



Transcript: #460 Toxins: The #1 cause of Type 2 Diabetes? with Dr. Carolyn Helser

Dr. Wendy Myers: Hello, everyone. Welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers, and today we have a really good show on type 2 diabetes and how toxins are the number one cause of diabetes. It's not just the carbohydrates that people are eating; there's a lot more to it. It's not just genetics; there's a lot more to it. We talk about some of the problems with the current medical paradigm and treatment approach to diabetes. Insulin is necessary for many people, but it can make people sicker and fatter, and they need more and more insulin to control their blood sugar.

This is a topic very close to my heart because my dad suffered from diabetes, and then he just became sicker. He needed more and more insulin and became fatter and fatter and fatter, which exacerbated his condition. It was just this downward spiral, which we see a lot with the current treatment protocols that people are recommended by their doctors, like the standard treatment protocol. There's so much that you can do. One of the biggest approaches is detoxification. Of course, you have to improve your diet and eat fewer carbohydrates, but the thing is, a lot of people are going low on carbohydrates, and they're not reversing their condition completely.

It's not the only answer. It's more complex than that because people have been stuffing their faces with carbs forever, since the dawn of time, since greens were being cultivated, rice and wheat and things like that, and diabetes was very, very rare up until a few decades ago, maybe 50 years or so. There's a lot to be had in regard to this conversation, and we talk about some of the ways that you can reverse diabetes as well. Really good show. Tune in. A lot of you guys watching this show, watching this podcast are concerned about your health in many ways. You're not looking to just detox; you want to feel better.

You want to feel more love and peace, and joy. You want to feel physically better in your life. That's why you're listening to the show, not because you want to do infrared saunas and coffee out of us. In my work and working with thousands of

people, I found that doing emotional trauma work is as important, if not more important, than doing physical protocols for your health, like detoxification, working on your diet, taking supplements, and things of that nature.

Because the research is clear, over 65% of physical health issues are the results of unresolved emotional trauma, specifically the relationship that you had or the abuse that you suffered at the hands of your primary caregivers, or emotional neglect where you were cared for, all your needs were met, but you just didn't have any kind of emotional connection or never asked how you felt, or your emotions were never talked about. Those people can dissociate from their feelings, feel very numb, and have just as many problems, mental and physical problems as someone who was abused.

I talk about all these things and more and how to successfully address and release emotional trauma permanently in my Emotional Detox Masterclass. It's definitely worth your time to check it out. You can watch that at emo-detox.com, emo-detox.com. Check it out. This podcast is brought to you by Danette May and Mindful Health LLC, featuring Danette May's top superfood product from her Earth Echo Foods line called Cacao Bliss. I love Cacao Bliss. It's so delicious. Nothing feels better than being able to enjoy rich, smooth, creamy chocolate and knowing that you're doing something good for your body.

They start with 100% organic cacao beans. They're naturally kissed by the sun, maintaining their miraculous health benefits, and then they blend with turmeric, MCT oil, coconut, Himalayan sea salt, cinnamon, and black pepper for the perfect blend to make you feel the best that you ever have. The result is that you fall in love with a truly decadent, healthy, guilt-free chocolate, removing your cravings, facilitating weight loss, boosting your energy, and reducing your inflammation with one simple drink. Not only that, but it's friendly to paleo, it's gluten-free, it's keto, and it's also friendly to vegan and vegetarian diets.

For the last eight years, they have been a leader in the superfoods market and are proud to have served millions of customers worldwide. You can try some Cacao Bliss and get 15% off by using the code detox. Go to the link shop.earthechofoods.com/mdetox, and you can learn more at Instagram [@thedanettemay](https://www.instagram.com/thedanettemay) and [@earthcofoods](https://www.instagram.com/earthcofoods).

Our guest today, Dr. Carolyn Helser, is a naturopathic physician licensed in the State of Arizona. And after raising her family of 10 children and sending her youngest off to college, Dr. Helser decided it was time to get her education. With a high school diploma, she started her goal of becoming a doctor. And after 10 years, she graduated from the Southwest College of Naturopathic Medicine. Because of watching the effects of insulin resistance on family and friends, she has studied and designed a program proven to reverse diabetes. Dr. Helser is pleased with the opportunity to serve with this degree that she's been blessed with, and she will feel blessed to help you achieve your health goals as well.

And with Dr. Helser's program, you can reverse type 2 diabetes, feel better, and look younger than ever. You can read about Dr. Helser and her book at ndondemand.com/drhelsler, D-R-H-E-L-S-E-R. Dr. Helser, thanks so much for coming to the show.

Dr. Carolyn Helser: Thank you for having me. It's wonderful to be here.

Dr. Wendy Myers: Why are you so passionate about natural health and healing?

Dr. Carolyn Helser: My journey to natural health started with my first two children when they were just youngsters. I was taking them to a pediatrician. I was sitting in his office one day, and several of the other moms were visiting. One mom said, "Do your kids have runny noses all the time?" There was an older mom in the room, and she said, "Are you girls still giving your kids those prescription vitamins that the doctor always prescribes for his kids?" People started recognizing what she was saying, and I thought back to my kids. If I'd forget to give them their vitamins for a while, I'd think, "Oh my goodness, I forgot to give them their vitamins."

I'd start in faithfully again, and then they'd get runny noses. I hadn't correlated it until that point in time. That day, I stopped at the health food store on my way home, and the health food store was the only one. I lived in Spokane, Washington. I asked for a book, "Give me a recommendation for a book about how to raise my kids, how to feed my kids." The book I got was, Let's Have Healthy Children by Adelle Davis. Well, that was a lot of years ago, but that was my start. I've seen so much amazing healing by taking away pharmaceuticals and using natural medicine. I myself have healed from ovarian cancer without chemotherapy or surgery. Yes, I believe in the healing power of the body.

Dr. Wendy Myers: Yes, I do as well. I do as well. Today, we're going to talk about diabetes because that's one of the top health issues that affect so many tens of millions of people, if not hundreds of millions. What's wrong with the current medical paradigm when it comes to addressing diabetes?

Dr. Carolyn Helser: I believe the biggest problem is we don't address it soon enough. We wait until someone is ready to be diagnosed with full-fledged diabetes, and often it's not even addressed until they need to be put on insulin. Insulin causes the body to gain weight, and weight is not our friend when it comes to type 2 diabetes. The other problem I see with the medical paradigm of the day is people are not given any education. People are brought in, and the doctor may say, "Your blood sugar is getting high. Let's watch it. Come back in a year. We'll see how you're doing. In the meantime, eat less and move more." Well, we know how well that works for most of us.

Or he may put them on a drug, and then next year, they probably need another drug and another drug, and pretty soon, they're on insulin. There are so many things we can do before we get to that point that we can teach them that it's a

disease of lifestyle. We need to start with lifestyle. One of the other big problems I see with the medical paradigm is that people are usually told they need to eat several small meals daily to keep their blood sugar stable.

And that is truly the opposite of what we should do. We should eat one or two or possibly three meals a day if we're extremely active, but certainly not snacking. Our bodies need time between meals to do their detox. They can't detox as long as there's food constantly coming in.

Dr. Wendy Myers:

Yeah, yeah. This topic's really passionate for me because my own father had really bad diabetes, and I watched him suffer. I watched him go from the pills to then taking the insulin, and the insulin caused him to gain even more weight. And then your blood sugar gets even more out of control, and you need more insulin. It's just this vicious cycle that doesn't work. And then eventually, people have blood sugar issues, and they develop cancers as a result of that.

I firmly believe that his being on cholesterol medication for 10 years led to him developing diabetes because his diet was pretty good at the time that he developed diabetes. There's research out there. Can you talk a little about the cholesterol medications, the statins that people are taking, and the contribution that can lead to diabetes?

Dr. Carolyn Helsler:

Well, the thing that the statins do is lower cholesterol. We actually need that cholesterol. That cholesterol is what builds all of our hormones. Without our hormones, the body can't do its job. Another thing that the statins cause is a lowered energy resource. If we don't feel like getting up and moving, that also is going to lead to type 2 diabetes. Those would be the main things I would say that the statin is doing, besides some of the underlying things that I'm not sure we know exactly what they're doing or what their mechanism is.

New research shows that statins are not lowering the incidence of cardiovascular disease, which is why they're prescribed. I think we need to look at that paradigm as well.

Dr. Wendy Myers:

I think it's what you mentioned that patients aren't being told about their options. Yeah, they probably need to manage their diabetes with insulin, but it can be reversed as well. Maybe not in every case, but there are a lot of things that people can do that they have no idea about, that they're not being told about by their physician.

Dr. Carolyn Helsler:

Absolutely. I would say, in most cases, it can be reversed. But people have to understand that they have to have their doctor tell them that. Because most doctors, I believe they're still thinking that diabetes is a progressive disease. It does not have to be. If we change our lifestyle, we'll change the incidence of cancer rates. Oh, I mean diabetes, which also leads to cancer, as you already mentioned.

Dr. Wendy Myers: As far as reversing it, when you have diabetes, and you allow it to progress uncontrolled, you damage your blood vessels, the blood vessels in your kidneys, in your eyes. Those very delicate blood vessels. You damage your arteries. That is not going to be reversed, but you can improve overall your blood sugar control.

Dr. Carolyn Helsler: Yes, definitely.

Dr. Wendy Myers: We don't want it progressing that far. Let's talk about the causes of diabetes, but let's start with environmental toxins. What environmental toxins are involved in type 2 diabetes? Dr. Joe Pizzorno, who's the founder of Bastyr University, wrote a book on toxins, and he believes that toxins are the number one primary cause of diabetes. Can you explain that?

Dr. Carolyn Helsler: Yes, absolutely. Dr. Pizzorno has shown that as the toxins in our environment have gone up, so has the rate of type 2 diabetes. The mechanism probably is uncertain exactly how they work, and some of the different toxins work in a little different mechanism than some of the others. But the truth is when we put on weight, most of us don't like that, we think the weight is our enemy, but actually, the weight, the extra fat, is keeping the toxins from our vital organs. As we put on more weight, we raise the incidents of diabetes. That's definitely one mechanism of it. Dr. Pizzorno has written exactly about all the individual toxins and how they affect diabetes in our systems.

I'm thinking that what people really would want to know, rather than the names of all these big chemicals in our environment, is where we find them and how we can avoid them, and then how we can clear them from our bodies. I know you talk a lot about getting the toxins out of our bodies. Our bodies are designed to remove toxins. But at this point, so many of us are pouring in more toxins than our bodies can eliminate. We have to avoid them where we can and then do what we can to keep our detox pathways moving smoothly.

The things that I would like to suggest, I actually made a list here of some of the things just so that I wouldn't miss some of these things that are so ubiquitous in our environment. First of all, water. We all know we're supposed to drink water. I think most of us are doing a pretty good job of drinking an adequate amount of water because it's been so much talked about. But we need to make sure that our water's been filtered and not depend on bottled water. As we buy those plastic water bottles, especially those soft crinkly ones that you drink out of and throw away, that plastic is getting into our water.

Also, our showers, we should have filters on our showers. The chlorine gets into our system way faster when it's in a gaseous form. When we get into a hot shower, unless we have a good filter on our shower, we're just breathing in that chlorine and all the other impurities that are in the water as well. We should try our best to eat organic food as much as possible and understand that organic food is generally more expensive than conventional. Then we need to watch the

environmental working group and look at the Dirty Dozen. They update that list each year. They stayed pretty much the same, but we should keep track of the things that they say always to buy organic if you possibly can.

Then they also have a list they call the Clean Fifteen. Those are the things that you can go ahead and buy conventionally grown food so that you can keep your budget under control because I realize that's a problem in the world today. Another thing is plasticizers. There are so many plasticizers around that we don't even think about. Canned food. The cans that food is canned in have BPA linings a lot of times. And even now that the FDA has put some rules against using BPA, they're using other plasticizers that we just don't have the research on yet, but we still need to do our very best to avoid those.

We need to buy our food as close to nature as possible and not buy it in plastic, not buy it in cans, but buy it off the produce shelf and out of the meat packaging. And then even when we buy it, a lot of times it's wrapped in plastic. We do our best to not get it that way. But if it comes that way, then we need to come home and put it into glass containers to avoid plastic as much as possible. We should never heat our food in plastic. Fast food containers are extremely dangerous. If you bring your food home, better not to eat fast food, but I know most people occasionally do. And then when you bring it home, don't stick it in the microwave in that container.

Take it out of that container and put it on a regular plate or in a glass container to reheat it. One thing that people haven't thought about is the plasticizers on our store receipts, and we think, oh well, handling it won't matter. But actually, as you know, and I'm sure most of your audience knows, anything that touches our skin gets into our system. Our skin is our biggest organ of elimination. If we're filling it up with toxins, whether through store receipts or personal care products, our body will have difficulty detoxing all that. We need to think about what pans we're cooking in.

We should not use non-stick pans at all unless they're ceramic. The ceramic ones are safe and at least until they get damaged, which happens to pans over time. Stainless steel pans are still considered fairly safe. However, working with people with chronic illnesses and testing for heavy metals, we've sometimes found nickel that apparently is coming from stainless steel, whether it's our water bottles we're drinking out of or the pans we're cooking in. And then, who stops to think about their dental floss? But they're often coated with toxic materials. Those are just a few of the things that we really need to think about as we go through our day-to-day lives.

Dr. Wendy Myers:

I mean, there's a lot to think about. There's a lot to reassess, unfortunately. That's why I have so many free resources on my site, at myersdetox.com, to help you guys with that. There are very detailed articles on all of these topics that you just mentioned.

Dr. Carolyn Helser: Yes. I would just like to reiterate your website is a wealth of information, and that's a great thing. It's a great service you're providing to the world. I hope everyone will read the articles and take them to heart.

Dr. Wendy Myers: Yes, thank you. Yeah, it's been just a pleasure taking all this. This is my passion because I just wanted to detox my own life. I've been doing all this research. What pans do I buy, and what water filter do I get? I've just taken all this research and published it for all of you guys to enjoy. We talked about environmental toxins as causes of diabetes. What are some of the other main causes of type 2 diabetes?

Dr. Carolyn Helser: Well, it's mostly the food we're eating, lots of carbs, and very little nutrition. We need to cut back on carbs and increase nutrition. Again, that comes by eating real food. Anyone who has blood sugar out of balance needs to limit the carbs they're eating. Now, if they want to eat a sweet potato, most people can eat that kind of carb. The grains are a little harder for most people's bodies to handle. But certainly, the fruits, the vegetables, the meats, the poultry, the eggs, those are all wonderful things. Since we start with them from scratch, they're generally much healthier. Another cause, or at least something that really contributes to type two diabetes, is lack of exercise.

We all need to get up and move. In fact, I was just reading an article that talked about how valuable it is after each meal to take a 10 or 15-minute walk because it encourages the insulin to call the glucose into your muscles, which is where it needs to be, to be expended as energy rather than being stored as fat. We don't need to go to the gym and pump weights for an hour every day. We just need to move. Sitting is not good for us. It causes everything to stagnate. Everyone needs to do whatever they can to get as much motion into their life.

If we have a sitting job, we need to set a timer. Get up every 20 minutes and at least move around for two or three minutes before we sit back down. A standing desk has been shown to help a lot because then we move around a lot more than when we're sitting. Those are some of the causes besides all the toxins.

Dr. Wendy Myers: Do you have any knowledge of emotional trauma at all contributing to diabetes?

Dr. Carolyn Helser: Well, I don't think I know any research right off the top of my head that shows that. But I believe anyone who's worked with any patients knows the value of working with emotional trauma. Any stress causes our body to not work as well as it should. One of the things that I think is contributing to diabetes is a lack of sleep. Most people are just not sleeping well or sleeping enough. Certainly, emotional trauma leads to trouble sleeping. That's one thing. I just believe those traumas get buried deep in ourselves. And then, if we're predisposed to diabetes, that will be where it will manifest itself.

Dr. Wendy Myers: That's really good. I like that you pointed that out because any kind of stressor can cause sleep issues, and that causes blood sugar issues. I mean, I know for

me when I don't sleep, the next day, I am stuffing my face. It's uncanny that you just have poor blood sugar control. The research shows you can have the blood sugar control of a type 2 diabetic if you've had less than five hours of sleep the following day. Sleep is so important.

Anything else that you want to talk about in relation to type 2 diabetes? Well, let's talk about actually the other types of diabetes. There's type 1 diabetes, type 1.5, which they think is an autoimmune type of diabetes. Can you talk about those at all?

Dr. Carolyn Helsler: Well, my specialty is type 2 diabetes, so I've definitely put the most time into studying that. But from what I understand, the incidence of type 1 diabetes is also increasing. I'm convinced that toxins in the world are also involved in that. Since it usually or often strikes young children, I think it behooves us as parents to be very careful of how we feed our children and how we're encouraging them to move, not sit in front of their screens all day long. Of course, all the autoimmune diseases, as you mentioned, type 1.5 diabetes, which is autoimmune, are all affected tremendously by toxins.

I met a lady who was diagnosed with MS, which is autoimmune, and she was in a wheelchair. When she first went to visit with a naturopath, she said, "I don't want to be in this wheelchair." Well, okay, so the naturopath, the first thing she did was put her on a detox protocol, check for food allergies, and change her diet. When I met this lady, she walked, bounced, exercised, and felt great. Could she still be called as being diagnosed with MS? Probably so, but these diagnoses really don't mean anything if we're living a functional life.

If we can do anything to improve our life by detoxing, then we'll make a big difference for ourselves and everyone around us. Because if we are ill, just like you saw with your father, it wasn't just he who suffered; it was the whole family.

Dr. Wendy Myers: Yeah, for sure.

Dr. Carolyn Helsler: We want to be strong and healthy for our families as well as for ourselves.

Dr. Wendy Myers: Can you talk about some of the specific toxins that contribute to becoming diabetic?

Dr. Carolyn Helsler: Okay, so there's lots of PFAS, and that stands for, Oh my goodness, let me see, I haven't written it down.

Dr. Wendy Myers: Honey, don't even say it. You don't need to say it, the PFAS.

Dr. Carolyn Helsler: They're getting really ubiquitous. You might find that in your toothpaste. You might find those in your dental floss. You might find those in your non-stick pans. You might find those actually in our food as it's getting into our soil. Plastics are just definitely contributing to type 2 diabetes because they're just

everywhere. I'm considerably older than you. I remember, as a kid, before the days of plastic, I remember when store-bought bread was wrapped in wax paper. We took our sandwiches to school wrapped in wax paper. We didn't even know what plastic was. Type 2 diabetes was almost nothing back in those days. It was very rare.

Just in my lifetime, I've seen it just grow exponentially. I do know it's the type of food we eat, as well as all of the chemicals. One that is really so ubiquitous in the world is all the pesticides and glyphosate. My husband and I eat almost 100% organic food. I recently ran all of our toxin panels, and we both have glyphosate. Well, you wouldn't think it would be coming from our food. It could be because we live right by the green space where they spray all the time. It's in the air. Perhaps our neighbors are using it. It's just really difficult to avoid.

Dr. Crinnion, who is now deceased, was an amazing environmental medicine doctor. He always said when you come into the house, you should always take your shoes off because you've walked through so many toxins. Don't carry them into your house. He also said to eat broccoli every day and eat blueberries every day because those will keep our detox pathways working better.

Dr. Wendy Myers: Can you talk a little bit about ways that people can detox? I mean, I can talk about that too, but we've covered why you need to detox and some toxins that contribute to type 2 diabetes. Arsenic also does too. Arsenic is a big one.

Dr. Carolyn Helsler: Arsenic is in a lot of our water. We need to use a very good filter, and we need to have our water checked. If you filter your water, it's a good idea to check your filter by checking for arsenic because arsenic it's pretty detrimental to our whole system.

Dr. Wendy Myers: Especially well water. Arsenic can be a common contaminant as well. Uranium. Uranium also contributes to blood sugar issues.

Dr. Carolyn Helsler: Yes. I pretty much think any heavy metal we can name or any persistent organic pollutant that you can come up with, which are so numerous, can contribute to whatever our weak link is. Just because we have the DNA that, as you mentioned, your dad had type 2 diabetes, that doesn't mean you're going to have it because you're going to do the things that keep you from developing it. Some of the things that can help, we mentioned sleep. Everyone needs to sleep. Our body is detoxing during sleep. The detox pathways cannot be active if we're not getting enough sleep.

There are three. We talked about water and how important it is to have good clean water and to drink plenty of it to keep the toxins diluted so they can move out. We need to be eating whole foods. We talked about that. I know you have a real dynamo product with citrus pectin and other binders in it. Those binders are what grabs hold of all these different toxins and pulls them out of our system. I

like to talk about the three Ps. It's peeing, perspiring, and pooping. We don't always want to talk about those things unless we keep them going.

Dr. Wendy Myers: Well, we love talking about it here. We love talking about poop and pee here. Coffee animals.

Dr. Carolyn Helsler: Yes, yes. If we are not drinking enough, we're not peeing enough. If we're peeing too much, which can be a problem as well, we need to watch that, and that would be a cause to know that we need some kind of a binder to help our kidneys with the job. If we're not pooping adequately, unless we have at least one very good bowel movement every day, we're constipated. If you're constipated, the toxins are all being reabsorbed. They're not being carried out of the system. That's an important thing. Perspiring we all need to perspire every single day. Well, what I was going to say, I think, is that saunas are quite amazing.

If you have access to a sauna, using a sauna two or three times a week regularly is very helpful. It's not necessary, though. We just need to perspire. I live in Arizona. Most of the year, all you have to do is go outside and take a good walk, and your whole body will be perspiring. You do it in the middle of the day, and don't be afraid of being out in the middle of the day in the heat. It's very good for us. If you live somewhere in a more mild climate, put on a hoodie and sweatpants and go outside and exercise and get that perspiration really going. Those things are all really important.

Besides your fantastic supplement with [citrus pectin](#) and the other binders, we could just use ground flax seed and use it as a binder; for most people, that works really well. Just make sure if you start adding something like ground flaxseed or ground chia seeds, you add extra water so your body can utilize it appropriately. We need to make sure we're getting healthy fats, especially because toxins are stored in our body fats. If we don't put in some healthy fats to dilute those toxins, they also won't have a way of being carried out. I think those are good things to think about. We need water to dilute the water-soluble toxins.

We need fats to dilute the fat-soluble toxins. Everyone should be taking some [NAC](#) every day. NAC stands for N-acetylcysteine, which is an amino acid. It is a precursor to glutathione, our body's main detoxifier. If we take NAC at night, especially since that's our detox time, that will help a lot. Some of the other things we can do are lots of spices, rosemary, and oregano. I have a nice little herb garden. Just try to use all those things in food all the time. Thyme is an amazing detoxifier. Vitamin C is so valuable, and it helps so much. I believe I saw you drinking green tea.

Dr. Wendy Myers: Yes, you did. I love my jasmine green tea.

Dr. Carolyn Helsler: Yes. Green tea is an amazing detoxifier. Resveratrol is one that we've heard about as a good antioxidant. Melatonin is a great antioxidant, and it is actually used in cancer to help eliminate cancer because of its antioxidant effects. If you're having trouble sleeping, melatonin can not only increase detoxification, but it can help you sleep, which both help to detoxify your body. Spore-based probiotics are important for helping the body to detoxify and also to help keep the bowels moving. The one thing my grandchildren hate to hear me say is no sugar. Sugar dust is not our friend. I'm not talking about the sugar in fruit. I'm talking about the sugar that's processed sugar, adding sugar to our diets.

Dr. Wendy Myers: Yeah, that's a huge one. One thing I wanted to mention about when people are diabetic, they're told to go low carbohydrate, and there's no refined greens and sugars and bread and pasta and things like that. But just doing that alone won't necessarily reverse diabetes. I think it's part of the issue, the diet is part of the issue, but it's not 100% of the issue. A lot of people will do that, and their condition might improve a little bit, but it doesn't reverse totally.

For millennia, people have been stuffing their faces with carbs like the Italians and just a lot of other cultures that are eating rice and bread like it's going out of style. But this is a more recent phenomenon. A lot of people have been eating a lot of carbs, and they don't develop type 2 diabetes. It's not just the carbs.

Dr. Carolyn Helsler: Exactly. Exactly. My grandparents lived to a very old age. My grandfather was 97 when he died. He was working out in his hay fields when he was 92. They probably had bread every meal, but they worked hard, and they didn't deal with the toxins that we deal with today. What you're doing is teaching people how to eliminate toxins that are going to be valuable players in helping people both prevent and reverse type 2 diabetes.

Dr. Wendy Myers: Yes. Yes. Well, on that note, I think we can end the show here because there are lots of ways to detox your body. You can do all the things that you mentioned, very simple things you can do at home. You can also expand on that when you're readily doing [infrared saunas](#), [ionic foot baths](#), [sylob](#), [liver detoxification](#), and [liver support](#), which I talk about in my [liver rehab program](#); there are lots of different ways that you can approach this, and do a detox, all of which is on this podcast and on [myersdetox.com](#). Thank you so much for coming to the show. Where can we find you and learn more about your work?

Dr. Carolyn Helsler: ndondemand.com/drhelser.

Dr. Wendy Myers: Okay, great. Fantastic. Thanks so much for coming on the show, Dr. Helsler. Everyone, thanks so much for tuning in to the Myers Detox Podcast. I'm Dr. Wendy Myers. As I said, you can find all my work and free resources on why and how to detox your body on myersdetox.com. Check out my YouTube channel also at youtube.com/wendymyers. Please go there and subscribe. You can check out all my social media on [Facebook](#) and [Instagram](#), and [TikTok](#) now as well. Thanks for tuning in, and I'll talk to you guys next week.

