



**Transcript: #459 Why Emotional Detox is Essential for Healing & Weight Loss
with Karen Martel and Wendy Myers**

Dr. Wendy Myers:

Hello everyone. Welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers, and today I have a special treat for you because I wanted to educate you more about the importance of doing emotional detoxification and working on your emotional trauma because the statistics are clear, the research is clear, over 65% of physical health issues can be attributed to emotional trauma. So I'll talk about what emotional trauma is exactly and what that definition is exactly in a minute. But my friend Karen Martel interviewed me, and I wanted to publish this on my podcast because I thought it was very good, and it really illuminated very clearly the issues with emotional trauma and why it's so important to do this type of detox. So on this podcast, I talk about what exactly emotional trauma is. I talk about how it impacts our health and prevents weight loss. I also talk about some of the solutions for emotional trauma, namely using sound therapy, and there are a lot of conventional medical resources to support this.

I also talk about some of my personal experiences and stories in my emotional detox journey. So stay tuned. It's a really, really important show. So this show is super interesting. Check it out. As I said, I have many personal stories that I weave in throughout this show. If you want to learn more about emotional trauma, you can take my free emotional trauma masterclass at emo-detox.com. That's emo-dash.com. I highly recommend you take a few minutes of your time, and it's worth the investment. It's an amazing presentation that I worked really hard on, and it will show you exactly all the research and all the statistics around the different health issues caused by emotional trauma. Increase in addictions, increase in suicide rates, increase in just so many different health issues, financial, people have more financial issues the more emotional trauma they have. So it's really, really interesting, and I go into some of these solutions for dealing with emotional trauma that are very easy, and they're things that you can do at home. So check that out.

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So here's my podcast with Karen Martel; enjoy it, and let me know what you think.

- Karen Martel:** So welcome Wendy for a second time. Wendy's been on the podcast before. I'm going to link to our first chat in the show notes. So welcome, Wendy.
- Dr. Wendy Myers:** Thank you so much for having me.
- Karen Martel:** You look beautiful as always.
- Dr. Wendy Myers:** Thank you.
- Karen Martel:** Wendy's living the life down in Mexico.
- Dr. Wendy Myers:** All that emotional detox really lifts the weight off of you.
- Karen Martel:** It creates youthfulness, doesn't it? I think it does, truly I do think it does, a hundred percent. So before we jump into this very deep topic because it is, people have a very hard time even just talking about their emotions and trapped trauma that's still going on in their life, but why is this an important piece for you? Because you spent many years really talking about the detoxification of toxins in our environment, as did I, but there's this emotional detox. So do you have a personal story of how that helped you to heal?

Dr. Wendy Myers: Yeah, absolutely. I mean, I'm like a lot of people, a lot of health enthusiasts listening to this podcast; pretty much my health was my full-time job for a long time and eating a perfect diet and everything organic and going to the farmer's market and making my own food and taking a huge bag full of supplements and doing the stress reduction, the yoga and exercising most days, but still struggling with sleep. But just really focusing on my health and mentally, I was just like gray, where I just felt I was very physically healthy, but I'd wake up and just feel meh. You know?

Karen Martel: Yes, I do.

Dr. Wendy Myers: But I had a really good life. I felt like I had a decent childhood growing up. I didn't abuse; my parents loved me. It even got to the point where I was doing the work I'm doing now, and I felt like I was finally doing what I love, and I'm passionate about, but what's the problem? Why am I not happy? Why don't I feel good? And so it's something that just in the course of discovery and learning about bioenergetics, I found this bioenergetic program called NES Health, N-E-S Health, and that is a program that you do a scan, and it identifies all of your emotional traumas and emotions that you're having because these all have a frequency which can be measured. And so you do this galvanic skin response scan or test, and I started working on my trauma doing this program, and I was really taken aback by it and how much better I felt working starting to slowly release my emotional trauma and identifying it every time I get a scan.

And I also kind of slowly but shortly put it together that a lot of my clients that were also doing everything physically correct, doing different protocols, detoxing, taking supplements, doing the diet, doing everything, I mean perfect, and they're miserable. So there was much more to it than just doing physical protocols and diet and supplements and things like that because the research shows that emotional trauma is responsible for 65% of physical health issues.

Karen Martel: I would think it's even higher.

Dr. Wendy Myers: Yeah, it definitely could be. There's that mind-body connection where people cannot separate their mind from their physical health, their emotional trauma from their physical health. So if anyone, especially people suffering from complex chronic illness, fibromyalgia, or chronic fatigue syndrome, those are the issues that are definitely in a big way caused by emotional trauma.

Karen Martel: I think that because I did bodywork, I did a type of very deep tissue bodywork for 17 years, and in all that time and all the research that I've done, and I've talked to a lot of people about this before and done my own healing, I really believe that with every chronic illness there is an emotional piece to it. It could be a hundred percent driven by those emotions, or there could just be an aspect of the emotions that needs to be healed in order to completely get better. And so I think when a lot of these people are finding that they're doing all those things, they're doing the supplements, the diet, they're exercising, but they're

still not able to get rid of that chronic health problem fully, it's because they haven't dealt with the emotional piece of it. Would you not agree?

Dr. Wendy Myers:

Absolutely 100%. And the research supports this totally. And I found that as I started doing the emotional detox work, I found that I sleep better. I don't have blood sugar control issues that I used to have. I don't have the weight issues that I used to have. I lose weight a lot easier because I'm not under this chronic state of stress. I think a lot of people don't realize they're kind of like the lobster being boiled in the water, the frog, or whatever; they don't realize how stressed they are because they've been in that state since childhood or they've developed this high-stress set point. And I'll talk about what emotional trauma is and what it looks like, but when you know you're in an environment that's abusive or even just neglect, where you had everything done for you, you were clothed and fed and taken to the soccer games and everything but your parents just didn't tune into you emotionally, didn't ask you how you felt, or they just didn't care or what have you, can just have this neglect that affects you. It can affect you as much as if you were abused. It can show up in people being very disassociated from their emotions, being numb from their emotions, and things of that nature. And then all of the addictions and all the things that go along with that. Constant pleasure-seeking, eating food, binge eating, and eating disorders and things of that nature go hand in hand with childhood development issues, including emotional neglect.

Karen Martel:

Oh my gosh, yes. I remember. Personally, I don't talk about it enough on this podcast, and I often tell my story of when I was just suddenly rapidly gaining all this weight, my hormones were a mess, and I had to figure all this out. But a really big part of that time for me was finally looking at my shit because I had a lot going on, and I kept attracting the same scenarios. And we're going to talk about this later on about the law of attraction stuff, but I kept attracting the same scenario happening over and over with men in my life that would come into my life, and these relationships would never work out, and I would blame the person, of course, like, oh, they're just an ass or whatever. I'd blame it all on the man, and I was never looking at myself.

I always thought that I had it figured out because I could recognize, looking into my past, what had gone wrong. I could see that my parents weren't the best of parents, and I had some neglect and I had trauma, and so I thought because I could see that that happened, that that was me dealing with it rather than going, "Oh, maybe I actually need to go get help." And it was kind of like the final straw or whatever that broke that got me to go, "I can't keep repeating this pattern over and over again, and I have to go heal what happened in my past." So I had to go and find ways of dealing with this. I spent years detoxing a lot of trapped emotions in my body that were very difficult to look at. I had been raped before, and I had suppressed that.

But because I thought I knew that I was raped, and I know that that's a bad thing, and I know that that's probably why I'm screwed up, I still hadn't dealt

with it, and I had just cut myself off energetically from the waist down. It was dead down there for many years, and it wasn't until I started to really deal with that that the weight started coming off. Yes, I had to do the other side of things, the supplements, the diet, the hormones, but the emotional side was just as important at that time for me.

Dr. Wendy Myers: Yeah, and I think there's a lot of people also, including myself, that feel like they've dealt with their past, that have read all the books or have taken classes. I had 10 years of talk therapy. I mean, I was in it to win it. Okay?

Karen Martel: The same.

Dr. Wendy Myers: I was like, "Ooh, I'm going to win the championship for-

Karen Martel: For working on yourself.

Dr. Wendy Myers: That was like a hundred thousand dollars for that. It was a lot of money, 150 bucks a pop for 10 years. But it was off and on throughout my lifetime, and just for the record, I'm not crazy; I just really like self-improvement.

Karen Martel: Yes, same.

Dr. Wendy Myers: But the problem is that talk therapy, and this is quoting one of the number one emotional trauma researchers, Professor Bessel van der Kolk, wrote *The Body Keeps the Score*, and he said that yapping doesn't work to address emotional trauma, which is so funny. It's so cute. And the reason is that our emotions and our emotional traumas are frequent. So they're not in our brain cells, they're not anywhere physically in our brain, there's no research anywhere that has found memories or emotions anywhere in our brain. They live in the energy field around our bodies. And so we have this biofield that's about 10 feet in diameter or three meters in diameter around our body, and so these emotional traumas and emotions, negative stuck emotions if you will, are in this field, and you can't talk them away. And another reason you can't talk them away is because many of these traumas happened to us, anything that we weren't emotionally ready to deal with before we could even speak, and they become a core part of our personality.

So you can't talk yourself out of your personality and your coping mechanisms as a result of the trauma that you've experienced. And you also have to be consciously aware of a trauma or an emotion to talk about it. And so most of the stuff that we are dealing with is unconscious. For me, I didn't realize how much self-hatred I was carrying, and so I reached a point where I was really focusing on self-hatred and releasing it with a colleague of mine who's an expert in emotional trauma, who was saying everyone has, like there are five core emotions that you need to work on releasing. So it's worthlessness, powerlessness, self-hatred, self-deprivation, and survival fear. Everybody has that. But I bet a lot of you guys listening are not identifying with having those

types of emotions, but a lot of people are dissociated or disconnected from their emotions, or they're just not aware of them.

So for me, I was working on self-hatred, and I didn't think I had self-hatred. I was like, I have this great job. I live in Mexico. I live in this amazing home near the beach, and I finally have money now, and I'm doing everything I wanted to do. I've met all my goals. But I was in a relationship with a narcissist, and you have to hate yourself if you're in a relationship with a narcissist. That's the only way that can work. So I started working on it, we went to the beach one day, and I was putting on my bathing suit, looking in the mirror, and I was overweight because I was miserable, and I just looked in the mirror, and I had this wave of self-hatred come over me. And I was planning to leave this person, so I was like on this date, I am leaving this person, I'm leaving this house, I'm going to go to LA for a month, and he's got to go. And so I had my little plan.

So because I had this wave of self-hatred come over me, I felt like I couldn't leave him. He loves me; he accepts me in my body. I have to stay with this person. And I was very clingy with him the rest of the day. And then what I realized, because of the trauma work that I was doing, I just had this intensification of this emotion as it was releasing. And that's what happens when you do trauma work. I'll talk about the protocols in a minute, but when you release negative emotion, it will come up and intensify, and then you really feel it. It's not very comfortable. But then it's gone. The next day I was like, "What was that?" But then I realized that's what was keeping me with this person because I was so clingy when I wanted to leave him. And so, for me, that was a really valuable lesson. I didn't realize how much self-hatred I had or that it made me choose this partner and stay with this person when they treated me like crap.

I knew I deserved something better, but I still stayed with him for three and a half years. And it's that powerlessness, that worthlessness, that self-hatred, self-deprivation, survival fear, I was staying for all those reasons, and I was staying overweight for similar reasons. And so when you do this type of very important work, not only for yourself physically and emotionally, you lose a lot of baggage. You can lose weight. You release all these negative stuck emotions, and then the higher frequency emotions like love and joy and peace are no longer being repressed, and they can come to the surface, and you can start feeling those positive emotions again that have maybe eluded you. Why are you listening to this podcast? It's not because you love losing weight. It's because the people that listen to my podcasts just love doing infrared saunas and detoxing, taking pills to detox.

You want to feel love, joy, and peace. That's why you're doing all of this stuff. And so the easy, fast route to that is releasing your emotional baggage so that you can get to that. Of course, it's more complex than that, but that's kind of it in a nutshell.

Karen Martel: So going back to what you were first saying about the bioenergetic field because I think a lot of people will go, "What? What are you guys talking about? What is that? It's woo-woo. Don't even include me in this conversation." Are you talking like chakras, too, when you're talking about the bioenergetic field?

Dr. Wendy Myers: Oh yeah, yeah, definitely. Chakras are part of the energy field, and the meridians are part of the energy field, but there's just this big wave, our heart sends out an energy field about three meters in diameter, and our brain sends out energy waves. I mean, what are the delta and theta, and beta waves? Those are energy waves.

Karen Martel: And these are all things that can be measured.

Dr. Wendy Myers: That can be measured. The EKG that's measuring your heart waves. That's what that's doing. And there's a lot of conventional medical research done by Dr. Carlos Ventura on emotional trauma and using sound therapy to release emotional trauma. And so this is conventional medical research done by a cardiologist. This is not woo-woo stuff. But HeartMath Institute has shown we do have this energy field around our bodies. There are decades of research around this. This is not woo-woo. All our emotional traumas and negative emotions can also be measured because they all have a specific frequency which can be measured just like wifi internet or your cordless home phone. What is it, 2.4 megahertz, that's a frequency, and information travels on that frequency, sound, and information data over the internet. That's information traveling on waves.

So it's the same concept. We have emotions and traumas that are stored in energy waves in the energy field around our body. That's where they are. So that's where they have to be addressed. That's why talk therapy doesn't work. You have to use frequencies using sound therapy to release these traumas out of your energy field, and you erase them from your timeline. It's like the trauma never even happened because the energy or the frequency is no longer in your energy field, affecting you mentally or physically.

Karen Martel: Yes, and I did the talk therapy for a couple years as you did, and I did get stuff from it, but I did not get what you're talking about. It was great to have somebody just listen to me and a third eye kind of coming in and going. This is maybe a different way you could look at certain situations that happened in your life, but I remember just starting to feel more and more like there was something missing. I wasn't healing, I wasn't letting go of what was inside of me, and it was not until I started doing this emotional energy work did all of this really change. And I remember the one lady explaining to me as you're getting it down to a cellular level. You're letting go of this trapped emotion that's inside your body.

And she said if we don't deal with emotions throughout our lifetime, which we don't deal with all of the emotions, chemically what's happening on the inside is

you have this big emotion that happens, you're supposed to have all this chemical release, you're supposed to express it, whatever that emotion is, and then you carry on. But if you don't express it, the chemicals and the stuff that's happening on the inside are trapped, and this can be measured. It's not woo-woo; this is scientific. And a lot of this, as more and more science, is starting to prove how we can hold onto this. And even generational trauma, isn't that right? Can you talk about generational trauma?

Dr. Wendy Myers: Absolutely, because a lot of the stuff you're carrying may not even be your own stuff because inter-generationally, and I talk about this frequently, is that there's research that shows that people that were Holocaust survivors that their offspring have more anxiety have more issues going on, and it's because this trauma that anyone experiences have energy and that can be passed on to the energy field of your child as well. And so when you're doing this type of work, you're able to release that stuff that you're not even aware that you're carrying. Again, it's more unconscious baggage that you don't even know that you're dealing with that's causing your anxiety or physical health issues.

Karen Martel: Can you tell me more about how that test works? I've never heard of that before. The bioenergetic test that you did originally is something you offer? Where can somebody go to do that?

Dr. Wendy Myers: Yes, so I do offer this test. It's called the NES Health Bioenergetic scan, and you can find it on my site at myersdetox.com. And it's a program that's for your mental and physical health, and it's amazing. It's something I've done for about seven years, six, seven years, and there are a number of protocols that you can use to address the issues found on the skin. I definitely recommend people try it at least once just to get an idea. It's very, very powerful, and there are 45 years of research behind it. But there are other protocols I recommend as well for addressing emotional trauma. Because before, as I said, the bioenergetic therapy, the bioenergetic scan, there are protocols you do that send information, they put information into your energy field to clear the emotional traumas. You get new information that helps you to clear the frequencies of that emotional trauma and negative emotions. But another way that you can do that is with biofield tuning.

Karen Martel: Because the other one, Wendy, do you have to go see a practitioner obviously for this?

Dr. Wendy Myers: No, you do work with a practitioner but you can do the scan at home.

Karen Martel: You can? Okay.

Dr. Wendy Myers: You can be anywhere in the world and do the scan at home. But you do need a practitioner to go over the first scan with you because you're going to be like, "What is this?" You're not going to know how to read it.

Karen Martel: So it's not a machine, how does this scan work?

Dr. Wendy Myers: So the scan, it's actually a voice scan.

Karen Martel: Oh, okay.

Dr. Wendy Myers: It's very simple. You don't need any equipment. You can do a galvanic skin response scan, which we do offer if you want to do a scan for pets or for babies or whatever or anyone that can't talk, so we do have scanners. It looks kind of like a mouse, it looks kind of like this that's sent to your home. But if you make it easier on yourself, you can do a voice scan because it picks up all the frequencies in your body that are in your voice, and so that's the way that you do that scan.

Karen Martel: Wow, I've got to do this. Oh my gosh, okay.

Dr. Wendy Myers: It's amazing; it's phenomenal. And then the other way is biofield tuning. And so this is a biofield tuning fork right here. This is called a sonic slider. And Eileen McKusick is a pioneer in this biofield tuning. She's got tons of courses and books and forks and things that she's well versed in on how to detect emotional traumas in the energy field using the forks and then releasing them. So it's super, super easy to do. And I talk about this. I have a free masterclass, it's called the Emotional Detox Masterclass, and I talk about emotional trauma, the research, and the health issues it causes shown in the research, and I touch on sound therapy as well. It's so worth your time to watch this masterclass. You can check it out at emo-detox.com. [E-M-O dash D-E-T-O-X.com](http://E-M-O-dash-D-E-T-O-X.com).

So when you're doing the sound therapy, this main one that I recommend doesn't have any sound that comes out of it; it's just a frequency that's released, but you basically just hit it on something, and then you put the tuning fork on your heart, and it vibrates to the edge of your energy field and releases slowly but surely whatever emotions that you intend to release. For the listeners, there's a different tuning point here, so you can hear that sound. And just listening to that sound is sending a frequency to your body that's healing you.

Karen Martel: And what do you start, because I know when I've let go of emotional trauma, without talk therapy, there were many times where I would feel physically ill for a few days, so talk about detoxification. Literally, I was having a physical detox from an emotional detox. So did you find that as well?

Dr. Wendy Myers: Yeah, for sure. I have a program called the [Emotional Detox Program](#). We have a whole section on dealing with detox symptoms. And so you can have emotional detox symptoms where the best thing to do is just get into the water because a bath of salt water, the ocean, whatever, emotions will release into the water, so it helps them dissipate really quickly. That's why a lot of us are drawn to a bath after a stressful day. And so, as far as other detox symptoms, doing biofield tuning fork therapy is a major heavy metal detox as well.

Karen Martel: What?

Dr. Wendy Myers: Yes, it definitely releases toxins for sure. And when you are just dealing with certain emotions, like anger can affect the liver, and you can have, once you're releasing a certain emotion, like say you are releasing anger, you could have some toxins released from the liver that make you not feel well that your body has to process. I mean, that's a simplification, but yeah, you can definitely have physical symptoms. You can have fatigue, and you can have trouble sleeping because doing this work can be hard on the nervous system. It can be kind of stressful on the nervous system. But it's easier than dealing with addiction or being overweight; it's easier than dealing with the same old crap that you're dealing with right now. So I don't want to scare anyone off about you going to have detox symptoms or sleepless nights or what have you, but it passes.

Karen Martel: I think that attracts people to it, because most people want to have some sort of verification that it's working.

Dr. Wendy Myers: Oh yeah, there's no question it's working using sound therapy and other modalities. When I started doing NES Health, within the first 30 days of doing it, I started having really vivid dreams, which I had never had, very intense dreams. And you're processing stuff, getting rid of traumas, and processing stuff in your sleep, which I found really fascinating. I don't know, it was just really, really interesting, and I've heard that reported so many times. We've had 5,000 scans done at Myers Detox. We've had a lot of people, thousands of people, go through and do scans, and many of them report the same thing with having intense dreams.

Karen Martel: Yeah, yeah. I remember when I would have this release, the lady that I was doing this with would say, "Go home and have a lot of showers." I was like, "Why? Why?" But it would get rid of, as you said, water is so good for cleansing that energy. And I would be super foggy-brained; I'd be absolutely exhausted. There were times when I would have to pull my car over after coming from her place because I was so wiped because of what had come out of me. And none of it was talk therapy. I mean, we talked about what was happening, but it was all energetic stuff. And so with your program, what I love is that you're putting the power back in our hands in the sense that we don't need to go and travel to see the shaman, the energy healers, or the talk therapist, you're saying we can do this on our own, which I think is super powerful.

Dr. Wendy Myers: Yes, and that's key because a lot of people can't afford it. Talk therapy is great. I mean, you become an expert in your own neurosis, and that's awesome. You figure out exactly what's wrong with you, and you know what's wrong with you, but a lot of people can't afford that, and they can't afford to go and work with practitioners on an ongoing basis. But with the protocols I recommend in my emotional detox program, it's mainly the biofield tuning fork therapy. I do recommend NES Health as well; that's a great adjunct, but it's not necessary. But this is an \$85 purchase, and that's it. But we talk about it's more important for

you to know what emotions to work on, and there's a lot to it. There's a lot to learn about emotional trauma, and that's why it's a pretty extensive course where there's a module on bioenergetics, a module on psychology and mindset, and a module on physical health as well because we need to work energetically releasing emotions.

You have to work psychologically on your mindset and learn about emotional trauma, learn about emotional neglect, learn about your personality type and how you're coping with trauma, and how to transmute that. And no conversation about trauma could be complete without working on your physical health because if you have a lot of emotional trauma and you do everything in the bioenergetic and psychology module, you can still have a lot of negative emotions and stress if your blood sugar out of control or if you're not eating the right diet for you if you're eating a standard American diet if you are not getting enough sunlight or there's just a lot.. You have to take care of your physical body as well. That has to be stabilized for you to have stable emotions and for you to have emotional mastery.

Karen Martel: And to be in touch with your own body, you have to be healthy, or else you're very out of touch with it. You don't know what's going on, or you can't tune in when you're unhealthy and eating the wrong foods and toxic. And you do have to really work on that physical health in order to be in tune with your system, I think.

Dr. Wendy Myers: Yeah, absolutely, absolutely.

Karen Martel: Yeah, so what about when it comes to what we attract in our life? So we've talked about how undealt with emotions can cause pain or physical illness, like chronic illness, but what is it doing with the law of attraction or what you attract in your life? As I had said in the beginning, what made me go and do this was that I just kept attracting the same crap over and over and over in my life, these men that would use me and abuse me. And I was like, "Why? I'm a good person. Why am I attracting this into my life?" So can you talk a little bit about that?

Dr. Wendy Myers: Yeah, well, a lot of times, the people and patterns that we attract into our life are based on our primary caregiver relationships. And you're going to continue repeating that cycle until you learn the lesson. You'll keep repeating the same patterns and meeting the same type of people, same crap, different story, until you kind of do this inner work. Because a lot of people want to love and want to be in an amazing relationship, we want to be in the job of our dreams, but if you are dealing with a lot of powerlessness and worthlessness and survival fear or self-hatred or any of the other emotions that you have that we deal with, you're probably not going to pick the right partner that's best for you. You're going to stay in a job where your boss treats you like crap because you don't feel like you deserve better.

And so when you can release these kinds of lower-frequency emotions and experience more high-frequency emotions, you're kind of elevating your general emotional set point. You're not always going to be happy all the time, but if you can generally raise your emotional set point, you're going to attract other people and other things into your life that are at your new level. Do you know what I'm saying? And so it's really, really important to do this type of work to be able to step into your life purpose, to be able to step into an alignment with what you deserve in life, and you just have to release this old stuff to get to that.

Karen Martel:

The client that I had just before this conversation is a great example. She is 52, and she's stunning. I mean, she doesn't have any weight to lose; she thinks she does, but she really doesn't. She looks absolutely amazing for 52. She's got a rocking body on her, and she said, "I just want a man to think I'm attractive." And I said, "Most men would say you're very attractive." And she's like, "No, but I'm not young the way I used to be. I want them to think I'm hot." And I'm like, "Look, if you think that you are not attractive, you are going to attract the man that's going to be the dick that's going to be like, 'I want you to look like you're 25 even though you're 52.' That's all you're going to attract unless you figure this out for yourself and start loving where you're at right now and know your value. You look amazing. And most men would find you very attractive." So she's going to have that switch in her brain where she's going to keep attracting that into her life.

Dr. Wendy Myers:

Yeah, and that's what this work is all about developing self-love. So many of us want to love ourselves, or we like a lot of different aspects of ourselves. I certainly felt like that. I like a lot of aspects of myself, but I still hate myself.

Karen Martel:

I was the same way, Wendy, exactly.

Dr. Wendy Myers:

I was at that level. And it's not as easy as just looking in the mirror and saying I love you. That doesn't work. I'm sorry. But there are these movies, The Law of Attraction and just do your vision board and just think positive thoughts. That's the problem, you can't intellectualize and think your way out of emotions and traumas. You have to address them where they're at on this energetic level, and it's surprisingly easy to do. It's surprisingly simple to do. It just takes time. It's like anything. It's a practice where I recommended in my program to do about 30 minutes to an hour a day of biofield tuning fork therapy. And just day by day, by day, you're releasing more and more and more garbage and stuff, and you feel better and better and better.

Karen Martel:

And there's no end to it either, I don't think, because life continues on. We're always going to have stuff coming at us. I never ever look at my past healing and think I'm done. And I've dealt with a lot; I mean, I saw energy healers for eight years. It was life-transforming. I totally got rid of so much garbage in my life. But I still got it, ladies. I still have a lot of crap to deal with. I don't know if it ever ends..

Dr. Wendy Myers: And there are adjuncts you can do; there are different things you can do. There are different ways you can approach trauma. But in my emotional detox program, I talk about some of the most effective ways that I've found to address trauma, and I also talk about toning the biggest nerve. A lot of people have emotional trauma that affects their gut, that affects their vagus nerve that innervates all of their body's organs, so that's why emotional trauma causes physical health issues, because you need to have really high vagus nerve tone in order to be healthy, in order to have the resilience to stress. And so I talk about vagus nerve toning and how to do that, and that's also another very simple thing to do as well. But that's super important because a lot of people just are so stressed out, and they have this really high-stress set point, and they just can't calm down.

Once they get stressed, they have a really hard time calming down, so they'll reach for food, they'll reach for a cigarette, they'll reach for alcohol, and they just don't know what's driving this compulsion, why they can't stop. If people go to AA, like my dad was the king of Overeaters Anonymous, you know what I mean? He was like the head guy in Houston, Texas, for a while. But just stopping the behavior, the overeating or the binging and the bulimia or whatever the deal is, the underlying root impetus or root cause of that behavior is still there. It's a trauma. You can't just stop the behavior. You have to do that inner work and do the protocols and emotional detox program that help you get at that root to nip it in the bud and release it.

Karen Martel: It's like telling the woman that's drinking her bottle of wine every night to just stop drinking. It works for a week, and then they're right back at it because they never dealt with the emotion of why they're drinking in the first place. Why are they trying to numb? What are they numbing from? And then the same with, we constantly, women go to look for the next best diet, and they just keep doing this, on and off the dieting wagon for 20, 30 years, and they just keep looking to the diet as being the answer. And it's like, no, you have to stop dieting, go upstream and go to the root of the problem, which is its emotion

Dr. Wendy Myers: Yeah, and what's interesting is that once you do this trauma work, like for me, I'm on the see-food diet. I see food; I eat it because I don't have this broken record of stress, kind of this energy-draining, broken record of negative self-talk and stuff going on in the background anymore, and it's such a relief. So I just don't have this stress that's contributing to weight issues any longer, so I'm able to eat more of what I like, where I couldn't just a few years ago. It's kind of interesting.

Karen Martel: Yeah, because sugar lights up your brain as cocaine does. It makes you feel good. And so when you're not dealing with your emotions, you're going to turn to sugar as you turn to booze or any other drug.

Dr. Wendy Myers: And also, on that same note, when you do emotional trauma work, a lot of people report to me they don't even have to try to quit drinking or quit cigarettes; they just don't want it anymore.

Karen Martel: A hundred percent.

Dr. Wendy Myers: They're not reaching for it anymore because of that underlying root cause that that trauma releases and they don't need to self-soothe anymore. They don't need that thing anymore.

Karen Martel: No, and to me that sounds so much easier than following the next best diet.

Dr. Wendy Myers: Yes. Yes it does.

Karen Martel: I'd rather be on the see-food diet with you, Wendy.

Dr. Wendy Myers: Yeah, and I've done all the diets, too, and I was like, "Ah, why can't I just have beans?" When I'm on the paleo diet, or I was vegan for a minute, like a hot moment, I had a vegan moment. I'm like, "Why can't I just have honey? What's the big freaking deal?" It's such a joyless diet.

Karen Martel: Yeah, yeah, exactly. Do you talk at all in your program about using psychedelics?

Dr. Wendy Myers: You know what, I don't. I don't at all. I mean, I'm in Mexico, there are a lot of people, they're doing a combo, and they're doing the frog medicine, and they're doing the ayahuasca. The combo is a frog; it's from poison arrow frogs.

Karen Martel: Oh, I've never heard of this one.

Dr. Wendy Myers: There's like all kinds of medicine men down here doing all kinds of crazy stuff. But yeah, for me, I think that those things are perfectly fine to do.

Karen Martel: As a tool for the toolbox.

Dr. Wendy Myers: Yeah, it's something that can, for some people, definitely open up their consciousness, open up their intuition and help them release some stuff for sure.

Karen Martel: I think it has to call the person, hey?

Dr. Wendy Myers: Yeah, it's not for me. I just feel like I have more effective methods of doing that. I did psychedelics in high school. I've done it, I don't need to do that anymore.

Karen Martel: No thanks. I've had some bad trips.

Dr. Wendy Myers: I tried it a few times, and I was like, "Cool, awesome." But now I'm just not in that mode. But there's a lot of people here that are doing that, and it's a regular

spiritual cleansing for them, so it works for some people, and I think there's nothing wrong with it.

Karen Martel: No. I have a friend that's about to do a Huichol ceremony with peyote. The guys from Mexico come up to Canada, and they do these Huichol ceremonies, and you do peyote for a day. And she's like, "Do you want to do it?" And I'm like-

Dr. Wendy Myers: Can I have his number? My boyfriend wants to try peyote. I'm joking.

Karen Martel: I tried it when I lived in Mexico, I went to a peyote ceremony with a Huichol Indian, and it was really interesting because he actually soloed me out a few times, and he took me to this cliffside, and we had to do this big ritual where we gave chocolate to the gods, and he gave me some peyote, not enough to get super high, thank goodness, but it was still a very interesting experience. And it's a religion for them. It's a very important part of their lifestyle and their religion, and it helps their people get rid of trapped emotions. And we had to have an egg and put all of our emotional garbage kind of intentionally inside the egg, and then you put it in the fire. But it's just another thing; I think it's cool.

Dr. Wendy Myers: Yeah, oh yeah. And another reason on the spiritual note of kind of why I'm doing what I do is talking about emotional trauma and talking about heavy metal and chemical detox because part of connecting to your creator is getting rid of these toxins that have negative, that have a low frequency. And so when people have a lot of heavy metals and chemicals, and they have emotional trauma, they're so mired in their physical and mental symptoms, they just don't have the mental space or energy for this higher level spiritual connection to their creator. Where if they have toxins that are calcifying their pineal gland, which is really important to connect to your creator, to connect to your intuition, to connect to mass consciousness, these toxins really prevent people from being able to really develop their spirituality and develop their relationship with God or source or your creator or whatever you want to call it.

And so it's important to do this work to develop that spiritual side of yourself, which is a very important side of yourself to develop to be your happiest, healthiest whole person. And so that's another reason that I do the work that I'm doing as well.

Karen Martel: Do you very often where people, if they've been trying to chelate heavy metals for a long time, and then they deal with the emotional detox, then suddenly you'll see less heavy metals in the body from doing the emotional detox?

Dr. Wendy Myers: Yeah, they both go hand in hand. When you release toxins, they can have different emotions tied to them. With aluminum, people have a lot of anxiety, and with different metals, they can have depression. And the same thing when you're doing emotional detox; the biofield tuning fork therapy is actually a very effective heavy metal detox as well. So they kind of go hand in hand.

Karen Martel: When I started doing my heavy metal chelation, I would get a really, really sore throat, and I think the heavy metals are what caused my thyroid issue, my conversion issue. And mercury, I know, you've taught me this in the very beginning, really attracts the thyroid. My first big heavy metal detox, my throat would kill me. I'd have to put castor oil packs on it. I remember thinking this is an emotional detox. The thyroid is all the things that you wanted to say, and you never did when it's trapped, so the thyroid can get affected if you don't speak your mind. It's your voice chakra. And so if I had mercury in there, detoxing the mercury was detoxing the thyroid. So it was detoxing that emotional side of myself, I think, for sure.

Dr. Wendy Myers: Yeah, I definitely had that when I was doing emotional release work. I had a week where I'd lost my voice, and I had to cancel all my podcasts and stuff, and it was really strange for sure.

Karen Martel: So tell us then about, so everybody can get started on the free webinar masterclass, which is what? What's it called? Emotional Detox?

Dr. Wendy Myers: Yeah, it's the Emotional Detox Masterclass and well worth your time at emo-detox.com.

Karen Martel: Okay, I'm going to link to that in the show notes, everybody. So if this piques your interest and you think this is maybe something I want to explore more, I think that a really great place to start is with the free webinar and see if it connects with you, for sure, and see if you're ready for it. Ready for that next step in your detoxification journey. I want to thank you, Wendy, for coming back on the show, and I look forward to having you on for a third time at some point.

Dr. Wendy Myers: Yeah, thanks for having me. Thanks for having me. And you can learn more about me at myersdetox.com, and I'm on all the social media at myersdetox.com and on YouTube at youtube.com/wendymyers.

Everyone, thanks for tuning in to the Myers Detox podcast. I hope that you enjoyed that. And for me, the emotional trauma aspect of your health is something that it's very important to me to educate people about. Because for me in my own health journey, I found that I was doing so many things for my health and really wasn't aware of doing emotional trauma or that I needed to do it. I didn't think I had emotional trauma. I didn't think I had major emotional issues. But in this work, in my research, I found that really everyone has emotional trauma that they need to be working on and address if they want to feel their best because I want you to feel peace, love, and joy in your life.

That's why I do what I do. And adding this emotional detox component is going to get you to that place of feeling good. It's essential to work that you need to do if you want to feel your best, have your best life, attract the best friends that you can in your life, the highest quality friends, and attract your dream romantic partner. If you want to have the job that's optimal for you, that's in your highest

and best interest. And if you want to live your best life and step into your life purpose, you need to do emotional trauma work. So again, if you want to take my free master class on emotional trauma, you can take it at emo-detox.com. Thanks for tuning in, and I'll see you guys next week.