



**Transcript: #516 Prife Terahertz Tech Can Produce Unheard of Health Results Quickly  
with Sherri Scott**

**Dr. Wendy Myers:**

Hello everyone. I'm Dr. Wendy Myers. Welcome to another episode of the Myers Detox Podcast. And today I have a really, really interesting show for you. Today, we're going to be talking about using certain types of frequencies, like universal frequencies to address and reverse any kind of symptom or a health issue. And this is a super interesting device. It's called a Prife Terahertz. And it is a device that I've been using and I really, really love. And I wanted my friend Sherri Scott to come on and talk about this device and how it works. It's really, really profound. It's really powerful. It's something you can use at home. It's really simple to use. And so I want to kind of elaborate on what you can use it for, the science behind it, how easy it is to use. We talk about dozens and dozens of testimonials and give you an idea of what it can do and how it works.

So really, really interesting show today. And I'm also really excited to announce I have an amazing new docuseries that I put together called Heavy. And this is a docuseries where I interviewed 100 different experts: Dr. David Perlmutter, I interviewed David Wolf, Dave Asprey, Dr. Mercola, who's a friend of mine, and just over 100 people I interviewed for this series. And really what it's about is how heavy metals and environmental toxins, big surprise, contribute to and cause the epidemic of diabetes. Actually, toxins are the number one cause of diabetes. We talk about how toxins affect your hormones, sex stress, and thyroid, how they affect digestion, and how they affect mitochondria and energy production. And we also touch on emotional trauma and how that contributes to weight issues. And really my main goal is to communicate to people that their weight, their diabetes, a lot of their different energy practitioners who work with people all over the world health issues, they're not victims of their core willpower or their genetics.

There are toxins in our environment that are throwing a wrench into how our bodies work, including our metabolism, and destroying our health. And I really

wanted to have not just my opinion, but all these different experts and medical doctors and influencers and researchers come in. And second, what I've been trying to say for the last decade about really how much these toxins are affecting our body and the exact mechanisms why, and more importantly, what you can do about it. So tune into [theheavymovie.com](http://theheavymovie.com) and give us your email and we'll let you know when it's coming out, February 13th is when it's launching in 2024. And I know you guys watching this show are really concerned about your toxin load and what it's doing to your health. So I created a quiz at [heavymetalsquiz.com](http://heavymetalsquiz.com). It just takes a couple seconds to take the quiz and you get a free video series after the quiz about answering a lot of your frequently asked questions about what detox is, how long you have to do it, how do I test for toxins, and all the different questions you may have related to this subject

So go check that out and get the free video series that I created on that topic at [heavymetalsquiz.com](http://heavymetalsquiz.com). So our guest today, Sherri Scott, is using various forms of energy, including those at plants, crystals, and quantum energy fields. She's been working with these energies for over 20 years to obtain and maintain her own health and overcome very serious health issues and the health of her family. And she wanted to do that through more natural means after the conventional medical system failed to provide answers or results.

And so she wasn't looking for anything more than what she already had in her tool chest when the frequency device we're to talk about in the show called a Prife Terahertz. After months of research and hundreds of testimonials, an opportunity presented itself when her father had a stroke that left his right leg and arm immobile and affected his brain leaving some physical damage and memory deficits, and having reviewed research on the effects of quantum terahertz frequencies on stroke patients.

So Sherri ordered a device to see if it might help with her father, and it did. He began to improve daily with the use of the frequency device, and Sherri immediately started sharing this device with her friends and family and observed others regaining their energy and dramatically improving their health.

So you can learn more about Sherri at [terahertzdetox.com](http://terahertzdetox.com). Hello, Sherri, welcome to the show.

**Sherri Scott:** Hi, Wendy, nice to be here. Thank you.

**Dr. Wendy Myers:** Yes. Why don't you tell us a little bit about yourself and how you got into health? Let me say that again. So why don't you tell us a little bit about yourself and how you got into detox and got into health?

**Sherri Scott:** Certainly. Gosh, about 20 years ago. I've been sick all my life actually. But about 20 years ago I was told that I had MS and I had seen several of my friends get diagnosed and end up in wheelchairs. So I actually had a really hard time with it because I'm a very active individual and I didn't sleep for three nights. I thought

there was no way I was going to wake up and be in a wheelchair, just not me. And that was very moving for me because it really got me going and I was pretty healthy up until then. I ate healthy and I've always had issues with not eating healthy, so I always chose good foods and stuff. But at that particular point when I was told that I had MS, I thought, "Well, I've obviously got to change things up a little bit." I had witnessed both my parents go through cancer and I had done some nutritional studies and stuff, I had worked at a health science center in Manitoba actually.

And so I was working with a research doctor who was doing cancer research and I had researched a lot of his studies and reviewed them I knew that nutrition had a lot to do with health and I also knew that it had a lot to do with cancer and I didn't know enough in order to help my m in time. But I was able to help my dad. My mom did succumb to her cancer after two and a half years of battling, but my dad, who was given five years, he's on year 20 now, I believe, something like that. 24. Actually, it's my 24th year. So I did see that there was something to the nutrition part of it. When I was diagnosed with MS, I knew also that nutrition had to do with that. So I studied to be a nutritional consultant.

And then I moved on and I managed my MS without any medication or without any involvement in the medical system, just through food and stress management. And I used a lot of things like essential oils and crystals and energy work. So I do ginger and jujitsu and I do pranic energy and a little bit of reiki. And I just worked with my energy and I did yoga and all that sort of stuff too. But it was the energy work that really made a big difference for me. And the essential oils and the crystals I found were very, very helpful. So fast forward, quite a few years, and I met a fellow and within a year he had a stroke and he was young, he was under forty-five. And I thought, "Oh, my shadow nurse." That this is going to be our life together, then I better do something to reverse the issues from the stroke.

He had a left side, not paralysis, but his face was drooping, and they told me this was going to be the first of many. And I thought, "Hmm. I know a lot about energy and I know you can get to somebody that's had a stroke right away so that you can reverse all of the effects of the stroke." So right away I looked for somebody in the area who could do energy work because I was working 14, 15, 16, 17 hours a day at the time, and I needed to continue while he was ill. And I didn't feel like I wanted to take that on personally, that's my spouse. So I wanted somebody else to be responsible for the outcome. So I found someone and I told her what I wanted and she said, "Okay, well I have something here, just bring them here and we'll do it." And I walked in. You meet those people. Have you ever watched A Little House in the Prairie? No Laura Ingalls.

**Dr. Wendy Myers:**

I did it. I think I was a little too young at the time. I was like, "What is this? What is this crap?"

**Sherri Scott:** It's just so wholesome, right? You look at Laura Ingalls mom and she's just like Mother Teresa kind of thing. So I always looked up to her and I always used to watch Little House in the Prairie. Anyways, this woman looked like Laura Ingalls' mom. And I'm like, "She's just wholesome. You just couldn't believe her." She introduced me to this computer and this little box. And she goes, "This is the energy work that I do." And I'm like, "No, that's not at all what I want. I want hands-on stuff, right?"

**Dr. Wendy Myers:** That's not what I ordered.

**Sherri Scott:** That's right. And I was like, "Oh gosh, this isn't what I thought it would be." And she goes, "No, trust me. This is what you want." I'm like, "Okay, I'm going to trust you because you look like Laura Ingalls' mom, so we're going to go with it." He did three sessions and it was no more than 10 and a half hours, and it completely reversed all of the issues from the stroke. And he never had another one. And to this day, it's what? 12 years later, and he still hasn't had another stroke.

So that was my first introduction to quantum physics and scalar energy. And I was like, "I don't know what that is, but I want one." And at the time I was working for a corporation. Corporate industrial safety consultant is what I was doing. And I love my job and I didn't want to go into the health field. Because I'd already been in the health field, and I didn't like it because I didn't find that it was helping people. I felt it was hurting more than helping. So I thought, "Well, this is something that I could actually get on board with because it does actually help people." So anyway, I told her, I said, "I want one of those units." And so I did eventually buy one. And so I finished up my career in the corporate world.

I actually went on to start up a health business in a physical store, and lo and behold, I was diagnosed with cancer and it was stage four cancer. And again, I'm like, "Oh, I've got this with nutrition." It took about a year, but I learned that nutrition isn't enough. You need to do energy work. And I had to really dig and dig and herbs and essential oils and crystals and pimp electronic pulsing made a huge difference. And sauna therapy. Pretty much everything you offer, Wendy, is what I had to do.

**Dr. Wendy Myers:** If I had cancer, that's what I'd be doing. I'd be doing everything that I recommend and talk about on the show.

**Sherri Scott:** That was my introduction to detoxification and regeneration. And so then I started studying natural fats, and there are some specific ones I studied with, but it doesn't matter. And there are German ones where I studied their work. And so I've studied a lot of different philosophies and a lot of different ways of reversing chronic conditions in the body. So that's what I do now, is I work with people in reversing chronic conditions in the body.

**Dr. Wendy Myers:** And so you introduced me to a technology called Prife Terahertz, and it's a frequency device, this device right here, and it's so cool. It's really easy to use and super effective. I was really blown away by all the different things you can use it for, different symptoms and different health issues, physical things, and it's simple to use. I use this for about 30 minutes a day, and I discovered recently I have scoliosis in my lower back, which I was really dismayed to discover because you always think that you're invincible.

I'm like, "Do I have so much trouble working out and I'm dealing with pain all the time?" I thought it was a disc-related injury because I used to have that, but it turns out it's scoliosis. And so I'm using this on my back to address that. And you told me I could use it on my thyroid to optimize thyroid functioning. And so I just was really surprised about how many different things you can address using this technology. So why don't you just first tell us what exactly is it, and we'll kind of get into all the little particulars, but it's essentially a frequency device, but what more can you tell us about it?

**Sherri Scott:** Perfect. I have to say though, I have to make a disclaimer because my sponsors want us to make sure that we do that. So the iTeraCare device is a certified household electronic piece of equipment. And it is certified safe for use, but it is not a medical device. It is a blower. That's what they call it. It's a blower. It is in front of the FDA for FDA approval, and they're pretty sure they'll get that, but it's not a medical device. It's not to be used as a medical device. You must always consult with your doctor or physician for further medical advice. So you have the premium there. This one is a classic. The classic model is the entry-level model. And I'll explain this a little bit more afterward. And this one here, tangled up here. I'm on the road, so I'm not even in my office right now. This one is professional, I don't know if you can see it.

**Dr. Wendy Myers:** Yeah.

**Sherri Scott:** It's not really zooming. There we go. This is the professional, anyway.

**Dr. Wendy Myers:** Okay.

**Sherri Scott:** It's a little bit bigger. It's quite a bit heavier and better built. So what these are, they're frequency devices, and you've already covered that. It's easy to use. I've got my points here because I'll forget when I get talking because I just get rambling. Okay. So it's a terahertz frequency. It uses scalar waves through an optical port. So the terahertz is a crystal that protects people, but it also balances the body. It creates homeostasis. It puts the frequency of a healthy cell into the body. And when the body receives that, it starts to push out anything that's blocking the path. So if it's blocking meridian, so for instance, like a heavy metal or an infection or just an injury to the area, if it's blocked, the frequency will clear that blockage, allowing for the blood and the lymph the flow and remove toxins and allow for the nourishment of the cells to regenerate the area.

So the terahertz does that and so much more. The scalar waves are a nonlinear energy field. It's like quantum physics. I always have a hard time describing this, but it's a universal energy. Some call it the Tesla field, Quantum field, or Zero-point. There are some quantum scalar energies out there that are called Quantum Scalar Lasers. I have those too. So the scalar energy takes in everything in the environment along with the terahertz. So for instance, if you're using an affirmation that you want to regenerate a certain area, for instance, your liver, and you point that towards your liver and you use the terahertz with the affirmation, that energy will go into that frequency, and will go into your liver. And then the optical quartz, which is the master crystal, is known to be a master healer and it exponentially magnifies the frequency. I have to be careful how I word these things, but it magnifies the healing frequency of the terahertz and the scalar waves.

So what it does though overall is it stimulates the body's natural healing abilities because a body will heal on its own if it's given the right nourishment and opportunity, the right nutrients and minerals. So that's what it does. And that's where I was blown away by these devices because when I was introduced to it first I went, "Nah, I've got all these other tools and I worked with people all over the world quite successfully. I don't need anything else." So then I was introduced to it a second time, and it was another lady who has all the same tools I do, and she actually looked like she was leaving the planet around December, and I watched her get better and better and better, and I reached out to her and I said, "What are you doing?" And she told me that this was what she was doing, and I'm like, "Ah".

**Dr. Wendy Myers:** The blower again..

**Sherri Scott:** Nope. No, I don't need that. But then I started watching the research and reading the research, and I noticed that somebody had said something about stroke. And I'm always pitched about stroke-like, "Hmm." Just in case, right? For the future. So I read that and I'm like, "Hmm, that's interesting that it regenerates brain tissue." So I'm like, "Okay, good to note." And then my dad had a stroke, so three times I got introduced, here's your sign, right? I'm like, "Okay, I got to get one." So I ordered one and I was able to help Dad reverse a lot of his physical symptoms with the other tools that I had, but I wasn't able to do anything with the brain damage part.

He had some memory loss that he had just cognitive stuff that just wasn't coming back. So I said, "Let's start using the wand on the head as well as his kidneys." He had some stuff going on. Gave it right away. It cleared up, kid. I couldn't believe it, but it did. And so then we started working on the brain and he started having more and more. He was remembering more and more, and it was like, "Okay, that's good."

**Sherri Scott:** Yeah, it's not going to save him because we know he's got so much black in there, but it is giving him quality of life right now.

**Dr. Wendy Myers:** Yeah, I think with people, they reach a certain point. People can reach a point of no return and it just really matters what you do, but you really want to heed your body's cries and start doing different protocols well before you start having a diagnosis. And it just boils down to listening to your body, that fatigue or forgetfulness, or whatever it may be. Heed the subtle signs.

**Sherri Scott:** And change your diet, which he was to do. He loves his sugar and it's like, "Dad," But anyway. So yeah. So that's what it does and it blew me away. And ever since then, I've just been sharing with people that I thought could make a difference. Because I can't believe what this can do. What it helps the body do is actually the way it's supposed to be reported.

**Dr. Wendy Myers:** Yes. And so for our purpose, it sounds like it optimizes cell function and sends the correct frequency to the cells to get them functioning better, that cellular metabolism. So you're taking in nutrients better and expelling toxins better and improving the body's ability to metabolize them and deal with them and whatnot to deal with waste products. And so that's really compelling because I've known you for a long time, we've been friends on Facebook for 10 or 15 years or something like that, and in the little detox circles on Facebook. And so when you told me that you've never seen anything that facilitates detox like this device, that certainly got my attention and I wanted to try it. So can you elaborate on that a little bit?

**Sherri Scott:** Well, what I've seen is that I work with Quantum Biofeedback as well, so I can monitor people's progress in detoxification. What I'm seeing is leaving the body and what the body's being protected from in our environment right now, we're inundated with chemicals and everything that you can possibly think out there. And this particular device is the only thing, way far and above anything else that I have, that has been able to help people detox everything that I've seen in their body and able to regenerate tissues. And that has blown me away. But I also know that the terahertz frequency as a crystal, even protects you from the EMF radiation. So your body's being protected from that. And any ill effects that you're getting from any radiation exposure that you're receiving are actually reversed while you're using the wand or drinking the water. That's the other. Drinking the water is phenomenal too.

I don't even know where to start without trying to go into the medical things. But I've seen people with, for instance, kidney failure and utilizing diet and some herbs and the frequencies including the device or with the device, however, you want to say that, we can say that, they're reversing those conditions. I've seen markers for certain degenerative forms in the body go back to normal. I've seen kidney cysts on ultrasound disappear. I've seen liver cirrhosis disappear. Just things that I wasn't able to help my clients do before, but now I have a tool that I can give to them and they can start taking care of their own health, when you use a device like this, your intentions are infused into those frequencies when you're wanting yourself or when you're wanting the water and you're drinking it.

**Dr. Wendy Myers:** Let's talk about that a little bit. What I like about this device is you can use it at home, so you don't need to pay a practitioner over and over and over to do certain things, which is a lot of energy work, as great as it is not always financially feasible for people to repeatedly go to different visits and do different types of modalities. But what I like about this, is you could do it at home. And why don't you tell us about the protocol for the water? You mentioned to me to blow or wand on a glass of water first like a minute, and you drink that, do your 30-minute protocol or however long. It depends on the wand that you have, the entry-level one or the one that I have or the professional one. There are different treatment times for each one, but after the treatment, or after the session of doing the wand or the blower, you blow on another glass of water for a minute and then drink that. So what is that doing?

**Sherri Scott:** What that is doing is the frequency goes into the water. The water is structured so that your body absorbs it better and it allows the same process of the energy flowing. Inside, you're drinking that water, it's creating that energy inside of you. So when you've got the energy inside that opens up all the meridians and gets things flowing, and then you're blowing as well on your body. So you've got it. It just magnified that energy. So it opens everything up and your blood pressure comes down and your heart normalizes. I've seen complete glandular function return to normal, and people coming off medications that were on high doses of medications. Diabetes, I see full circulation come back into their legs again. It's the frequency. But it's because the frequency is delivered to the body with the optical ports and the scalar waves. The way that it's pushed through the ports from the fan or from the wind creates the scalar and exponentially creates those frequencies and magnifies them.

**Dr. Wendy Myers:** I talk a lot about Rife devices and they're using hertz frequencies maybe a little bit stronger. And it's incredibly powerful. I use Rife a lot. I use my speaking tube Rife. You can see that little blue device behind here. There are other devices I have that I love, and you can use targeted frequencies for different infections, but using a terahertz is something that's going to be incredibly powerful to energize your body, to optimize your body's own natural healing capacities. And you mentioned opening up the meridians and just getting the energy flowing again. One of the biggest problems people deal with on an energetic basis is having energetic blocks that impede physical functioning at a certain point if they have those energetic blocks there long enough.

**Sherri Scott:** Exactly. And one thing is people don't even realize that they have them, but when we do have blockages, that's where the energy in the body stops. And your cells are not excreting waste, or if they are excreting waste, it isn't going anywhere. So they're bathing in their own excretions, which damages the cell membranes and they're not getting the nourishment. Basically, they call it the God of Life or Light of Light and Energy, and then it starts to move these things by contraction and spinning. The energy vibrates so high that it spins the cells. Kind of like a washing machine really, because it spins the cells and cleanses



them. It's like contraction and dilation. It pushes it. So it's like exercising, but you're not actually doing anything. The waves from the frequency are.

**Dr. Wendy Myers:** Yeah, and there's a lot of different things you can do. For instance, cleaning your energy field. So there are a lot of things like EMF and just other things and frequencies that we deal with on a daily basis that impede our brain waves, our cellular functioning, and the voltage level of our cells. And we are energetic beings. We are electrical beings. We need to be grounded in order for our bodies to work properly. So there are things like PEMF mats that will charge up your cells and cleanse you energetically, et cetera. And I highly recommend people use different devices to clean their energy on a daily basis because of the high levels of EMF that we're exposed to from Wi-Fi, and our computers. Computers sitting right in front of me, light bulbs are crazy high EMF, and just other things that our bodies are around all the time. So can you talk a little about that and the importance of just doing this energetic cleanse using the Prife Terahertz?

**Sherri Scott:** And that's what I found was just amazing because at first I didn't understand how it all worked, and I just knew that it was working because I could see it on my Quantum Biofeedback system because it sends energy out and it gives me something back on the screen that I can see what's going on and I can understand. So I could see that something was happening within the body, that it was reaching homeostasis much quicker while using these frequency devices. So what the terahertz does is it actually provides the grounding energy, but it also clears seven different layers. And I'm not very verbal in all of those layers, but from your astral to mental, physical, and ethical, there are seven layers that it clears. There's a lady I know that actually does all that stuff, and I was just taking her course last week, but I'm not finished yet. But it clears all of that, even cellular memory from birth. It clears damaged memories in your DNA.

**Dr. Wendy Myers:** Do you mean emotional traumas?

**Sherri Scott:** Yes. Yes. It clears all of that and allows you to start from 0.0 really, from the ground. Yeah. So I don't know what else to say about that.

**Dr. Wendy Myers:** That's really fascinating because I wasn't aware of that component of it. I have an emotional detox program where the central idea behind emotional trauma is a frequency and all emotional traumas are frequencies that are in our energy field. And you have to use frequency modalities to clear emotional traumas. Talking and yapping and becoming an expert in your neuroses does not clear emotional trauma. Going to therapy does not clear that. You have to use energetic modalities. So really it makes perfect sense since we know that emotional trauma contributes to 65 to even 95% of our physical health issues, and this is Kaiser Permanente Conventional Medical Research and other research as well. But we know that clearing your emotional trauma can go a long way to clearing your physical health issues as well.

**Sherri Scott:** Exactly. I've even seen people with addictions lose the want to continue with that addiction. So if you use frequency that is bringing your body into balance physically, mentally, and spiritually, then those are going to lead. And that helps if you're detoxing because you have to detox your cellular memory too while you're physically detoxing. And it just does it so easily. With my Quantum Biofeedback, I can go in and I can manipulate that. And as you said, there are psychiatrists or psychologists out there who will make you relive it all and traumatize yourself over and over and over again, and you're not removing that trauma. But we can go back 14 generations with traumas that are passed in utero and we can erase all that.

**Dr. Wendy Myers:** Yeah. Transgenerational.

**Sherri Scott:** Yeah, the frequency.

**Dr. Wendy Myers:** Yeah. Transgenerational trauma is real. I've done work on that before and it's just fascinating. I did ZYTO EVOX scans and things like that that can kind of tap into transgenerational trauma. That's scientifically proven also that we have transgenerational trauma research done on holocaust victims and things of that nature where they've been able to prove that. And it's another thing you have to clear from your energy field absolutely.

**Sherri Scott:** And even right now, what we're all being exposed to with the children are being exposed to, it's all trauma. People may not realize that yet, but we're being suppressed and our freedoms and everything are all being suppressed. So it's very damaging to the psyche of human beings. We're not used to that. So even using these frequencies can help remove that heaviness and allow us to get back to our free will, right?

**Dr. Wendy Myers:** Yeah, absolutely. And I firmly believe that. I firmly believe that there's a spiritual battle going on and that the dark is working for the light and the light will prevail and it's going to be a little bit of a bumpy road. But in the meantime, we need to manage our traumas and our fear and a lot of things that are coming up for people watching all this constant fear-mongering in the news and things like that. But let's go back to the physical realm where we were talking about all the toxins that affect our cellular health.

Our mitochondria produce a lot of toxins in our production of energy. If the cell is not able to release those toxins, then the mitochondria can almost self-destruct because there are so many free radicals that are produced in the production of ATP and energy in our body. Something like this device, the Price Terahertz, can be really helpful to help the body clear out all those toxins produced by the mitochondria and optimize energy production since we don't have this backlog of toxins. And then I've talked on the podcast so much about all the heavy metals and insecticides and different chemicals that negatively impact and even kill mitochondria. And so you're kind of zeroing out that factor as well. So that's why people find they have more energy and all the benefits of

better brain function, better immunity, and better digestion, which are the big energy consumers in our body.

**Sherri Scott:** Huge. Huge.

**Dr. Wendy Myers:** Yes. And so can you talk about any other aspects of it? Any other pain points like maybe musculoskeletal issues. For instance, my boyfriend broke his arm in four places and they did a really bad job on the surgery to put it all back together. So he has pain every day, and when he's using the Prife, he finds that he just wasn't having as much pain. His inflammation obviously was going down and he was having a really positive result from it. He could really tell it was working.

**Sherri Scott:** What I can really say about that is it goes back to the body's ability to clear the blockages within the meridian system and the muscular system, the entire body clears the energy, the chi, if you want to call it that, allowing for toxins to flow. So when the energy of a healthy cell is introduced into your body, it pushes out all those toxins and makes room for the nourishment of the area. When you have pain, it doesn't matter where it is or dis-ease within the body, it just means that your body has lost contact. Your mind and your body are disassociated.

So when you clear those blockages with frequency, then your body and your mind start to communicate again, and your nervous system starts to work too. You start to regenerate tissues, I guess is the best way to put that. Whether it's in your shoulder, whether it's liver cirrhosis, whether it's glaucoma in the eyes or diabetes, or you have no circulation or you have brain odds or any type of health issue is related to disease within the body. And when you remove all the blockages, your body is now communicating again. And those things repair and regenerate.

**Dr. Wendy Myers:** When I was using it on my thyroid, I was just thinking, "This is probably really anti-aging too. I want to do this all over my face." So can you talk a little bit about that and, just for a shell of people out there, how it can help our beauty?

**Sherri Scott:** It removes the toxins and it allows our bodies to generate at a higher frequency, which then at least makes it look like there are fewer wrinkles. I haven't used it for that yet, but I have seen people who have reversed wrinkles on their faces. Now some are using products like, for instance, glutathione. There's a glutathione spray out there you can use and spray on your face, and then you blow your face there. Castor oil, I heard, was a great one too, to remove the wrinkles. I'm going to start and experiment with that. I'm not sure if I'm going to do both eyes or just one, but I figured just for giggles, why not try it? But it does remove the toxins, which is why we age. The fewer toxins in our body, the more we age. So it does do that with a higher frequency.

**Dr. Wendy Myers:** Yeah. Absolutely. Yeah, because of the heavy metals and chemicals. They use up our body's own antioxidants that we make.

**Sherri Scott:** Exactly.

**Dr. Wendy Myers:** The antioxidants that we eat. They're just all used up dealing with these toxins and they could be dealing with other stuff like endogenous toxins that we produce in our body.

**Sherri Scott:** And the frequencies neutralize those toxins, allowing our bodies to carry on as healthy as we can.

**Dr. Wendy Myers:** And I imagine,

**Sherri Scott:** And we don't need to use our energies in fighting off and getting rid of those toxins.

**Dr. Wendy Myers:** Yeah. So it would make your body a lot more efficient. And it also seems like it. When I was also using, I was like, "This has to be enhancing collagen production and all the different things that contribute to healthy skin like circulation and improving sleep and just all these different things that can contribute to healthier skin."

**Sherri Scott:** Yes, because the frequency does relax the nervous system, which again, when you're pushing out all the toxins and you're getting nourishment, you're going to be well rested and you're just going to have more energy because your energy isn't being expelled to digest terrible food because you can eat. I have actually seen this, I've seen people detox before. This is really changing my practice. Before you used to have to really eat strictly, you had to follow this diet, you had to take these herbs, you had to do these minerals, you had to do the sauna, you had to do this. It's just so hard. 80% of the people cannot do it. Even if they're focused on trying to reverse a chronic condition that could take them out, they can't do it.

**Dr. Wendy Myers:** I agree. I agree. And I talk about almost like health porn where people are just looking at all these things that they should be doing, and there's almost like an ideal way that people can be detoxing, but they have to spend all day long. And that's why I talk now so much about bioenergetics to improve the efficiency of how the body works, optimize functioning, and really easy methods. I talk about nest health, I talk about Prife and things like that. Things that are so easy to do that anyone can implement these things. Maybe not everyone can use a Rife because it can be a little bit complicated, but anyone can blow this thing on their body.

**Sherri Scott:** Exactly.

**Dr. Wendy Myers:** 30 minutes a day. And in doing that, you're going to potentiate the results of anything else that you are doing because not everyone can do a sauna. Not everyone can afford different modalities.

**Dr. Wendy Myers:** Yeah. Plus the diet. Some people have to get so strict and it can be moving into almost orthorexia with their diet because of their body's limitations and their body's reactions. And you can eliminate all that stuff.

**Sherri Scott:** With this.

**Dr. Wendy Myers:** You don't have to be perfect.

**Sherri Scott:** No.

**Dr. Wendy Myers:** In everything you're doing.

**Sherri Scott:** It still blows me away because when I'm doing a consultation with someone, my first thing is, "Okay, herbs." And I'm like, "Oh no, we don't really do that now." So it's like.

**Dr. Wendy Myers:** It's old school.

**Sherri Scott:** Yeah.

**Dr. Wendy Myers:** When you're using bioenergetics and energy medicine, the physical stuff kind of becomes old school.

**Sherri Scott:** Exactly. And that's the other thing I found too, and I was saying this to my friend in Hawaii, and she said to me, "I'm so grateful that you introduced this to me." And it's funny because we've been friends for. Oh gosh, seven, eight years and we both do Quantum Biofeedback, and that's how we met actually. And anyway, we've gone on trips and done things, the energy things and photos and stuff like that in Kauai. And she disappeared for about a year, and I knew she was on her little journey doing whatever. And then when I found this, I thought to myself, "These are of the same vibration as a Lemurian crystal." And I'm thinking, "Oh"

**Dr. Wendy Myers:** In Hawaii. Hawaii is a big Lemurian crystal.

**Sherri Scott:** Huge. And so I thought shit. I won't say her name. She's going to need this for her journey. And within a month she's like, "Hey. Hey, how are you? Hello?" I'm like, "Hey." She says, "What are you doing?" I said, "Oh, I'm doing fine. Freaking fantastic." And she goes, "Oh my gosh, what are you doing?" And so I told her, she said, "I got to have one. I'm just being told I got to have one." And so then she got one and she was like, "Wow, this is an unbelievable bridge from where she is in the physical to the spiritual realm in her journey." And she has a lot to do with the earth's energy as well. But to me, before she even said that, this is a bridge for those you just identified from having to take the physical products, so the herbs and the minerals and everything else. A lot of us still have to do that. But it sounds-

**Dr. Wendy Myers:** Yeah, I still take minerals and things like that and come along.

**Sherri Scott:** Yeah, with something like this, you can use the imprint of that in your affirmation and blow that energy into you. If you are ready and open and accepting of that in your subconscious mind, then you can start to use a tool like this and really make some dramatic changes. The changes I'm seeing in some people. And they're still kind of hanging onto the physical world and reaching for the spiritual world as we ascend into this whatever evolution of a human being that we are becoming. But yeah, no, these things are phenomenal. I'm still blown away by it. I can't say enough about it. And when I share it with people, they just got to have one and they got to try it and it's amazing.

**Dr. Wendy Myers:** That's how I felt too, brought it up to me, and I trust your opinion. And I was like, "Yeah, yeah, I'll try one of those. Why not?" And I really, really enjoy using it. I just kind of use it when I'm maybe watching a little TV at night and unwinding and just very easy to use, very easy to incorporate into what you're doing. And that's one thing I'm also really trying to get into people's minds is to get away from thinking that a physical health issue only has a physical solution. Like, "Oh, I have to take medication for that." Or, "Oh, there's a supplement for that," or, "Oh, I got to exercise," or, "Oh" People are always just looking for a physical solution. And I'm telling you, bioenergetics is the future of energy medicine using different software to detect what's going on energetically.

Software to detect frequencies using frequency-based devices because our body's energy field, that's what directs our physical functioning.

**Sherri Scott:** Exactly.

**Dr. Wendy Myers:** So our physical body and cells take instruction from our body's energy field. So it's much easier to change your energy than it is to change your physical functioning. One instance is immunity for instance. It's very difficult to improve immune functioning using physical means. Just forget it. Very difficult to improve digestion. Just take L-glutamine or bone broth powder. It's a really slow road going only the physical route, but by doing energetic modalities using bioenergetics, using frequency devices, you can fast track your health much quicker.

**Sherri Scott:** 100%. I know people that have had stomach issues, whether they just ate something that didn't agree with them, they took one of the ones they did stomach, it was done. They went to the bathroom, it was over. Not this lingering issue that they have to take the antacids for or whatever the stuff that they take, because I don't think any of that stuff. Maybe speeders are bitters. But they just use the energy in it and it clears it right up. But that's also where scalar energy is known and it's proven in science that it improves lymphatic functioning by 149% or better. And that's just because it's taking everything in nature and with a good affirmation as well that you're like I always tell my clients, "Be careful what you say because your cells are listening. If you have a good affirmation going after whatever your spleen, your blood, or whatever, you can cleanse that out of your aura and then out of your physical body."

And with the frequency devices, it just basically does it almost instantaneously. Chronic conditions take longer, and of course, depending on which device you try, the classic device, which is the entry-level one, a 35, 40-minute session with a classic will take you 15, 20 minutes with premium, 5 to 7 with a pro because of the energies from each device. I mean, you get what you pay for. Unfortunately, it's still true in this physical world. The energy it's more. I don't want to say it's stronger, it's the same technology, but the energy is just more effectively delivered to the body as you go up in scale of the devices. But yeah, I had a fellow who was a non-believer, and actually, he just told me the story yesterday and I was blown away by it. I keep asking if so-and-so because he's big into energy work, but it's hands-on energy work, and he wasn't buying into it.

And I kept asking because I was thinking, "Oh, the sooner or later he's going to be." And so anyway, this fellow told me yesterday that this particular individual ate something and had a really bad reaction in his stomach, and he blew him for two, three minutes and it was gone instantly. Now he tells all his clients about this device, "This thing is amazing." I knew he would convert. But yeah, so just the magnitude of how quickly frequency helps our body and how quickly our cells listen and act on that is amazing. And what was that saying that Tesla said, "If you want to find the secrets of the universe, think energy." Is it energy, frequency, and vibration? There you go.

**Dr. Wendy Myers:** Yes. Yes, yes, yes. Yeah. And I think right now there's a lot of much more sick people than there were a few years ago, and people are dealing with a lot of really ill people out there. And this provides a really simple solution that it's really easy to do. There's no complex protocol to do. You don't necessarily have to learn how to use a device. You can just do it up and down your spine or just blow the problem area. That's it.

**Sherri Scott:** If you can use a hairdryer, you can use this. We have a 25-page blowing bag that comes with it. It's pretty simple. You drink the water and you blow. And if you want to get really fancy, you can do what I tell people, and again, some kind of laugh, but you can do the blow and the blow-bang theory, which is you blow on the area and you do the chop chop chop as they do in those massages where they chop, chop, chop the area and get the energy moving. Apparently, that really magnifies the energy in the body.

**Dr. Wendy Myers:** Yeah, you talk about what you could do. You're doing something on your chest, you got some lung stuff going on and drink the water, blow the area, and then you just kind of tap the area to improve the energy flow.

**Sherri Scott:** Or on the back you can blow the kidneys or whatever, and then you just do the chop, chop, chop. But the blowing bank here, you pull up that. It's like, "Okay."

**Dr. Wendy Myers:** Yeah. So it couldn't be easier.

**Sherri Scott:** No. No.

**Dr. Wendy Myers:** Yeah, And so why don't you tell us where we can learn more about this device and where to get one.

**Sherri Scott:** The website is [terahertzdetox.com](http://terahertzdetox.com). You can go there for information and there'll be a link there to watch some videos and to order if you want, or you can just communicate with me and I can help you pick a device or make any suggestions that you need. We also have some Facebook groups. I'm very leery about sending people to generic Facebook groups because a lot of them still talk about medicine. We don't go there. We don't talk about medicine. There are people who go on there and just share their experiences without using medical terminology, but it's a great place to see what's happening. Some of the stuff that's been happening with animals is phenomenal. I'll give you one example. I know we're closing up with my dog. He's a big Kingo and he had this, I didn't know it, silly knee, but he has all this flash underneath because he was a puppy and he was about nine months old at this time.

And he kept running and then laying down in the dirt and just putting his neck right to the dirt. And I'm like, "Gosh, you're an odd thing. Why would you do that? You're getting dirty." And then it was always dirty right here, and I'm thinking, "Gosh, that looks really dirty." And we're on a farm. So I thought, "Oh, it's grease or dirt or whatever. It's not a pristine condition of where we are." And after about the third day, he was scratching his ears and I thought, "Oh, I'm going to want his ears. Because there's something going on with his ears. And it's tick season up here too, or it was tick season at that time. And I thought, "All want his ears." Obviously, he's been bitten by ticks and this is bothering him.

So when I got him up close and I'm looking and I'm like, "Holy crap here. He had a big gash." I'm not kidding. It was like this. It was huge. I was like, "Holy crap, dog, what happened to you?" So then I'm like, "Oh my gosh, here it is, caked with dirt". And I'm like, "Oh my gosh, what am I going to do? I don't want to have to take him to a vet." It was a weekend and it's a dish.

So I thought, "I'm going to clean this up with a little bit of lavender and comfrey." And what else did I use? I used colloidal silver. That was it. Clean it all up a little bit, and he didn't want me touching it. It obviously hurt. Because it was raw. Well, I started blowing his ears. He was okay with that, but he wouldn't let me go near the wound with the wand. So anyway, I started going down his spine and I maybe did this for seven minutes max, and then he let me do it here, but not directly. So I just did a round and the next day it was completely healed.

**Dr. Wendy Myers:** Hmm. Wow.

**Sherri Scott:** I was like, "Whoa." And he let me touch it. He let me go like this. Then I was just like, "Wow, that's crazy." So then I just put some comfrey and lavender on the next day. He had hair growing already. It was raw. I couldn't believe it. So the



testimonials we've seen from animals and they can't lie. So anyway, they're on these Facebook groups. There are Testimonial Tuesdays. So on the website, there will be a link or information to where to go for the Testimonial Tuesday calls, and then Wednesday because it's a business opportunity too, if you're interested in Wednesdays, there's information for the opportunities that are available as well.

**Dr. Wendy Myers:** Yeah, absolutely. Yeah. So everyone goes to [terahertzdetox.com](http://terahertzdetox.com) and T-E-R-A hertz detox.com. And yeah, all you practitioners out there are listening. You can sell these to your patients or whatever you want to do or get one for yourself. And yeah, I really, really love using this device. I'm in very, very good health as well, but I'm always looking to optimize. But certainly, someone who has a complex chronic illness is going to notice improvements and more energy, et cetera, right away very, very quickly.

**Sherri Scott:** Yeah.

**Dr. Wendy Myers:** So Dr. Sherri, thank you so much for coming on and joining us on the Myers Detox Podcast. So again, [terahertzdetox.com](http://terahertzdetox.com) everyone. I'm Dr. Wendy Myers. Thanks so much for tuning in to the Myers Detox podcast. I just love bringing guests from around the world and experts on all kinds of different cutting-edge tools and little things that can really dramatically improve your health. And I want to teach you how your body works and really use tools and software and devices and things that can really get to the underlying root cause and free you from your symptoms and your health issues forever. Because that's really the goal, right? You just don't want to cover up symptoms and just alleviate-

**Sherri Scott:** Exactly.

**Dr. Wendy Myers:** Yeah. You don't want to alleviate symptoms where the underlying condition just continues to worsen. So everyone, thanks for tuning in and I'll talk to you next week.

**Sherri Scott:** Thank you, Wendy. Bye.