



#553 Breakthrough for Pain, Immunity & Stress – Braille to Rewire Your Brain in Minutes with **Dr. Susan Clinton**

Dr. Wendy Myers

I'm Dr. Wendy Myers. Welcome to the Myers Detox podcast. We've got a really interesting show today. We've got my friend, Dr. Susan Clinton, and she's going to be talking about breakthrough technology for pain, stress, immunity, and weight loss. We'll talk about using braille technology that can rewire the brain in minutes. This is not a joke. This is a Nobel prize-winning technology that we're going to talk about today on the show. These are called super patches. It's something I've been using for a few months and I wanted to let you guys know more about it in detail and how they work, et cetera.

Dr. Susan Clinton is a medical doctor. She's a retired internal medicine physician turned health coach. She went to Stanford undergrad and Vanderbilt medical school, very prestigious medical schools and universities. She is a mother of four children. After being widowed twice and getting sick herself, she started questioning the medical field, connecting the dots between physical and emotional trauma and illness. She was doing microscopic research around the country and found out that most sick people have clumped blood in certain patterns and worse if they had

physical or emotional trauma prior to getting sick. Essentially, she became a lifelong learner dot connector and loves to find needles in the haystack. She found this company called Superpatch, which I said was Nobel prize-winning technology. We're going to do a deep dive into that today. Dr. Susan Clinton, thanks so much for joining me

Dr. Susan Clinton

Well, it's wonderful to be here. It's an honor to speak with you in person about health and wellness. I've been following you for many years, and I've learned so much. I'm traditionally trained as a medical doctor, but when I had Lyme and co-infections, I basically was delving into other layers that we didn't learn in medical school. You were one of the people, you and Sterling, that I've learned so much from about different angles of health and wellness, things that we weren't taught traditionally. It really goes down to cell biology, biochemistry, and the basic science aspect of our medical training. It made a lot of sense to me. I've been following you probably for 10 years when I started researching and learning and implementing all the good tidbits I learned from people I met along the way and creating new paradigms. I used a lot of the critical thinking skills I had in medical school, which I learned from training, but some of the information was withheld. Now we can actually critically think, layer, and enhance all the information to actually help people feel better because that's what it's all about. It is empowering ourselves to feel better, especially after we've suffered. I had two husbands die of natural causes of cancer and heart disease. I lost my health. I realized that the Rolodex of solutions was limited and found out so much that needed to be addressed that we could do it ourselves.

Dr. Wendy Myers

Yes, and that's what this podcast is all about. Giving people new ideas and new ways of approaching health, and giving them those pieces of the puzzle. I

love that you're a medical doctor by training. Can you tell us a little about that and what your background is?

Dr. Susan Clinton

Well, I went to Stanford undergrad, and then I went to Vanderbilt Medical School. I did a few years of radiology, and then I switched over to internal medicine. I was in internal medicine for a while, and then I started having my family. As I had my second child, I decided to take a leave of absence, a short one, and just be a mom because, first of all, my husband was an oncologist. We were both working very hard, and we'd have to outsource. All my pay went to taxes. So honestly, we decided that I could stay home for a few years and then go back, but by the time I was supposed to go back, my husband died. Suddenly I had a heart attack. I was pregnant with my third and fourth child. They're twins. So I decided, okay, I'm just going to be a mom for a few more years. I'd have to take an exam and reboard all these things because they have time limits on the board. So I figured when I'm ready, I'll go back. Then I moved and got remarried. I was about to go back, and I got bit by a tick, and I didn't get immediate treatment. I did get treatment, but it was like I couldn't think. My ability to process and remember things was gone. I usually have a very good memory, eidetic memory actually. I was studying things, taking practice tests, and I couldn't remember them, and I was like, there's something wrong with me.

My second husband got prostate cancer at the time, and I then dropped everything. I was really more focused on him, and I went through the whole Western Medicine model, chemotherapy, and radiation. I was researching alternative care, and the doctor told me, "let me be the doctor, you be the wife." By the time I got a second opinion, he had died, and then I had basically lost my health to the point where I couldn't function. I couldn't get off the couch. I'd be folding laundry or going outside, and I felt like I was going to faint. I had no energy, and that was trauma actually because my mom was

killed by a drunk driver when I was 16, and I didn't really have any help. I was by myself with four kids, 16 and under, they were all traumatized. I couldn't even think anymore. I felt like I was losing my mind, and like I didn't have the intelligence that I had to even think. I kept losing my purse and wore a little fanny pack just so I wouldn't lose things.

I got a microscope, and I saw that my blood was clumped into a rouleau. I had friends who were like MDs who had stayed home. I had a contingent of friends who were in the medical system and had stayed home with their kids. So she goes, you've got multiple myeloma, and it wasn't. It was probably just from the trauma because I would think about my mother, or I think about my husbands, or I think about something, and my blood could be separated, but then it would clump again. The emotional trauma actually caused the blood to clump. I stopped eating processed food. I stopped drinking coffee. I went organic. I have a garden. I was like doing everything that we kind of took for granted, and realized it was not safe. Then I found that Lyme isn't even accepted as a disease. It should be cured with one month of antibiotics, and the trauma activates it. I've met a lot of people just within the community where the doctors gaslight them saying that there's nothing wrong with them, but it is emotional and physical trauma. That's what actually activates Lyme, and all the other things like EBD and all the other co-infections are activated. So, finding a solution for people to clear the fog and know what to do to become self-empowered and put the trauma in the past. They might be living the trauma 45 years ago like it is today, and they don't have to.

Dr. Wendy Myers

What was the turning point for you? You went through all this stress losing your husbands and dealing with Lyme. I think there are a lot of people with chronic complex illnesses who aren't getting solutions and are going through this revolving door with their doctor. They just don't know what rabbit hole to go down. Is it mold? Is it Lyme? Is it this? Are they parasites? Is it toxins? Is it

genetics? There are a lot of rabbit holes that people will go down. So, tell us what was a turning point for you.

Dr. Susan Clinton

The aha moment is when I could unclump my blood under the microscope and get the treatment in and get the toxins out. That was the Holy Grail in terms of my recovery. They have fast tracked my recovery and I actually got my life and functionality back. I had complex protocols to unclump the blood and I was dragged to a zoo with Jay Dhaliwal with a super patch and I latched on very quickly because he said this one of the patches specifically separated the blood cells under the microscope within a half hour. That's what sold me to test this out. That it would unclump the blood under the microscope within a half hour and replace my 600 a month protocol.

Dr. Wendy Myers

So you discovered Superpatch from the founder Jay and saw him on a webinar or whatnot. So what are super patches exactly?

Dr. Susan Clinton

Super patches are a drug-free, supplement-free braille that actually stimulates the skin receptors to have specific waveforms that are interpreted by the brainstem to kind of like recalibrate the neural networks to a factory setting, which is basically normal. It's sort of like when a computer doesn't function and you restart the computer. It'll work again. Well, this Braille literally recalibrates the brain to the way it's supposed to be using a special code called VibroTactor Trigger Technology. It's specific like QR code, but there's no electronics in it. It literally stimulates the skin and it recalibrates the brain and what's beautiful about it. He's discovered this code. He put 250, 000 people's brainwaves into a database and actually extracted this code. There's 12 right now that have been tested with third party, double blind prospective studies to validate and prove this helped statistically things like pain, balance and

stability, athletic performance, sleep, focus, stress, sadness, addictions, metabolism, and performance. So it's like a patch that you wear.

Dr. Wendy Myers

Yes. So it's a patch you kind of stick on your skin, right?

Dr. Susan Clinton

Right, and you can layer different ones to compound or enhance and customize people's individual needs. So essentially, if you've got issues focusing, or if you have issues with balance and stuff, or if you have pain, you can use them both and they kind of enhance each other. Well, the PEACE patch actually helps with stress. The DEFEND is one that unclips the blood under the microscope within 30 minutes. That's utilization of oxygen. It helps the immune system.

Dr. Wendy Myers

I just want to make it clear for the audience. We are talking about DEFEND. That's the name of one of the patches that you can get. There's 12 different patches. The one you mentioned was Peace. You can put it on your skin and it helps with stress reduction. Let's go over these like one by one and kind of just break these down a little bit. Again, you mentioned Peace. I have some of them here. I don't think I have the Peace one. Yeah, I have the Peace one right here. You can put this on your skin. So many people have so many different types of stressors and the stress is a more and more important factor in mortality than even your cholesterol level, your obesity level, and whether you smoke or not. It's just that stress is a more important factor in your health and longevity than your heart rate variability and all of these other factors. So it's really important to reduce stress. I love simple things that reduce stress. So tell us about the peace patch.

Dr. Susan Clinton

Well, all you have to do is put it on and then leave it for like half an hour. It can ease your mind so you can think better and not have stress. That's golden because then you can think clearly and it actually helps with parasympathetic balance on a long term basis. It's going to be very good for people with gut and adrenal fatigue issues. I mean, you can give your body a rest because essentially stress or depression does put the body into a fight or flight or sympathetic override. You need to have a balance between sympathetic and sympathetic.

Ads 00:13:37

For anyone listening who really wants to detox their body, go to heavymetalsquiz.com. I created a quiz for you. It only takes a couple of seconds. Based on some lifestyle questions, you can get your toxicity score and a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at heavymetalsquiz.com.

Dr. Wendy Myers

So many people are on sympathetic overdrive. I mean, there's just so many stressors on our body. That's so important. Then there's another one called the Liberty Patch and that's kind of one of the foundational patches. Can you talk a little about Liberty?

Dr. Susan Clinton

Yes, liberty is like the overall body brain. If you had to pick one, most people would do well with liberty because it helps with balance and stability and that's so important because the number one indicator of lifespan is actually poor balance. If you have poor balance, you're going to live half the length of someone who has good balance. Balance is important especially in the older populations where they have risk for falls. They break a hip and their life expectancy is less than a year. So here we have a solution that works within minutes. There's a test called the Liberty Test and we can do it and it works for

a hundred percent of the people, a hundred percent of the time. So that's amazing. It's just a foundational patch and that would be the first choice if someone had to pick only one.

Dr. Wendy Myers

Yeah, that's key because there's a lot of different patches to choose from. I really urge people to try the Liberty and try whatever one's kind of appeal to you, what could address your pain points. We'll get into it in a second, but these patches are fantastic. I use them myself. I've seen them work on pain on several friends and family members. They're just awesome. Tell us about some of the technology because this is Nobel prize winning technology, correct?

Dr. Susan Clinton

Yes, it is. In 2021, it won a Nobel Prize and Yale actually developed a similar thing for Parkinson's and it's like 80, 000. So here we have something that's affordable for the end user that they can use themselves. It's amazing because everything is backed by third party research. This is not just in-house white papers. These are field tested and it shows a 31 percent increase in lateral and dynamic stability that is actually demoed by this test. The functional improvement, it could be a game changer. People who have been in wheelchairs are getting out of wheelchairs. I had a guy at the hardware store, tried to help me and his hand was like that. I gave him the Liberty and it went down to seeing something in minutes. It's just very gratifying to see.

Dr. Wendy Myers

Yes and it's just giving new signals to the brain, this new information to the brain to process.

Dr. Susan Clinton

Well, it's actually just recalibrating how the brain is supposed to be. We're designed in a certain way, and it works beautifully, but it gets out of whack because of the numerous environmental factors, physical toxins and age, and it just assaults on the body. The signals get corrupted. And so having it recalibrate that quickly to the way it's supposed to be. So simply using the piezo one protein receptor helps with ion channels. It's waves that are interpreted by the brain, kind of like a lock and key. They have a lock and key mechanism and it just opens up the recalibration to normal.

Dr. Wendy Myers

A lot of the stories that I've heard about this, because I've talked about it with you many times, and I've talked about it with our past guest, Sterling Hill, about this as well, she was on a previous podcast about this topic, and I wanted to have you come on, just to give another perspective and other stories about it, but I've found out that you can see the changes with the patch. It's like, for me, someone who's relatively healthy, I'm not going to see it or feel it as much, but I worked with my brother's wife. She was in an incredible amount of pain, hip replacement, and just other issues. She put on one of the patches, that is the Freedom Patch. I don't have it here. I used them all. I used them all up. So the Freedom Patch is for pain. And it was amazing. Her mind was blown by how much more mobility she had, less pain. She was just in shock because I think she hadn't been out of pain in a long time. She was almost in tears like beside herself if she couldn't believe it. So talk to us about the Freedom Patch.

Dr. Susan Clinton

Well, the Freedom patch basically helps with pain. It's one of the few patches that you have to put near the pain. You don't want to put any of these patches on a joint because if you put it on like your knee and you move your knee, you're going to wear out the braille. It's very fragile, and so it needs to be near the pain, but not on a joint. You can put more than one of them on. It works. 82

percent of the people who use this have a beneficial effect within a half hour, but everyone's a little bit different and sometimes it might take longer or even shorter. It's just that everyone's an individual. I like to pair it with Liberty. Everything usually works better with Liberty. They might need more than one. Like if you have knee pain, you could put one above the knee and one below the knee. Now I had a guy who hurt himself detailing cars and an X Acto knife got to the nerve and nothing helped him and they were going to kill his nerve. So he wasn't actually able to use his hand because the pain was so bad. With the combination of freedom and a couple other patches, the brilliant, another patch, which we'll go through later, in about a month and a half, he was able to use his arm again and go back to work and wear a glove, you're not actually with the type of pain. It was very exciting to see someone suffer so much, have no solution, and then to have something so simple to actually get his life back. It's very gratifying to see that.

Dr. Wendy Myers

Are there any other testimonials or any other stories you have had about the freedom patch?

Dr. Susan Clinton

Oh, I've had. I have another person who had a car accident 11 years ago. She has been in chronic pain for 11 years and this took her pain away to zero. And there's Sterling who was in a bad car accident in the nineties and she had been on narcotics. She tried to not to take them, but she could wean off of that using the Freedom patches. I actually demo it to people. I have a friend that I work with. She had a car accident in the nineties too. She had kind of a psoas pain and she put it on and she was so skeptical. I mean, she was like, oh, this isn't work. She used it and her pain was gone and she was sold.. They're kind of too many to count. I have like hundreds of testimonials at this point, but I think the most powerful one is the person who didn't want to be off

work, who was going to kill the nerve. He was able to go back to work. There's just too many to count right now.

Dr. Wendy Myers

Let's talk about the Defend patch. So this is for immunity. A lot of people are struggling with their immune system for various reasons. So tell us about the Defend patch.

Dr. Susan Clinton

Well, I absolutely love Defend. I think it's probably one of the most important ones besides Liberty. I think it's foundational. So if you can do two patches, I would do Defend and Liberty if I had to pick only two. The Defend patch helps the HPA axis, which is the hypothalamic pituitary axis. They showed a picture of the before and after blood analysis, where before it was kind of in rouleau and then afterwards it was separated. Well, that implication is huge, and that kind of parallels the stuff that I did, the research I did in the past and how I got well was to unclump the blood so I could get my protocols in my body. When you unclump the blood, just the sheer common sense of it, you're going to get oxygen into your cells. You're going to oxygenate your body. The high mitochondrial tissues like the brain, the heart and the muscles, but they don't have the oxygen they need. You get muscle pains, you get brain fog, you get heart irregularities. And so by separating those blood cells and facilitating oxygen delivery and ATP formation, because 34 out of the 38 ATP are made through the mitochondria through electron transport cascade, you're gonna get more ATP to function, to fix the damage done.

When you separate the blood cells, like the Defend does, you can actually suppress the growth of anaerobes. So most pathogens are anaerobic, but the physiology just improves. I haven't been fixing, like taking these because it helps to keep your body well and functional and homeostasis. The key is prevention and optimizing the function on a cellular level.

Dr. Wendy Myers

There's another patch called the Focus Patch. So I'm sure a lot of people want to improve focus and brain function and concentration. So what does the focus do and how does that work?

Dr. Susan Clinton

Well, the focus just rewires the pathways that are broken for concentration and focus. It's pretty self explanatory. I loved it because I was able to get projects done that I don't really like. I tend to focus on things that I want to do versus what I have to do, such paperwork and bills and things around the house that I put off, but now I'm actually tackling some of these things. I'm finding people are doing better at school, just finishing tasks. It's awesome. It works within minutes. It's a great patch. How about you? Have you used it?

Dr. Wendy Myers

Gosh, you know what? I drink a lot of green tea to get stuff done. So I don't know. I've used the Focus Patch a few times, but I don't know if it cut through the green tea or not, honestly.

Dr. Susan Clinton

But you can use these. You can layer this with anything. Like if you're taking green tea, this would complement the green tea. There is no medication. I mean, people are on complex medication or scared to use the patches because they're on medication. It really doesn't interfere with medication. Actually, there's no age limit to these. You can use these at any age, even pregnant women, babies, old people, children, I mean, it's really safe for all ages and it's just getting your brain backed away. It's supposed to be without drugs and supplements. So there's no drug interaction.

Dr. Wendy Myers

Okay. Great. I really like the Ignite Patch. This is one I've definitely noticed a difference in. The Ignite Patch helps you to burn more calories. It ignites your metabolism. So tell us about this one. We probably should cover this one first. I guess it's going to have the most interest for people.

Dr. Susan Clinton

Essentially the Ignite Patch raises the metabolic rate a minimum of 25 percent within a half hour of putting the patch on. You don't have to exercise. You don't have to diet. You could just stay on the couch if you wanted. Now, obviously, if you pair it with exercise and diet, it's going to work better, but so many people just don't know where to get started. They're overwhelmed and they just want something to work and do. I'm overwhelmed by society to have something to raise the metabolism. So simply and easily. It's golden. There's another patch called Pick It that pairs very well with at night. Pick it actually helps kick bad habits.

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I want to give thanks to one of our sponsors, Caramel Collagen by Everbella. Collagen is a very vital building block for our skin, hair, nails, joints, and bones. But starting in our 30s, our collagen levels start plummeting. They start going on the decline. We need collagen to prevent sagging and to give us that plump, youthful look. That glow. What you may not know is that most collagen supplements are full of toxins and fillers like glyphosate, arsenic and other heavy metals that actually disrupt your body's ability to regenerate collagen altogether. That's why I love Caramel Collagen by Everbella. Not only is it rigorously tested to be free of toxic metals, but it uses a unique liposomal delivery technology to improve absorption, and it's absolutely delicious. I love taking this. I put it in my coffee in the mornings. You can try Everbella's Caramel collagen for 30 percent off. Just head over to [EverBella.com](https://www.EverBella.com) and use the code Wendy30 to get your discount.

Dr. Wendy Myers

A lot of people need help with that. It's really hard to break patterns. It's really hard to kick addictions. It's really hard, I guess, to really address that underlying root cause that people know what they're supposed to do, but they just can't. They can't seem to make those choices or changes too. They can't make the right choice on a consistent basis.

Dr. Susan Clinton

Right, well the Kick It Patch pairs very nicely with Ignite because oftentimes some people stop smoking or they have to change. They want to get some of the bad foods. Ignite will work better if you cut out eating high calorie foods or junk food. So they pair very nicely together. I've had someone who bought it with Kick It. She needed to smoke, like she didn't want to quit smoking. She had smoked for six and a half years, a pack and a half a day, and she was given an Ignite and Kick It the first day, because she tried to smoke. She wanted to smoke but she actually couldn't. She just didn't have the desire. Now, when I was doing Western medicine, the programs that we did, we put a Nicotine patch. The failure rate was very high. To have someone who didn't want to quit smoking, quit smoking on the first day, that's amazing. So the two, Ignite and Kick It, kind of work hand in hand.

Dr. Wendy Myers

Can you kick any crampings like emotional eating that lead to weight gain and things like that?

Dr. Susan Clinton

Well, if you're using Peace and Joy, then you're actually dealing with the stress. So you could add Peace and Joy to deal with the emotional component because that's the layer and you're dealing with the root cause. Each neural network enhances the other neural network. For weight loss, there's a victory patch that helps athletic performance. This is great because it increases

athletic performance by between 25 percent and 35% in endurance, power, and agility. But this is not just for the athlete, this could be for anybody. If you're working outside in the yard, or mowing lawns, or just trying to get through the day, this can give you the energy and the stamina to get through things and get better gardening performance. But, also this could help with an exercise plan with someone who is on Ignite and Kick It because all of a sudden you're having a more satisfying workout where you don't feel sore afterwards. You're gonna continue to work out because you don't have the bad effects of it and if you pair this with Liberty, you're gonna be less prone to injury because Liberty helps with balance and stability.

The klutz factor gets taken out and you then have the power, the muscle power of this, because this helps with balance and stability, but it's more muscle based as opposed to brain based. So you put this and Liberty together and then you put the Ignite and the Kick It. You could really try to help people achieve their goals from different angles and they're gonna be more successful than just doing one that raises their metabolism. But, if you don't change your diet or lifestyle, it's not going to work. It can work even better if you approach things the other way. We have layers to do that and the emotional eating too like you were saying.

Dr. Wendy Myers

I am really excited about that because I've noticed as I've gotten older, I have gotten more klutzier. I trip over things I don't see and things like that. My balance is definitely not as good as it was when I was doing yoga a few times a week. I don't have as much time to do that now, but for a lot of people, falling is fatal. In older people, it's not just, Oh, I want better balance. The statistics are huge. It's like 30 percent of falls result in a fatality within a certain number of months or a year.

Dr. Susan Clinton

Falling is a really big problem. If you're over 85 and you break a hip, you've got less than a year. 95 percent of them die within a year. So like we said before, if you've got poor balance and stability, you have half the lifespan. If you have good balance and stability you live longer. Injuries are huge with a workout. I've got fractures falling and all that stuff, and then you can't work out anymore. Then your weight loss plan gets sabotaged because you're basically in a cast or something. So these two together can really protect your body when you are doing your workout so you don't fall. You don't get sore. You enjoy your workout. You can actually keep doing it without actually just being discouraged. I mean, it's wonderful.

Dr. Wendy Myers

Let's talk about Lumi. This is a new one for your skin. This helps with wrinkles and it helps with other things related to skin and collagen. Can you talk a little about that one?

Dr. Susan Clinton

That's a new one that just came out. Lumi is a bio platonic activation of the skin. It works within minutes. I had an 80 year old put it on. I sent her some samples and she put it on and her wrinkles went away. She couldn't believe it, but when she took it off, her wrinkles went. Now, these patches are cumulative. By the way, all of the patches are cumulative, so the neural networks will go back when you take the patch off. The first 90 days, when I wasn't wearing the patch, I skipped a day, I fell on my front yard and I'd lost my purse. It was like, not kind of back to not optimal. And then I put it back on and I was able to not fall and I will always wear Liberty after 90 days. When I skipped a day, I didn't feel like I wasn't falling. I wasn't having issues. So I could skip a day or two even, because the effects of the patches are cumulative. So yes, her wrinkles went away when she tried. I gave her four samples. If she wore them consistently for 90 days or more, she might actually have the cumulative effects. Now, what's really great about Lumi.

Lumi actually is lumen and there's an epithelium on the inside of our body. That's the digestive system and it is also an epithelium and there's an endothelial-epithelial connection as well. I had a cut. My dog scratched me really hard, and it bled. It went through my skin, and it was a big, bleeding cut. I put Lume, Defend, and Breed on Monica's Hurt, and within 12 hours, it was almost healed and it was gone in a day. A friend of mine actually had a deep cut. She wasn't wearing her patches. She normally wore them and she was dropping things. She shattered the bowl and it cut her wrist. It was an accident, obviously. She had stitches. I said she needed to go get stitches. It was really deep, but she couldn't because she lives in the country and there wasn't a place for her to get help that close. So she was going to wait till the daytime. By the time 12 hours passed, she didn't need stitches anymore. It was like healed. She put the Lume Fin, the freedom for pain. In a week her scar was gone. It's fairly noticeable, and now she doesn't have a scar at all. So the Lumi actually helps the skin fix itself.

We had Dr. Toker, who is a colorectal surgeon, give a lecture, and she was talking about her patients. She is a big fan of Lumi, as well as Peace. The gut actually reacts to emotional trauma, in terms of bowel habits and then obviously the fin, because the fin helps the immune system. So there's a component of the gut and the immune system too. Lumi is very important for overall well-being. It actually stimulates or modulates collagen production, and that's another part of the biophotonic activation of the skin. Our whole body is made of collagen, but to have your body make it the way it's supposed to make it, people are gonna tolerate it better than taking oral collagen, because some people react to it. Certain people with certain genetic combinations can't take collagen. So, this is safe for everybody.

Dr. Wendy Myers

Yeah, you need to take a lot of collagen every day, especially after you get menopause. You're supposed to take like 20 grams of collagen a day. It's just not easy to get that in.

Dr. Susan Clinton

Yes, you lose 30 percent of your collagen within five years of menopause. So here we have a way of optimizing. You take collagen and actually utilize it. So it's a good layer.

Dr. Wendy Myers

Yes, and also I imagine that because of any kind of mucus membrane in your body, your intestinal lining is going to be helped with Lumi, like for leaky gut and all because a lot of people have gut issues today. They have leaky gut. There's so many things working against the gut and the kind of the typical physical remedies like just take glutamine and have some bone broth, and it's just the slow road to China. People need to do that, but I think they need more than just that and it can take such a long time.

Dr. Susan Clinton

We don't make disease claims, but functionally, when you fix the skin and fix the gut, it's amazing what can happen. We have a lot of environmental issues in our food supply that are actually damaging the gut. It's just in the food supply, some of the pesticides, and herbicides. People are now allergic to different foods because of what they put on them. People on antibiotics long term will actually mess up their gut flora. There's a lot of etiology, but this is just a layer that can optimize. It's simple and easy.

Ads 00:37:54

I want to take a minute to thank one of our sponsors. Therasage Saunas are what I highly recommend to all of my patients for the dozens and dozens of benefits imparted by Infrared Saunas. What I love about Therasage Saunas is

that they are portable, inexpensive, and have lots of interesting things that you can add to them. You can add ozone and red light. I love that they have all these options that you can stack all these different health modalities and get the most ROI out of the time you're spending in your infrared sauna. So, check out their top-of-the-line infrared saunas at therasage.com.

Dr. Wendy Myers

Tell us about Rocket. So the guys listening out there, pay attention to this portion. This holds a lot of promise for many people.

Dr. Susan Clinton

Rocket helps with performance and vigor, and it helps rewire the innervation for male performance. It is not for women. They're coming out with one for women later. This is for men only. For men under 40, most feel the effect after three days of wearing the Rocket Patch. If they're 40 to 49, it would be a couple of weeks. And then if they're over 50, it would be like three weeks to a month. So it does take different times. Obviously, everyone's a little bit different. You might have an old person that's 38 and a young person that's 51, but these are guidelines. It's natural. It puts it back to factory settings, so no risk. I have not tried it yet. I was going to try it and was told not to.

Dr. Wendy Myers

Who doesn't want that? Who doesn't want to go back to their factory settings in that department for sure? Yeah. I think that's wonderful. There are definitely drug alternatives out there, but they can have problems. They definitely come with their risks and side effects. Let's talk about REM. There's another one for sleep called REM. I'm using this one every single night. I am not playing when it comes to my sleep. I do so many things. I want to sleep like the dead, and this is one of the things that I use. I have my patch on every single night. So tell us what that does.

Dr. Susan Clinton

Well, this patch actually works, but it doesn't make you sleepy. It just helps you fall asleep faster, stay asleep longer and dream more. It sometimes takes a couple of weeks for it to work. That's what the owner of the adventure said. It only needs to be worn for 12 hours. You don't have that groggy feeling. If you take a sleep aid, you might feel weird the next day. This is basically just rewiring your brain to sleep better and not lay there for hours counting sheep. It's drug-free, supplement-free, and it doesn't have any side effects. It works faster for some people, but for some people, it takes two weeks. So, don't give up on it after it doesn't work the first day or two.

Dr. Wendy Myers

I think people have to be patient. I think today people want quick results, like immediately. And certainly, I feel like with anything that's like this is vibrotactile technology, but certainly with bioenergetic technology frequencies, it takes time for this stuff to work and for the body to take in this new information and make those physical changes. So just give it time. This kind of vibrotactile technology is one of the best ways to work with the body. It's not frequency medicine and the other things we talk about on the show, but these things take time for sure. If you guys want to get these patches, you want to try them out, go to myersdetox.superpatch.com. Check them out for yourself. Is there anything else that you wanted to say about them?

Dr. Susan Clinton

I actually did want to say that sometimes Peace will help with the REM. Sometimes put on Liberty. It works really quickly. Peace works quickly. It can facilitate this working faster. So oftentimes, when you put them together, you can fine-tune and customize your own individual needs. One size does not fit all. So sometimes it takes time. This is globally protected. It's encrypted and has his fingerprint hiding the Braille. So there's nowhere else that you can get these patches. They're only available through this company, and there was no

other patch like this on the market. These are FDA-registered. FDA registered means there's a class one medical exempt device. It's safe for everyone. We've got thousands, actually hundreds of thousands of testimonials at this point. It's made in the USA, so there's no supply chain issues. Your first retail order is 25 percent off. If you go to myersdetox.superpatch.com when you buy it, they will give you a coupon at the end to give you 25 percent off. There's a 30-day money-back guarantee, although I do think sometimes it takes longer for some people, but it's going to work, so keep with it. But there is that safety of a 30-day money-back guarantee. If you love it and you want to lock into that 25 percent discount, you can become a member with Wendy, and you can get that sale price indefinitely, and it's 25 to renew. You get 75 with the free product for that 50 membership and you can get bigger kits or bundle savings and save a lot off of it. There are different ways to purchase, but you just go to myersdetox.superpatch.com and just explore. There's a lot of information there that you can read about. There's studies there and you could explore it. If you do purchase, we will reach out to you and answer any you have about your individual needs.

Dr. Wendy Myers

For sure, if you guys make a purchase and buy a super patch, I urge you to try them. Dr. Susan will reach out to you and answer all of your questions and just get you onboarded so that you know exactly what to do. How do people wear these? So you put a patch on? I'm sure people are having questions like how often do they have to put them on? How long do they last, et cetera.

Dr. Susan Clinton

You put them on a flat layer. You do not want to put them on a joint because the joint will wear them out. They're good for 24 hours because the skin and oils of the skin will degrade the braille. So for best results, basically limit it to 24 hours. I like to put it on clean skin. Witch Hazel has worked really well to clean the skin before and afterward. You don't stack them. You put them next to

each other. I like to put them on after I take a shower in the morning. That way, it's clean, and it stays on. It doesn't collect dirt or any oils underneath and prematurely wear it out or get irritated. If you sweat, you get the toxins out through the sweat, and if you have them on too long, it can collect toxins under that. So you can get irritated. So moving them around is good.

Dr. Wendy Myers

If you guys want to try the super patches, go to myersdetox.superpatch.com. Dr. Susan, thanks so much for coming on the Myers Detox podcast. Everyone, thanks so much for tuning into the show. I love super patches. I love simple, easy technologies like this with high return on investment. They're super easy to do and have great results. I'm always looking for things like this and I for sure try things out for a while for a few months before I bring them to you guys. I don't want to bring anything and lose your trust or bring you stuff that's like nonsense. It doesn't work. So definitely, I have tried these. I really, really like them. I've tried them on friends and family, and I assure you they work. So check them out for yourself. So thanks for tuning in.

I'm Dr. Wendy Myers. You can learn more about my work at myersdetox.com, and definitely way more to come. We have many more guests. I've been doing this for almost 11 years now. We have, at this point, over 6 million downloads of the podcast, and I have so much more to bring you guys. So excited. Much more content about bioenergetics and anti-aging. Of course, we're going to continue talking about detoxification as well. So thanks so much for tuning in over the years and I'll talk to you guys very soon.

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