



**Transcript: #501 Lymphatic Drainage - Repairing your Detox System in 4 Minutes Per Day with Dr. Cathy Goldstein**

**Dr. Wendy Myers:** Hello everyone. I'm Dr. Wendy Myers and welcome to the Myers Detox Podcast. Today, we've got a great show for you on everything, anti-aging skincare, draining your lymphatics, and how draining your lymphatics is one of the cornerstones of detoxification. And how you can do this in just four minutes a day and use some frequency-based applications, some bioenergetics, to help dramatically improve your lymphatic drainage, make it way more effective, and also use bioenergetic skincare as well, which is what I do.

Because for me, I've thought a lot about this and I've used a lot of skincare products over the years. And for me at 50 years old, I am not just wanting to use a product to moisturize my skin. I also want to use bioactive ingredients that help to keep it young and feed it the nutrients that it needs and things like that. But I also use bioenergetics as a big part of my routine.

And so I do things, use different devices to help improve and send correct operating instructions, so to speak, to my skin, to produce collagen and elastin. But I also have another secret weapon, which is this Tru Energy skincare. And Cathy Goldstein, who, Dr. Cathy Goldstein, who we're having on the show today, is the designer, and developer, of this Tru Energy skincare, and it's a frequency-based skincare that's ingenious.

So it'll send the correct information to your skin to produce collagen and elastin and all the other desired effects that we're looking for. And she talks about a device that she has that also helps to, it has frequencies infused and it helps drain your lymphatics. So really, really interesting show, and I want you to pay attention and listen to the show if you're looking to upgrade and uplevel your skincare and your youth and beauty as well.

So I know you guys listening to the show, you're concerned about your body's burden of toxins, as you should be. And so I developed a quiz you can take at [heavymetalsquiz.com](http://heavymetalsquiz.com). Only takes a couple of seconds, and after that, you get a free video series that helps answer a lot of your frequently asked questions about detoxification. So go take it, only take a couple seconds at [heavymetalsquiz.com](http://heavymetalsquiz.com).

So our guest today, Cathy Goldstein is an acupuncture physician and she's a founder of multiple integrative health clinics, and she's been a columnist for New Vision Magazine and Philadelphia Magazine. She's a guest lecturer at Jefferson University Medical School and a frequent speaker for symposiums and health summits.

Cathy is considered a specialist in and expert in biomedicine through Eastern medicine, and she's an educational instructor nationally and internationally. She's been practicing and teaching alternative medicine for more than 35 years, since 1988, and she specializes in quantum energy medicine, technology, and mind-body neuropsychology.

She's trained with world-renowned practitioners and healers and holds advanced studies in anatomy and physiology. And Cathy's pursuit of functional health stems from her health challenges and frustrations with Western medicine. And she was diagnosed with Crohn's disease in her twenties. And after multiple long hospitalizations and complications, she was still suffering from this illness. So Cathy began her life path for healing and she's been very grateful for this experience and she refused to have this illness define her.

So through her determination, relentless studies, and trial and error, she's been fortunate to enjoy a healthy life with no sign of Crohn's disease for over 30 years. And her commitment is to help and educate patients and colleagues on alternative healthcare and root functional health. You can learn more about Cathy and her work at [truenergyskincare.com](http://truenergyskincare.com).

Cathy, thanks so much for joining the show.

**Dr. Cathy Goldstein:** Well, thank you for having me, Wendy. I'm super excited to chat with you today. So much to cover.

**Dr. Wendy Myers:** Yes. So let's talk about the lymphatic system. So one of the pillars of detoxification is making sure your lymphatics are operating correctly, flowing correctly. So talk to us a little bit about that concept.

**Dr. Cathy Goldstein:** Absolutely. So first, I just want to, your audience is so well-educated, but I want to start with just what is the lymphatic system and what does it do? To just kind of hone it in, because the science has changed over the years as to what the lymphatic system actually does.

So one, it's very much like the cardiovascular system. The cardiovascular system is all of your blood vessels that run down into tiny little capillaries at the end of them, and that's where they exchange oxygen into CO2. They run throughout your entire body and have to affect every single cell in the body to be able to get oxygen.

Well, the lymphatic system is very much the same. It runs parallel with it because its job is to make sure that any seeping fluids don't go over a certain percentage, which is crucial to life as well as it cleans up. So it cleans up everything and gets rid of it, pulls all the toxins from the intercellular space, extracellular space, and delivers it back to get the body to dump it. But it also does, which we didn't know in the past, that it's responsible for hormones, and we didn't know that the lymphatic system actually produces hormones.

It also is responsible for our immune system and keeping our immune system super tuned. And it actually has been shown to be able to deliver probiotics to an infant in pregnancy, believe it or not. They actually show it reaching over the barrier and delivering nutrients. So it goes way further than what we've always thought it did in the past. And I think we have more to come for that on how significant it is, playing a role in health, in cancer, in so many different things. And I'll kind of stop there because I could keep going.

**Dr. Wendy Myers:** Yeah. Well, tell us a little bit about your story, your interest in detoxification, and you're an acupuncture physician, so tell us a little bit about your story and how you got into health and detox and anti-aging.

**Dr. Cathy Goldstein:** Right, right, right. Okay, great. So I was on my way to medical school. I was finishing up some pre-meds and I got really sick with Crohn's disease. I ended up in hospital for three months and was deleted a couple of times, and have had seven surgeries. I mean, I was sick. I ended up checking myself out at some point at the hospital because you spend three months in the hospital, it's not a good thing.

So I started doing acupuncture and I could not believe the changes that I had. I mean, at the time I was so weak that acupuncture was even hard for me, but it saved my life. And so obviously, my trajectory changed from going to medical school to going to acupuncture school. So that's how I first started.

And then as I went through my career, I realized that, and I think you'll probably relate to this as well, that we can help people with a lot of different tools, but I think that the most valuable thing is to educate our patients, and that's exactly what you do. I mean, from day one, they are huge on education, and also give them the tools that help them to be able to improve, that make their own strides at home.

So for me, what happened was that at about 49, I realized I kind of caught a glimpse of myself in a mirror and I went, "Oh my God, when did that happen?"

And I just looked so old, my skin was sagging. I just looked puffy, just a puffy, bloated belly, even though I was doing everything right.

So I kind of went to work figuring out, "What am I missing?" And it's the detox system. And we think about the detox system, we think about the liver or the kidneys, the respiratory system for breathing and getting rid of toxins. But I think we've really understated the role of the lymphatic system in the necessity of it being functioning to be able to actually move all of those toxins from all the organs that were detoxing, then I went to work.

**Dr. Wendy Myers:**

Yes. Yes. And you create an amazing skincare line also. I love your Tru Energy skincare line, and I love skincare that has a bioenergetics infusion that has frequency-based products because I take frequency-based supplements and I use energy medicine and every facet of my health and my beauty as well. And so I love that you created this line that has frequencies. And can you explain that a little bit? And we're going to get more into lymphatics in a second, but I just wanted to touch on this, because it's part of what you do.

**Dr. Cathy Goldstein:**

Absolutely, absolutely. And it is super innovative. So what I did was in my clinic, I used frequencies and energy medicine, especially for getting the person to be able to finish their healing process. Well really start it and finish their healing process.

So what happens is that in my clinic, what happens is that someone will come in and we'll do treatments for them, and then at the end of the treatments we've used what's called an integration room. And our integration room is a room where we use frequencies and vibrational and magnetic vibration to get that system to vibrate at the frequency of perfect health because that's what the body has to learn how to do.

I think that's why we use energy medicine because we used to think about energy medicine as something of the future, but it is the future. We are in the now. It is the only way that our body is going to really learn to be healthy. We can't rely on drugs and surgery which ultimately kills us.

**Dr. Wendy Myers:**

Exactly. And that's why I totally agree. I think energy medicine is the medicine of the future, and if you can use frequency-based products to improve your skin or improve your health or anti-aging or whatever you're using it for, I mean, I think that's just the intelligent choice. And so this is your skincare line right here. It's TruEnergy. I love these products. These are part of my secret weapon in my skincare regime.

We did another podcast touching on these with Cathy, with Dr. Cathy Goldstein here if you want to go check that out, but I love these products. This is the daytime moisture treatment, just an awesome product, and I love the serum as well, and you have a scrub. And for me, I really feel like it has dramatically improved the texture of my skin and made my skin super soft. And it goes much

more beyond just moisturizing your skin, which I think a lot of products, just moisturize and that's great and everything, and you need that, but there's so much more possibility when it comes to skincare, and I think any kind of frequency based skincare is really, really exciting.

So let's talk about the lymphatics, going back to that. And so part of your skincare system is facilitating the lymphatics draining, because I think a lot of people's complaints with their face, is their face is puffy or their body is puffy, and they know on some level what's going on water weight, they're retaining, but they don't really know how to address it. So can you explain what's going on there exactly?

**Dr. Cathy Goldstein:** Yeah, yeah for sure. So with the lymphatic system, when it becomes congested, it doesn't drain, and that's what it's supposed to do. So we got a backup. So it literally is a backup. And we can do things that are manual lymphatic drainage, but what is really beneficial for the body on all levels is if you have a lymphatic system that's actually working.

So what happens is that that puffy dull look under the chin, along the jawline, things like that are all that lymphatic congestion on the body. It can be a thickening skin, what feels like thickening skin, you know how you might not have this, but as you get older, you can feel like where the skin kind of thickens or folds or gets puckers in it, cellulite, dry, saggy, all of those are indications of the lymphatic system being completely congested.

**Dr. Wendy Myers:** And what causes lymphatic congestion, exactly what is going on there?

**Dr. Cathy Goldstein:** Actually, that's a great question because really what it is, is that it's almost anything, the lymphatic system. So an injury creates inflammation, and the inflammation can block the lymphatic system. So if you have a pain injury, a surgical procedure, your lymphatic system needs repairing. It's as simple as that, right? And that's just actually on a pain level, but when you take it to another level, it's also an autoimmune disorder. In fact, you'll be interested in this.

I just found a PubMed article and you know how hard it is to get published in PubMed. So it's an intercellular heavy metal nanoparticle storage, progressive accumulation within the lymph nodes with the transformation from chronic inflammation to malignancy. So what does that mean? What that means is that the lymphatic system got congested with environmental toxins, and heavy metals, and clogged the system to the point where it created inflammation. And then at that point, the downward path is cancer. So a scary pathway.

**Dr. Wendy Myers:** I mean, I think that a lot of people are dealing with health issues from there, too many environmental toxins in their body can handle clogging the lymphatics and other tissues as well. And then eventually that can progress.

So it is really important to address your lymphatics and be thinking about this. And because that's kind of one of your detox pathways, so to speak, that needs to be open and flowing for proper detoxification. And so tell us about one of the solutions that you have for helping assist the movement and flow of the lymphatic system.

**Dr. Cathy Goldstein:** Okay. So what I did was I developed a stone, and I used the energy frequencies to imprint the perfect harmonization of cells, of a lymphatic cell that performs like a 25-year-old cell. As we age those cells, it's like a battery. So as we age, the batteries get weaker, and unless we actually do something to regenerate them, they burn out.

So the frequencies that I imprinted into the stone, that the Tru Energy sculpting stone actually has thousands of different frequencies for all of the different levels of how the lymphatic system repairs and detoxes. So it's all the cellular functions, all of the detox functions, all the rejuvenation, how it reproduces cells, things like that.

So it's kind of like when you use this on your body, it's much like a tuning fork. So if you have a tuning fork that's vibrating at whatever that tuning fork frequency is, and you hold another tuning fork close to it, it'll start vibrating at that same frequency. So that's kind of like the stone where when we use it on our body, it balances the acupuncture meridians, it increases collagen production, and it increases the effectiveness of the lymphatic system and that repair. So when you use that, your body is learning how to vibrate at the same frequency as a healthy youthful cell.

**Dr. Wendy Myers:** Yeah. And I think it's, for me, I'm so passionate about educating people about bioenergetics and energy medicine because it just makes so much common sense. I mean, kind of when you understand these concepts of, you can use simple tools too, they don't have to be super expensive, super expensive high-tech software and tools like that, even though those are great.

But you can infuse frequencies in different devices like you have here and just apply them to your body. And it's a very effective low-cost thing that you can do at home to really dramatically improve your skin and your lymphatics and improve detoxification and easy tools. So how do we use it? So how would you kind of apply that every day?

**Dr. Cathy Goldstein:** So I have an instruction pamphlet that comes with a stone and it has steps to go through. And the steps are very specific. They are, you're opening the lymphatics at the portal, what I call the portals, which are all the areas where lymph nodes collect. And then you use the stone to move the lymphatics toward those portals.

So you're opening up the upper chest. You're especially wanting to make sure that you're clearing the lymphatics around the chest, around the breasts to

make sure that they're healthy because that's actually a tissue that gets very little motion, like a body. Because we rely on pumping, pumping of muscles to move the vascular system and the lymphatic system, the breasts don't get that. So making sure that you're actually in this protocol going over the breast area.

The stone has three different sides that you can use. It's got a curved side for an area, maybe around the lower part of the breast, a thigh, and things like that. It's got a curved side, the opposite direction that's good for bony areas like the upper chest or the rib cage. And then closer to the tip, it's able to get into areas like under the armpits where you can get those lymphatics open.

Also, so then also what I have, because I know you mentioned the skincare, is there's a body treatment that has that little green bead in it, that is imprinted with the frequencies to also work together to make that the perfect balance for collagen repair outside as well as inside, and elastin repair. It's designed to, it also has, it's all my skincare is like this.

It's layered so that it affects different parts of the skin, the different layers of the skin. You had mentioned a lot of things really just kind of work on the surface of the skin. I specifically designed it to actually work on those different layers through different innovative ingredients and things like that. And then, of course, the technology..

**Dr. Wendy Myers:** It's so smart to do this, to use skincare like this because there can be products with active ingredients in them and hyaluronic acid that might retain some more moisture in your skin and whatnot. But it makes sense to use products that have these frequencies infused in them to send information that sends correct operating instructions essentially to your skin, to what makes more collagen and elastin.

And that's the biggest problem with women that have laxity in their skin or creepiness in their skin, is they don't have maybe the right tools or nutrients or information they need for their body to make enough collagen and elastin to keep their skin firm and bounce back, so to speak.

**Dr. Cathy Goldstein:** That's right. That is so true. And I think that as people, we want to look good. We want to feel good, there's no doubt about it, but we really want to look good because that actually really influences how we feel as well. So when you can look in the mirror or look down at your thigh and it doesn't have that ripple or that area of cellulite on it, you go, "I can wear shorts today."

**Dr. Wendy Myers:** Yeah. I'm officially over my knees. I'm like, "I've decided I'm officially over it." Because, I'm here looking good. I've done so much work from here up to where my face will look good and whatnot.

**Dr. Cathy Goldstein:** Which you look amazing.

**Dr. Wendy Myers:** Thank you. Thank you. I'm doing so much stuff. The knees, I've been ignoring the knees, so doing something can really help. And I think also when people have scars, I have a C-section scar and I've had breast implants put in and removed.

And when you have that, you have scars that will, where you scar the fascia, that crystalline matrix where you have information that's carried throughout the body on this, it's kind of like a crystal system where you have information that's carried on that when you have a scar, you can have an issue with fluid buildup in that area with information set on energy waves or through your matrix.

The fascia is not getting to that area, and the correct operating instruction is not reaching that area. And you can have different issues as a result of having scars and operations, and that's the mechanism behind that. So I think it's great to use a body lotion like this that can help get that, I guess the lymphatic flow going again.

**Dr. Cathy Goldstein:** Right, right. Yeah. I love the way you explain that. It's really on point. And I think that what's really interesting about that is that the lymphatic system has this very superficial level. Excuse me. Because the lymphatic system has that really superficial level, the scar doesn't need to be significant to have an obstruction. And it could also be even just like an injury, like a contact injury where you might have gotten a bruise, that's an injury.

So you are spot on in all of those different areas. I mean, you can't go through life without some kind of scarring or injury or pain point or ankle sprain or all those things like you have an ankle sprain from 10 years ago, but that ankle still swells in certain areas or sometimes at certain times, that's a great indication of that matrix being all twisted up and not working right.

**Dr. Wendy Myers:** And so what the stone that you have has the frequencies infused in it, so how often should you do that and how many minutes per day?

**Dr. Cathy Goldstein:** Yeah. So it really only takes maybe five minutes per day, once you really get it down. And I actually like to use it daily. And I think that if you are just starting with your detox program, I might not have someone use it daily. I might have them use it three times a week to just kind of gauge themselves. I am going to have fewer issues with their detox systems than someone off the street if you will, that I handed the stone to.

**Dr. Wendy Myers:** Some bum off the street, not detoxing.

**Dr. Cathy Goldstein:** Some McDonald's person. So what that does is, I'll tell you how I use it. When I get out of the shower, I apply the lotion and I stand in the bathroom and I use gravity for my arms. I do my upper body, my back, and then if you have a footstool or a countertop, depending on how flexible you are, you can do every side of your leg and then just stand up and do the back of your buttocks and then sweeping it all around to those lymphatics in the groin area.



And it's so interesting too, because I've had people say, "My calves are reshaping." "My butt is back where it used to be." And I think how I noticed it initially was that you're using, you have these little pockets of fat. I'm 63, so if these little pockets on my belly or my hip or thighs, things like that, and I'll be using the stone, and then a week later I'll look in the mirror, I go, "Wow, that's not there anymore." So it's amazing how fast it is with consistency that it actually physically changes where we're storing those little pouches of toxic fat and congested and folded up lymphatics, and it because scar-

**Dr. Wendy Myers:** Can it help your chicken wings?

**Dr. Cathy Goldstein:** Yes. That is, yes.

**Dr. Wendy Myers:** Because I was like, "Where's your chicken wings? I don't see anything."

**Dr. Cathy Goldstein:** The bat wings. Yes. And I'm old enough to have bat wings, right? And who isn't? So yeah, so the bat wings, and also I think for me, because I was so sick and was in the hospital for three months and I was 95 pounds and had tons of drugs and medicine, and so on and so forth, I think my lymphatics and my entire body were congested.

So I had all of those lumpy areas on my forearm and on my thighs and things like that. And then gather the fat, but you are spot on. It's the chicken wings, the thunder thighs, and the belly fat that are those key areas, right?

**Dr. Wendy Myers:** Yes. So anything that can help with that, I'm all ears. But going back to your skincare though, I love your skincare line. I think it's revolutionary and it's better than any garbage I'm going to get with the drugstore that has all these chemicals in it and different, just marketing garbage, and they're super expensive and they just really don't work as promised.

I think for many of these products, the best thing they can do is maybe give your skin some moisture, but there's a big price to pay in interfering in your hormones, the fragrances and the parabens and the phthalates and the different chemicals that are in them that we know in the research are shown to interfere in your hormones. Not to mention other metabolic processes in your body, your thyroid and your sex hormones and your neurotransmitters and on and on and on.

Not only that, but it's so important to not just use something that moisturizes your skin but also has, since frequencies to your body and a lot of different tools that can have the capacity to improve your beauty. I have one right here that's \$4,000. It's got beauty programs in it that I can use a lot.

I have another device right here called an Equiscope that I give myself facials and things like that. That brown box right there, that's \$43,000. You can do that at a

facialist for several hundred dollars, but there's lots of different ways to send frequencies to your body. And using the Tru Energy skincare and you have these very specific frequencies for collagen and elastin and the deep layers of your skin, it only makes sense to use something like this that's relatively inexpensive and super effective.

**Dr. Cathy Goldstein:** Absolutely, absolutely. And as you said, it's the layering of benefits. I mean, your skin looks amazing, and it's so well-repaired and hydrated and cell-plumping. A lot of times with aging, the skin gets thin and it gets not just dehydrated, but when it's thin and has no fat, it's hard for it to hold moisture.

So being able to re-fat. What re-fats? What kind of skincare actually re-fats? This actually re-fats gives you back that apple and that bounce to the skin. So yeah, I'm on board with that for sure.

**Dr. Wendy Myers:** And so what is your website, and do you have any discounts for the audience or coupons or anything?

**Dr. Cathy Goldstein:** I do. So I actually have one for your audience specifically. So it's Tru Energy Skincare, Wendy 2. So Tru, T-R-U, Energy, E-N-E-R-G-Y.com/wendy2.

**Dr. Wendy Myers:** Okay. Wendy2. Okay, great. Perfect.

**Dr. Cathy Goldstein:** The number 2. Wendy, the number 2.

**Dr. Wendy Myers:** Okay, fantastic. Yeah, so anyone wanting to get a special offer for my audience only, [truenergyskincare.com/wendy](http://truenergyskincare.com/wendy) and the number 2. So go check that out. So Cathy, any parting words or anything else you want the audience to know?

**Dr. Cathy Goldstein:** There is one thing that we've been kind of hinting at and working around, which is the hormones, and the lymphatic system actually produces estrogen and progesterone. What's interesting about that, is that it's all about hormone replacement therapy and not actually needing it.

So we know the liver can replace estrogen and progesterone, but the lymphatic system does as well. So there are so many people who are in menopause from as early as their '40s all the way up to '60s. So I did want to mention that because we've been talking about that, the hormone part of that.

**Dr. Wendy Myers:** Okay, fantastic. Fantastic. Anything else?

**Dr. Cathy Goldstein:** You probably say this every time as well, but if you want to help your body, water, water, water, water because if you're doing the detoxing, you're doing the flushing. I can't emphasize it enough. You and I have talked about that before, Wendy, where it's like, "Yeah. If you're not hydrating, you're trying to move sludge." So I always like that as a reminder.

**Dr. Wendy Myers:** Yes. And I also think that when people are mineral deficient, their body is going to hold onto water, and so it's got this interesting thing. The body is mineral deficient and the water you're drinking is mineral deficient. The body is kind of panicked and will hold onto excess water and interstitial fluid, which will make you look puffy.

So it's really important to drink water with lots of minerals in it, kind of a crazy amount of minerals where it almost tastes salty. Or you can use something like trace minerals from activation products. That's amazing. And that will help your body to release interstitial fluids as well, because the body kind of panics and will retain water. So just that's another little tip there too.

**Dr. Cathy Goldstein:** Yeah. I couldn't agree with that, more on that, trace minerals. The trace minerals, it's like electricity. It's trying to read in the dark. You turn the lights on and you actually, "Oh my gosh, there's so much information here that I can use." So that's a really, really good bonus.

The other is that you know how sometimes when you hear people, "Well, I don't drink water because as soon as I drink a glass of water, I pee a glass of water." Right?

**Dr. Wendy Myers:** Yes. A lot of people don't drink water because it's super annoying. I hate that feeling. But you have that feeling because you're mineral deficient. The water doesn't have minerals.

**Dr. Cathy Goldstein:** Right. Right. And that is actually, that is so true. Plus, if your lymphatic system is congested, you won't absorb water either. So if your minerals are deficient, your lymphatic system is congested, and all you're doing is just pushing it right through the kidneys. So a great combination to have that lymphatic system repaired, getting those minerals going, and drinking the water so your body can actually use it.

**Dr. Wendy Myers:** Yes. So I have a lot of podcasts on water. If you want to get real granular about that, I should probably do one just on my own where I'm talking about doing all these little things, there's a lot to water I think more than people realize. That's a whole podcast.

Well, Cathy, thanks so much for coming on the show and everyone, again, [truenergyskincare.com/wendy2](http://truenergyskincare.com/wendy2) to check out her skincare that I absolutely love and use myself. And again, thanks for tuning in to the Myers Detox Podcast, where I love having experts every week to help you upgrade every area of your life. Upgrade your skincare, your beauty, your anti-aging, your detox, and overall your health, because you deserve to feel good, and I want to help you get there.

