



**Transcript:** #449 A Deep Dive into the Booger Biome with Joyce Dales

**Dr. Wendy Myers ND:** Hi everyone. I'm Dr. Wendy Meyers. Welcome to the *Myers Detox Podcast*. Today we have Joyce Dales on the show, and she's going to be talking about the booger bio. She's going to be talking about all the different ways that bacteria and viruses and pathogens colonize our nasal passages. That's kind of the first point of entry. She's going to talk about why we get sick and how we get sick. She will talk about why 25% of hospital workers have MRSA bacteria colonized in their nasal passages and what they do to try to clear that up. And we're going to talk about Joyce's product called Cold Bee Gone, which she spent two years developing, and how she uses this nasal swab to help to clear pathogens from the nasal biome, the booger biome, and but also at the same time, helping to keep your nasal, your good bacteria, your positive nasal biome intact. And a really, really interesting show. We do a deep dive into Manuka honey and different medicinal kinds of honey from around the world. Really, really interesting show. You want to tune in.

So, I'm really happy right now. I just got back from 10 days in Costa Rica, and I was there because I was celebrating my 50th birthday. My birthdays on August 5th. So I was born on August 5th, 1972, and I'm a Leo, and I just wanted to be deep in the rainforest of Costa Rica for my birthday. And I just had an amazing time. I was hanging out with wild Scarlet Macaws and anteaters. And someone at my hotel saw a little cat called the Marge, and I saw all kinds of monkeys and possums and just amazing animals hiking through the rainforest. It was just. It was fantastic. And also went all over Costa Rica. I was in almost every corner of Costa Rica, but yeah, I had a fantastic time.

So, just want to let you guys know that 50, I never thought it would be this good. I never really imagined that I would be this happy and feel this good at 50. I know when you're in your twenties and thirties, you think, "Oh, 50, you're" I don't want to say your life's over, but you don't really have a very good prognosis for yourself, when you're younger. But I assure you if you take care of yourself, if

you focus on your health and prioritize your health as I did, I prioritized sleep, I've always prioritized eating really healthy, then at a certain point, I was prioritizing detoxification. Now I focus much more on emotional detox as well. You know, getting rid of negative emotions and emotional trauma in my new emotional detox program. You can check that out at [emo dash detox.com](http://emo-dash-detox.com). E-M-O dash detox.com. I have a free masterclass that you can check out there. Talking about the physical impact of emotional trauma. It's super interesting. So just focusing on all these things, I think, has helped keep me very youthful feeling and youthful looking, even though I'm 50. And then I'm going to bring a lot of anti-aging content to you guys over the next couple of years. That's going to be my focus on anti-aging. So, tune in for that, you guys.

So back to the show here. So, Joyce Dales, she's the CEO of Buzzagogo, and she's the inventor of Cold Bee Gone, which is a homeopathic Manuka honey-based remedy that you swab in your nose to fight cold flu allergies and to protect the nasal biome. So Joyce used to be a high school teacher, and she's married to Jeffrey, an attorney, and a software engineer. And in 2009 and 2011, they welcomed two beautiful girls that they grew their family through the gift of international adoption, and together she and her husband run their company while homeschooling as they travel the country in their 1972 Air Strand. Same age as me. So, Cold Bee Gone is now sold nationwide and is also the proud official sponsor of the Boston Red Sox. So you can check out her company at [coldbeegone.com](http://coldbeegone.com). At C-O-L-D-B-E-E, like a B, buzzing bee gone.com. Joyce, thanks so much for joining the show.

**Joyce Dales:** Thanks for having me. I'm glad to be here.

**Dr. Wendy Myers ND:** So why don't you tell us a little bit about your story and how you got into the health industry?

**Joyce Dales:** I was originally a school teacher. That's what I thought I was going to be my entire life. And when I met my husband, we decided to start our family through adoption and international adoption, to be specific. And when we brought our little girl home, she was sick. She needed emergency open heart surgery. And so that sort of thrust me into the world of alternative medicine abruptly because I had to think about how to keep her healthy in ways that were outside of the traditional, outside of what we usually think of with regards to healthcare. I wanted to think of ways to help keep her safe. And so that is how I wound up in this space. Accidentally.

**Dr. Wendy Myers ND:** Yeah, I'm sorry. That just sounds like just such a harrowing ordeal to have, to deal with that and very scary at the same time. And so, was there anything going on with her immune system? Was she immunocompromised? You really got into like looking at the human biome, right?

**Joyce Dales:**

Right. So I guess I should back up a little bit. It wasn't the first time I'd had an immunocompromised loved one. Just before we brought her home for her adoption, my father was diagnosed with lung cancer in the previous five years from working with asbestos during the Korean war. And so, he was the first loved one I'd had. That was called immunocompromised. And I know we are all really familiar with that phrase, but I'll tell you, 15 years ago, that was a new word in my world. And so when she was coming, he had passed away. And then we started our adoption for her and in the middle of our adoption. Well, in the middle of getting her referral, which is what they call it when you get your baby's first picture. So we got our referral, and it was a healthy baby girl from Vietnam.

She was six months old at the time of referral. Within a few weeks, we got a notification that she was very sick in Vietnam, and they thought it was pneumonia. Now, granted, she's in a rural part of Vietnam. She's in an orphanage. You know, we don't know the condition she's being kept in. So she had pneumonia. So they were going to transport her to the Hanoi child, a Swedish pediatric hospital in Hanoi, which was built during the Vietnam war. So we're like, "Okay. All right, this is scary, but it's what happens when you work through international adoption. Things can happen."

But within three days, it went from she has pneumonia to something's wrong with her heart, to she needs emergency open heart surgery right now. So we found out at 3:00 AM, from a doctor, speaking very broken English, that she had a defect that caused her heart to be completely backward and that the blood was going to her lungs too frequently and it was causing pulmonary hypertension and that she had made it to eight months old without this being detected because most children are found within the first 48 hours of life and require emergency intervention.

She made it to eight months old in this rural Vietnamese orphanage because she had a huge atrial septal defect that was helping her body compensate. And with that, it had grown all this tissue off the back of her heart. And so when they did her emergency open heart surgery, they had to give her a full pulmonary graft, and her pulmonary graft was done entirely out of that excess tissue, her own tissue. So she wound up having the most perfect correction you could ever hope for, for one of the most serious heart defects a child can be born with.

So when we spoke with our doctors here, just before she came home, they said, "You know, if we have this specific situation, we send this child to San Francisco or Boston. This child has to go someplace where there are specialists who can handle this, and it's very rare that we encounter it." In Vietnam, they were doing 20 a month. So that's another reason her correction was so perfect was that they were so familiar with this. And then that's when we found out this is an Agent Orange legacy defect. That there are generations of children. Congenital heart defects are the most common birth defect in the world, and her defect was so common there that they were doing surgeries constantly. Still, they're

farming the soil, and Agent Orange is a forever chemical. It's never going anywhere unless they scrape the earth there and remove two feet of topsoil for them to continue gardening. So generations upon this will just keep going on and on and on. Yeah, so she was one of the lucky ones.

**Dr. Wendy Myers ND:** My uncle was in Vietnam, and he has a brain tumor that he's also dealing with from Agent Orange. And it's a huge problem.

**Joyce Dales:** I'm sorry. Forever chemical. So, people who think glyphosate isn't a forever chemical or isn't going to affect generations of human beings are wrong. Asbestos was affecting my father 50 years later. Agent Orange is affecting my daughter three generations later. So, it never goes away.

**Dr. Wendy Myers ND:** I think it's great that you developed this product called Cold Bee Gone to help people with just the simple common cold because it's just something that afflicts all of us, and we have to deal with this. So you discovered the booger biome. So, what is that exactly, and why did you develop your Cold Bee Gone product to help with the booger biome?

**Joyce Dales:** Well, it goes back to being on a plane on my way to Vietnam. I was on my way to Vietnam. At that time, there was another nasal, I won't name it, another nasal swab product, the only other nasal swab product that any of us knew back then. And it was right the week we went to leave, and I was a school teacher at the time. I was like, "Oh, I need to protect myself from colds." So I had this like-fault idea that this was going to protect me from these germs on the plane, five planes to Vietnam, and the crazy environmental change and all those things. And it got pulled from the market for causing loss of sense of smell. So I was like, "Oh, that's interesting." So I started researching, just out of curiosity, why the nose? Why was that happening? All of that.

So then we get our baby girl home and find out she's immunocompromised. In all international adoptions, adoptees are considered immunocompromised because it's a huge change in diet. It's a huge change in the environment, blah, blah, blah. So plus, nevermind, she's recovering from open heart surgery at this point. So when she was deemed immunocompromised, and it was the second time someone I loved was called that, I was like, "Okay, I want to think about how we get sick. What can I do? I can do something about cold and flu; beyond traditional ways, you think about preventing cold and flu. Washing hands, all of that." I took what I had been researching about the nose and learned what we've all learned in the last two years. All viruses start here, like 99% of them colonize right here. And I was fascinated by this.

I'm like, "Oh, that's really interesting." Then I learned that viruses remain dormant. So if you touch your eyes, ears, nose, or mouth, the virus or the pathogen will travel to the nasal mucus, the upper adenoid zone, the upper part of your nose, and the higher part of the back of your throat, whether you have

adenoids or not. And then, it will latch on there and remain dormant for one to 14 days, depending on the variety of pathogens.

Then it will pass its code onto your cells and trick them into replicating that code millions of times. And when that process starts within one to four hours, you can have millions of replications, and that's when you'll feel the thing in your throat, or the tickle, whatever your first tell is that something's going on, you're starting to get sick.

So I was fascinated by that dormancy phase and all of that. So put that aside. I have my baby girl. I've been researching the nose just out of being nosy, and I've always been a lifelong APA therapist. Then I started learning about the nasal biome and that your nose is supposed to be full of beneficial bacteria. It's the first line of defense to your immune system, and it's designed to trap and prevent. So I'm taking all these pieces together, like a completely stubborn mom who's determined that I'm going to protect my kid no matter what. Don't tell me there's no way to prevent a cold. I'm going to figure it out. That was my attitude. And I thought about it, and I thought, "Well, why can't we impact? Why isn't there some product that can impact pathogens while latched on so that it can interrupt the colonization process before it gets going?"

So I spoke with a lot of doctors during this phase. The international doctors we were working with and everybody, and I asked them about it. One of them was talking about Mercer colonization. And that's how he related this to me. When medical personnel in the medical field are colonized with MRSA, they are colonized here. In like, 25% of all medical personnel perpetually colonized with VRE or Mercer, and that's how it gets spread. But in order to deal with somebody who has really persistent colonization that's antibiotic resistant, they would offer the medical personnel ampules of alcohol that were designed that they would burst, and it would sterilize the entire nose in the hopes of ending the MRSA colonization in the nasal fairings. But in doing so, he was very cautionary. He's like, "Well, when you do that, you can create an antibiotic-resistant strain that's worse, or you can completely sterilize your nasal biome, and then that person becomes susceptible to new infections that a day later, a week later, a month later, because you've destroyed all the beneficial bacteria that the nasal mucosa relies upon for trapping and preventing."

This was just fascinating to me. So, that was the start of my understanding of the booger biome and how critical it is to our health. And I took all of those pieces together. I began to think about it, "Okay, how can we impact this replication colonization phase, but do it without carpet bombing the entire area and opening yourself up to the worse risk of sinusitis or infection or anything?" And for me, that was APA therapy because in another part of my life at that time, I was obsessively researching super honeys because Manuka honey had just come on the scene. And one of those people, like my hobbies, is to obsessively research things that are obscure that other people are not into at the moment. That's my superpower. So I was researching honey, and I wasn't just doing it like

casually reading on the internet. I was reaching out to the original researcher who discovered Manuka honey. And I was emailing him on a weekly basis.

**Dr. Wendy Myers ND:** Oh, wow.

**Joyce Dales:** Like, "Tell me more."

**Dr. Wendy Myers ND:** I know I wrote one of my first articles on Manuka honey. I spent like three weeks researching it. It's fascinating. And it's just. It's an amazing product.

**Joyce Dales:** It is amazing. It is amazing. And I was researching it because we'd had MRSA in the family that had resulted in hospitalization and so serious that all these little things synergistically happened all around my daughter coming home in that three-year phase where I was like, all of this information came to me at once. So anyway, I was reaching out to Dr. Peter Molan at the University of Waikato, about Manuka honey, on a weekly basis. And the man was so kind and so patient, and he gave me a download on everything there was to know about. Not just Manuka honey, but super honeys in general. There are many of them around the world. I'm sure we have some in the United States we just have not identified yet. But no two super honeys function in the exact same way. Manuka honey functions by a unique Manuka factor, which is the UMF rating.

And you want to be in the 12 to 16 range for it to be truly antimicrobial. And then he told me that anything above 16. When you see Manuka honey rated 18 or 20, it's dangerous because that honey may have been warehoused and heated to falsely inflate the methylglyoxal, which can cause a B allergy in a non-B allergic person. So I'm taking all this information in, and I called some other people to learn about Scottish Highland, Brazilian Red, and all of these amazing super honeys around the world. And I started sintering with them in my kitchen. And that is how I came up with Cold Bee Gone. It took two years of nonstop trial and error because honey is not created equal. There are so many different kinds. You can respond so differently to different honeys. Also, the seasonality, the weather, and all sorts of things can impact how it's workable or feels.

So it took me a couple years, and I finally came up with a consistency that I could do batch after batch. And then people, I would give it to people in Mason jars. I'd be like, "Stick this up your nose. Stick this up your nose." And I would tell people, "Your booger biomes. I promise that's a real thing." People thought I was crazy. Now, if, post-COVID, I could say it to anybody, and they'd be like, "Oh, yeah." So I was giving it to everyone I knew, and I was getting amazing feedback and thought I was just going to sell it at farmer's markets. Like I was going to be that lady. The honeybee lady at the little New Hampshire farmers market.

And my husband, who's an attorney, was like, "No, that's medicine. You can't do that. That's illegal." So then we had to start on the path of how it becomes medicine and that. If I'd known how hard that was going to be, I don't know that I would've done it.

**Dr. Wendy Myers ND:** Well, I'm glad that you did because you're in stores across the country, in the United States. I mean, you can go into any drug store and find the Cold Bee Gone

**Joyce Dales:** Yep. We're everywhere now. We got picked up by CVS and all these different places. My favorite new placement, I have two, Army Air Force Exchange, because when families are abroad, they cannot shop for their OTCs off base. So there are not many natural options for those moms, those families with their kids stationed abroad. So that was exciting because that puts me in a bunch of different countries, accessible to US service people. And then the other one was so strange, as I got into travel centers all over the United States. Roadside travel place, and I was amazed at how well we sell there because mom's on the go. Sniffles. Truckers on the go. They want everything they need right there. They can't drive their trucks just anywhere. And when they're sick, they want a solution and a natural solution, which is really new.

There's been a shift in attitude about looking for something to protect you beyond, take it to the next level, and something natural because every other nasal product that I've ever found has sodium benzoate, chemicals, alcohol, glycerin, something to make it the viscosity of a spray or a gel. Every one of those things completely sterilizes your nasal biome or stunts your Cilia and paralyzes your nose's ability to trap and prevent.

**Dr. Wendy Myers ND:** And is that the same with, like you say, like the Afrin nasal sprays and things like that, and those are supposed to clear up like you get congestion from a cold and people use it? My grandmother uses it every single day. What is that doing to your nose? That's a common thing people use when they have a cold.

**Joyce Dales:** It's creating a dependency. It will, depending on the chemicals involved. If it's a nasal spray that's natural, even the natural products, you'll see that they're relying on glycerin or saline or alcohol to keep it from growing bacteria, to keep it stable and have it be a spray. To be a spray, it has to be watery. And when you spray, I hate seeing people use sprays on little ones, and I thought that was it. When I was a new mom, a newbie, I totally thought of a saline spray. How can it hurt? I found out, through my research, that it sends bacteria further up into your sinuses and can cause your sinus infection by blasting the infection, which may be here, further up.

**Dr. Wendy Myers ND:** Very interesting.

**Joyce Dales:** Anything that's a spray, I think, is a risk and detrimental, nevermind the chemicals involved that could completely sterilize your biome.

**Dr. Wendy Myers ND:** Yeah. And that's interesting. So you researched that and did a swab, because of that, instead of a spray.

**Joyce Dales:** Yeah. Well, I tried to be a Netty pot user for a while, and I felt like I was waterboarding myself. I was just.

**Dr. Wendy Myers ND:** That was my next question. I was asking about that, the Netty pot.

**Joyce Dales:** Oh, the worst. I think I had to invent it as a swab. I mean, to be perfectly honest, it makes the most sense, but also, I'm a baby. I'm a big baby about sprays and Netty pots. I have given it the college try, like four or five times, and I'm like, "For the love of God, how does anyone do this? It hurts so much. It feels exactly like when your friend dunked you under the water at the lake when you're 10, and all the water went up you."

**Dr. Wendy Myers ND:** Exactly. Yeah. But I mean, it has its place. For me, when I was in the past, and I would get sick, and my sinuses would be full of mucus, I would do that with some colloidal silver, and it cleared all the mucus out of my nose. So you're comfortable. But can you talk about how it may compromise the microbiome in your nose?

**Joyce Dales:** Well, with colloidal silver, that may be a little too sterilizing, but I'm all for the colloidal silver. I think that's fantastic. The problem is that, again, it's a spray, and it can be blasted up, or you have to use it as a rinse, which can inadvertently send infection higher into the sinuses than you may intend. I like to think of things like the guy that does. Not Bulletproof. No, Mark's daily apple. I love his philosophies about grog. What would grog do? And I've employed it throughout my parenting. What would happen naturally? I don't know that we ever would've forced water up into our sinuses on purpose, but I think anybody would have gotten honey on their fingers and picked their nose. So I like to think of things that would've organically happened to us in mother nature. So a swab. A swab makes sense to me.

**Dr. Wendy Myers ND:** Can you talk a little bit more about the colloidal silver and if that's fine every once in a while, or do you think it just wipes out the microbiome?

**Joyce Dales:** I think if you're fighting a nasty infection, use that in conjunction if you want to use Cold Bee Gone with colloidal silver because the beauty of Cold Bee Gone is that it can achieve the antibiotic, the antimicrobial action. Although we make no claims, no curative claims. Nothing. I like to say people swear by it, and you will too. We keep it real simple because the FDA is very strict about that. But I will talk about super honey. We have homeopathic remedies to deal with active symptoms if you're actively sick, but the super honey is on its own. Super honeys are antimicrobial. They're probiotic. They provide you with lactobacillus. They're prebiotic. They feed the good bugs that you already have and repopulate. It's a humectant that helps restore and retain your moisture because honey attracts moisture. It opens you to facial dilators.

So it opens you up if you have that non-productive allergy stuffiness or you're just so irritated, your swollen shut. Now, If you had a nasty infection going on, I



think colloidal silver, swabbing it up there, dropping something forceful into the sinuses, would be really useful in terms of trying to target, I guess a persistent infection. Or if you wanted to preemptively strike, if you were exposed and you knew you were amongst a bunch of people that just had gotten the flu, or something else was going on. But then use something like Cold Bee Gone in conjunction with that because Cold Bee Gone will help replenish and restore the healthy, beneficial bacteria you may have carpet bombed with the colloidal silver. But I think colloidal silver is the smartest thing you could use in conjunction with it in terms of it being gentle. You know, it does the job without destroying everything.

**Dr. Wendy Myers ND:** Yeah.

**Joyce Dales:** And it sets the goal.

**Dr. Wendy Myers ND:** Yeah. Especially of a really active infection where you have a really bad sinus infection. That's great. Because not everyone has viral stuff going on. I mean, it sounds like the Cold Bee Gone is great for viral issues.

**Joyce Dales:** Or bacterial. It's antimicrobial, so when it's antimicrobial, it's viruses, bacteria, yeast, mold, and fungus. Although honey does contain yeast and molds naturally. But it does so without allowing it to proliferate unless you add water to it. If the water activity is low enough and the honey's not adulterated, it can't support pathogenic growth.

**Dr. Wendy Myers ND:** Okay, great.

**Joyce Dales:** It may be there because there are pathogens in honey bees' tummies all the time. There's botulism and B serious, and all these pathogens exist in 25% of all honey. And that's why we don't give it to children under the age of one. But a lot of those are working synergistically to almost be beneficial in the way that it works with the enzymatic activity of the honey. And it can't proliferate and make you sick because honey is bacteriostatic. So unless the water activity changes, it can't grow or harm anybody.

**Dr. Wendy Myers ND:** Yeah. It's interesting because heavy metals can work in the same way. Like you can have a greens powder that contains heavy metals, but they're so tightly bound to boron, which isn't greens powders, that they don't get into your body. They just kind of just go through you. So maybe it's kind of like the same type of concept, like honey, containing bacteria because of the antimicrobial activity in it. That's not going to harm you in any way.

**Joyce Dales:** Right. And it has to be a certain load. You know, it has to be like 10 million units per gram ingested. And so honey is so stable and generally recognized as safe that I thought it's this perfect carrier for the homeopathic, for dealing with the

non-productive stuffiness and the active symptoms, what you've got going. But it also has its own benefits. So I just don't understand why they have to put so many natural medicines in things that, I think, destroy the medicine's benefits or harm your body in some other way. Honey just made sense to me.

**Dr. Wendy Myers ND:** What kind of Manuka honey are you using? Because I mean, I know there's the real Manuka honey, which is for like, so to speak, is from New Zealand.

**Joyce Dales:** Yes.

**Dr. Wendy Myers ND:** But as you said, there are so many kinds of honeys that grow Manuka bushes in Canada and have them in Australia. Where is yours from?

**Joyce Dales:** Mine is New Zealand. And I work with small hives, and I work with a homogenizer who gathers from the local beekeepers, and then they homogenize it, and they send it to us. They don't heat-pasteurize or harm it in any way. It comes to us raw. And that's how I get my Manuka. Well, that was my advice from Dr. Molan at that time, which is 15 years ago now. There was a Monsanto of honey coming on the scene trying to aggregate and take control of all of yeah. And then trying to grow it. And we produced honey in China.

**Dr. Wendy Myers ND:** That's really scary.

**Joyce Dales:** Yeah. Yeah. There's the Monsanto of everything these days. And he, being the father of Manuka honey, was so proud of his accomplishment of identifying why. So Manuka honey, I know you know this, but so stop me after being redundant or just. But Manuka, honey, I'll explain to everybody else. If you have a wound here that's colonized and you go septic, and your antibiotics are not working, because this wound here as it's colonizing and sending out the pathogens, they have developed a biofilm around themselves, making it antibiotic resistant. And so when Manuka honey, when the right level of Manuka honey, the right appropriately graded medicinal Manuka honey is applied to the colonization site, even though you're septic throughout your entire body, suddenly your own body can get ahead of that infection because it inhibits the pathogen's ability to create a biofilm around itself. And your antibiotics will start working.

Your own body will start being effective, your own immune system. And so, it just needs to be applied to where you're colonizing. And that was part of my research. I was fascinated by that. They were starting to use Manuka honey and alginate bandages for field wounds for the military for this very reason. For dirty wounds and bacterial-resistant infections. So, yeah, I thought that was just amazing to me. So Manuka honey, when he identified that methylglyoxal is the reason Manuka honey can do that, they tried another laboratory. I forgot where it was. Germany or somewhere. Another scientist tried to replicate it by adding methylglyoxal to regular honey. But there were some components. I mean, yeah, it worked, but it was still missing something. There was some synergistic magic

of the bee saliva with the tea tree to create this bee magic that cannot be replicated in the laboratory.

And then there are other honeys around the world like Scottish Highland, Heather honey, which is just as antimicrobial as Manuka honey and effective against superbugs but not by the same mechanism. And they haven't identified what it is. They still don't. As far as I know, as of today, I don't believe I have identified it yet. What was really infuriating before Dr. Molan passed away is that he's the dude. He's the dude that figured this all out. Right? And then the government gets involved, and they hire a scientist over here. And that scientist claims that they discovered it, then they patent it, and then it becomes regulated, and becomes a mess. So here he had done this amazing thing, and it was sort of stolen from him.

**Dr. Wendy Myers ND:** Yeah. When I was researching Manuka honey, it was fascinating that Manuka honey kills pathogens in six different ways. It's another reason why this beauty of when people get hospital acquired infections or they get MRSA or they get what, Marcons, or whatever, they're getting the C diff and things like that, you can put Manuka honey on that. And if it's antibiotic resistant, you can kill all these pathogens. It's a beautiful, beautiful thing.

**Joyce Dales:** It's amazing. It's saving people's limbs. And so I didn't understand why it wasn't being applied to respiratory illness. It just made sense to me. It was like, if it's also prebiotic and probiotic and can restore your biome and attract moisture, it was just sort of made for the nose. All of these honeys are made for the nose, but Manuka honey, on its own, is really caustic too. Especially at the level you need it to be. So your nose is a really delicate place. It's like the inside of your mouth, your vagina, your nose, it's all very delicate. And so you have to be careful what she puts in there.

**Dr. Wendy Myers ND:** Yeah. And I, at one point, when I got really into Manuka honey, as I was taking a little, half a teaspoon before going to bed, even, and I would wake up and have a completely fresh breath because it would kill all of the bad bacteria in my mouth. It's incredibly effective.

**Joyce Dales:** It really is. It's amazingly effective. You know, My daughter used to eat a tablespoon of Manuka honey every single night of their lives because my girls are swimmers. And when you're swimming, I mean, I'm putting them in chlorine every day. But for Camper, my older daughter with her heart, she's so athletic. She's just a beast. Such a talented swimmer. I couldn't take that away from her as much as I hated putting my child in chlorine every day because that inhibits the biome and it can interfere with your flora. And then my little one, she's a fish as well. So every night before bed, we're working really hard on gut health and probiotics and trying to restore whatever gets taken away through daily living. And I was having them eat a tablespoon of Manuka. And while she was doing it, I mean, they both had a few cavities just from malnourishment of when their teeth buds were formed in Asia, but they generally were doing great.

And then when she had her..I had Invisalign put on her because my younger daughter has albinism, which is why she has a lack of melanin and her teeth are a little bit fragile. That plays into that with a lot of people with albinism, who have a little bit of a fragile enamel situation. So Invisalign was the best option to get her teeth straightened out. Well, I stopped having her eat Manuka at bedtime and I could see such a dramatic difference in everything. Not just her teeth health, but her breath, her pooping, like every aspect of this child's health was altered just ever so slightly. I had to play ketchup all the time in trying to bring her back to homeostasis and it was much harder work than it needed to be. So if anybody's got a child with gut issues or anything going on, I think a teaspoon of Manuka, every single night before bed, it's the best medicine there is on the planet, but make sure you get the right Manuka.

And that would be Manuka that is rated with the UMF system, which is my favorite. I know there are other systems, but some of those systems were invented by people who didn't want to pay to have the appropriate UMF rating system. And it depends. Some of them are great. Some of them aren't. When someone's participating in the UMF system, which is Dr. Molan's original system, I tend to trust it more, but only up to a 16 plus level. Anything above 16 plus, then I worry about his cautionary tale of people heating the honey inappropriately.

**Dr. Wendy Myers ND:** Yeah, that's really interesting. I wasn't aware of that because at UC, you have ratings like 35 plus and 50 plus and things of that nature, and they're very expensive. They're much, much more expensive.

**Joyce Dales:** Have you watched the honey wars on Netflix? Have you watched that?

**Dr. Wendy Myers ND:** You know, I have not. I have not.

**Joyce Dales:** It's interesting because before Dr. Molan passed away, he talked about how it was striking the Manuka industry and that it wasn't featured on the net. It's in the Netflix show, Rotten. There's one episode of Rotten about the honey wars and how much China has come into the Manuka industry, well, the honey industry in general, and then the corruption and how they're constantly trying to stay ahead of it with better science and better testing methods. But it's impossible. It's an amazing counterfeiting system set up so that no one can ever get ahead.

**Dr. Wendy Myers ND:** It's almost like the olive oil industry. Like there's no one really regulating it. And you know, a lot of canola oil and grape seed oil are being used instead of olive oil. But yeah, you have to just know your supplier, call the manufacturer, and stick with companies you trust for sure.

**Joyce Dales:** You know, I think the overregulation has worked against us because I know small honey producers in different countries who, no matter what they do, this country wants them to pasteurize their honey to death. They want them to kill

the honey in order to satisfy the government to come in under the guise of regulations that they put into dealing with the counterfeiting. So they over-regulated to the point that we're getting crap honey again. Do you know what I mean?

**Dr. Wendy Myers ND:** Yeah, exactly. Yeah. Because I don't think I've seen that many prods like raw Manuka honey. You can see Manuka honey and many other types of honeys that are, say they're raw, like Brazilian rainforest honey and things like that. It's like you almost get either or. You know, I don't see raw Manuka honey.

**Joyce Dales:** I think there's a lot of fear in labeling in importing right now. And so what they'll do is overregulate again. You can go now with the internet. We can go find a Brazilian hive and order directly from them. And it is worth every red cent of that shipping to get it from that small batch creator, that hive, then to go buy it here and hope that it wasn't regulated to death and pasteurized on importation.

**Dr. Wendy Myers ND:** Yeah. Well, very, very good point. So tell us where we can get Cold Bee Gone and maybe anything else you want to talk about?

**Joyce Dales:** Although you can get Cold Bee Gone at select CVS, I would mostly say on our website. That's where you know you're getting the good stuff. It's coming directly from my warehouse, and it is the freshest batch of Cold Bee Gone. Of course, there's almost no expiration date on these things. It's like four years out, but it lives forever. So I would say go to [www.ColdBeeGone.com](http://www.ColdBeeGone.com), and that's B with two Es, or [Buzzagogo.com](http://Buzzagogo.com), and that would come directly through us. We have free shipping. We try to be very competitive with all other online outlets because people are relying on free shipping and getting things quickly now. So we also have bundling and deals, but I think that I would just encourage people to buy their local honey. Buy your local honey. Somewhere, in every state, I believe super honey exists if you can find the person who has it, and the darker, the better.

**Dr. Wendy Myers ND:** Yeah. When I went to Kauai, I found this honey at this farmer's market that was just to die for. It was from the Kauai rainforest, which is really silky, and it was dark and just incredible. Like some of these honeys, you can just feel how powerful and medicinal they are, and it's great for allergies too. If you have allergies, get local, and eat local honey. That's one of the best things you can do.

**Joyce Dales:** Do get propolis.

**Dr. Wendy Myers ND:** Yes.

**Joyce Dales:** I think if you can get your hands on propolis, propolis, I think is a lifesaver. The propolis is when the bees, the shortest explanation how I tell kids about it is the bee. Let's say a rat gets into the hive, and the rat attacks it because he is going to steal the honey, and they kill him. Well, then they have a secondary problem of a dead rat in the hive. Rat's going to rot. It's going to destroy the hive. So they go

to the trees, collect the resin, mix it with their spit, and then encapsulate the rat. They mummify him with this tar called propolis, which is full of benefits, everything on the bioflavonoids. It used to be referred to as Russian penicillin, and Russian beekeepers would snap it off and eat it, chew on it when they're sick in order to fight off cold, flu, strep, whatever.

Propolis, If you can find local propolis or dark propolis from darker honeys that are from smaller local hives, that is, I think, one of the most healing, beneficial things anybody can do, especially if they're fighting allergies. Did you know that Brazilian red propolis is being studied for small cell lung cancers and all kinds of cancers. It's just, it's amazing to me how many aspects of APO therapy and B products we are not utilizing in medicine because there are so many.

**Dr. Wendy Myers ND:** Yeah. I mean, I had this one, this Tasmanian wood honey that I found, and it's almost black. It's just amazing. There are so many amazing honeys out there, and it's kind of like you go on a honey safari trying to find these different products.

**Joyce Dales:** Yeah. They should have a honey-tasting tour. In New England and Maine, we have a Whoopie pie trail. I grew up in Maine, and my Grammy was of the belief that dandelions cured everything. She was one of those ladies. Big old Danish lady and natural medicine were all there was for her. And she used to tell me there was this honey up Maine that could cure anything. And she would tell me about it. And I'm like, "Where is this, honey?" So this tomorrow, I think it's tomorrow or two days from now, I'm going to be chatting with this old timer named Holistic Bill. And he's an old New Englander. He's from Maine. And I'm going to be like, "Bill, have you ever heard of this honey? Because let me know where it is." Somebody up in Maine was keeping hives and made the honey that became famous for curing anything in the 1940s. I will find it.

**Dr. Wendy Myers ND:** Well, Joyce, thanks so much for coming on the show. It was really interesting because I think it's important for people to learn about natural products like yours and natural products like Manuka honey, which are so, so healing. It's at your fingertips. Manuka honey and your product, Cold Bee Gone, are in every store, and people should be using these products. There's a lot of garbage out there on the market that people need to avoid, including some things from their doctor. But, so thanks for coming on the show.

**Joyce Dales:** Thanks for having me.

**Dr. Wendy Myers ND:** Yeah. So everyone, thanks for tuning in to the Meyers detox podcast. I'm Dr. Wendy Myers, and it's just such a joy for me every week to bring experts from around the world to help educate you and give you those missing pieces of the puzzle you're looking for to upgrade your health. So thanks for tuning in, and you guys can learn more about my work and about [detoxification@myersdetox.com](mailto:detoxification@myersdetox.com). Talk to you guys next week.