability is how fast your heart rate is beating, so it's the time in between each heartbeat. And so you can figure out things that lower your HRV using an [oura ring](#), so I love my [oura ring](#). I have one and I test out different things that I do to see if they're working or if they have any impact on my HRV. There's a lot of health influencers and biohackers that, you know, do different things and see if they're working, you know, with their [oura ring](#), if they have an impact on their heart rate variability. You can track supplements, exercise timing, food timing, different diets, different protocols to see if they're working for you as an individual.

**Wendy Myers:**

Another easy way to lower our HRV is with [Harmoni Pendant](#). So, this pendant, it reduces stressors in your energy field, it helps to mitigate the stressful effects of EMF, which helps your body work more efficiently. And you can see the study on HRV and another study we did on [harmonipendant.com](#). So, the harmony pendant is amazing for reducing stress. It's one of the easiest things you can do to reduce stress, easy, easy, easy. And some people just they don't, there's a few questions about the harmony pendant. Some people say they didn't really feel any difference. And the thing is that you don't always feel physiological changes in your body, that's why it's important to track changes like with an [oura ring](#) or other HRV testing methods, because you can be getting benefits without necessarily feeling them, like you don't always feel your heart rate. And a lot of people are not in touch with their bodies, they don't realize how stressed they are.

**Wendy Myers:**

Like I mentioned, you don't always feel physiological changes in your body that are beneficial. So, we have a lot of people, a lot of health influencers that track their HRV with an [oura ring](#), they've been doing it for a while, they put a [harmoni pendant](#) on, their HRV improves dramatically. And then they'll maybe stop wearing the harmony pendant and then notice their HRV increases, which is bad. And then they put it back on and it goes back down again. And so, they may not be feeling anything with that, but they can visibly see the changes in tracking their HRV with their [oura ring](#). So, that's something to be aware of.

**Wendy Myers:**

So, I want to talk a little bit more about my weight loss course, my [14 day weight loss challenge](#). So, for many of us, and especially after a year like 2020 and 2021, stress, unresolved trauma, and pent up emotions can be a hidden root cause of so many of our symptoms. So, I know that they were for me and for many of my clients, so many people are so stressed and burned out right now, it just seems never ending, what's going on in the media right now and around the world. So, as soon as you start working on emotional trauma, clearing out emotional toxins, you open the door to more happiness, health, and wellbeing. So, that's what this [14 day challenge](#) is all about. It's much more than just a weight loss challenge, it's helping to release negative emotions as well. I'll give you lots of

tools to do that. It's a mind body detox that gives you tools, resources, and support that you need to regain control of your health.

**Wendy Myers:**

So, I hope that you'll join me and you absolutely can reach your health goals this year for weight loss, for energy, for less stress, for feeling more balanced, having a more balanced eating plan. And I want to help you to accomplish those goals. So, please join me on my [14 day weight loss](#) and mind body reset challenge. And this challenge and all the tools in here are what have helped me shed the 20 pounds that I gained in 2020. I continue to use these tools. I'm going to be losing even more weight. I want to get to a healthier, a better weight even before 2020 happens. So, I was a little bit overweight for me even before 2020 happened, when the pandemic started. So, I'm actually going to be losing another 20 pounds, another nine kilos in addition to what I already lost using all the tools in this [14 day weight loss challenge](#).

**Wendy Myers:**

This has helped hundreds of people. So many of my clients lose weight and regain control of their health. And I'm confident that it'll work for you too. And that's the reason that this [14 day weight loss challenge](#) is so effective at helping you because it talks about heavy metal detoxification, emotional trauma, and so many things that are not addressed in other weight loss courses, other weight loss, kind of, protocols. So, we know that heavy metal toxicity can be a major underlying root cause of resistant weight loss, but most clients do nothing to address detoxification. So, they're not even really aware of it and how much toxins are contributing to their resistant weight loss. But on this [course](#), you also get meal plans, you get meal plans and cook so that you can create delicious, nourishing meals that prime your body for speedy weight loss, low carb weight plans.

**Wendy Myers:**

But we also have vegan, vegetarian, and paleo menus so that you can choose whatever works for you, whatever you want. But don't worry, the recipes are really simple to make, and you'll find the ingredients at your neighborhood grocery store, nothing super complicated or anything. And, you'll also get three webinars, these are pre recorded webinars that I recorded before, but they give you a lot of support, a ton of information and accountability, and they answer a lot of your questions. So, there are two hours each, there's a lot of information, and support and education on these webinars. There's three webinars that are already in the course right now, as soon as you log in, you can check those out.

**Wendy Myers:**

And that's just for starters. So, I poured my heart and my soul into the research, and created the resources and tools that practically guarantee your weight loss success on the [14 day weight loss challenge](#). So, I can't wait for you to get started on this challenge. I'm going to be doing this challenge with you. It is a smoking and deal I assure you. For all the resources that went into this course and all the time and effort, it's a really amazing challenge. I try to do that where I price everything really affordable and really reasonably so I can help the most people as possible.



**Wendy Myers:**

The [14 day weight loss challenge](#) is not in and of itself, it's a detox, it's an education tool. So, if you buy the option that has the [daily detox](#) in it and the [Citrix cleanse](#) supplements, those will start to absorb toxins. They will absorb glyphosate and heavy metals and things like that. The [daily detox](#) helps to support your liver function that will help, but, you know, long term, you have to keep going, you have to probably do something a little bit more intensive to really completely detox your body like infrared saunas or ion. Really my favorite detox is that ion cleanse foot bath, the ionic foot baths, that's my favorite way to detox. That really, it adds frequencies to the waters and does a positive and negative polarity that just pulls toxins out of your body, it's incredible. So, that's really for me one of my number one tools for detoxification that I recommend to people. So, that's what I recommend if you really long term want to get all of this garbage out of your body and maintain your clean, healthy body. Infrared saunas are also great.

**Wendy Myers:**

So, most doctors are not going to be on board. So, this is not surprising whatsoever because they don't know anything about toxins. So, they don't know anything apart from the simple blood test that they may do that tests for four metals: lead, cadmium, arsenic, and mercury. So, a lot more to it than that. So, most doctor's knowledge of toxins and how they affect the body's metabolism is near zilch, apart from an acute poisoning, which they then give you activated charcoal in the hospital. So, your doctor doesn't need to be on board, you need to be on board, you need to make your own health decisions and not leave the responsibility of a third party. You need to have a team of people that are guiding you, that all have different knowledge sets. There's not going to be one single person that knows everything about what you need to do for your health. And certainly not your doctor, that's seeing you for a few minutes.

**Wendy Myers:**

So, you can detox while you're on prescription medications, absolutely. You can optimize your liver function taking medications, you can do infrared saunas, you can do [coffee enemas](#), you can do ionic foot baths, lots of things that you can do to detox your body while on medications, absolutely. And also I want to show there's lots of research on [myersdetox.com](#), lots of articles and podcasts that show that heavy metals cause so many different health issues. They negatively impact almost every different metabolic function and organ in the body. So, sometimes I've found a lot of clients that just slowly but surely feed their doctor information, get their doctor on board. I personally work with a lot of different medical doctors to educate them and detox them. So, it's just about us all rallying together to try to educate our family doctor.

**Wendy Myers:**

So the Myers Detox supplements do help, you can take the [daily detox](#) with any medication. With the [Citrix cleanse toxin binder](#), so that, you need to take a couple of hours away from your medication, especially thyroid medication, because this is a toxin binder, it will absorb different substances and nutrients. So, you can take that first thing in the morning, the [Citrix cleanse](#), or you can take it between meals. But it does need to be taken a couple hours away from medications. You get very detailed directions on how to do the [14 day weight](#)



[loss challenge](#), but you're basically taking the supplements every single day and you can continue taking them for as long as you like.

**Wendy Myers:**

Sometimes I tell people, just take a break from supplements here and there every few months, just take a few breaks from your supplements. But you can take the [Citrix cleanse toxin binder](#) every single morning, you can take the [daily detox](#) every single day by itself, with juice, in smoothies, with food. So, you can continue taking those well past the [14 day weight loss challenge](#). I love educating you guys about the power of detoxification and how it can dramatically improve your metabolism, improve your body's ability to lose weight and to just help combat fatigue. A lot of metals poison enzymes that transport nutrients to your mitochondria. So, detoxing your body can also help with energy production in your body, which helps your brain, which helps your digestion, et cetera, et cetera, et cetera. And so everyone, thanks so much for joining me.