



#557 What is Your True Biological Age? Top Anti-Aging Tips with Hannah Went

Dr. Wendy Myers

Hello, everyone. I'm Dr. Wendy Myers. Welcome to the Myers Detox podcast. On this show, we talk about everything related to your health, more advanced topics regarding your health, bioenergetics, heavy metal detoxification, and anti-aging. Today, we're talking to Hannah Went. She's one of the co-founders of trudiagnostic.com. This is a test where you can test your true biological age, which is really, really fascinating. I was really excited to do this test. I'd never done a biological age test before, and I thought it's about time. I found that I was two years younger than my biological age. I'd also just done it after a really stressful project, and so I felt maybe the next time I do the test, it's going to be even better results. But I was still really, really happy with these results, knowing that I'm younger than my chronological age.

We'll talk about what kind of results you could expect on this test, why you want to do this test, and why it's so important to get a baseline in your health to see how fast your body is aging. You can look at the pace of your aging as well and how you compare to the rest of the population. It can really be a wake up call for you to see if what you're doing is working or not. Before you go on a big detox program or you really do a big push for your health, it's good to get a baseline and then test afterward, maybe 6 or 12 months after, to see if what you're doing is moving the needle. So it's an amazing test to take.

Our guest today is Hannah Went. Hannah Went has a lifelong passion for longevity and breakthrough disruptive technologies that drive radical improvement in the human condition. She attended the University of Kentucky and graduated with a degree in biology. During that time, she had multiple research internships studying cell signaling and cell biology. After graduation, she worked at the International Peptide Society as their director of research and content. Through work in the integrative medicine industry, Hannah saw an opportunity for methylation-based age diagnostics and founded TruDiagnostic in 2020. This is a company that focuses on methylation array-based diagnostics for life extension and preventative healthcare serving functional medicine providers. TruDiagnostic has a commitment to research with over 30 approved clinical trials investigating the epigenetic methylation changes of longevity and health interventions. Since the company's inception, they've created one of the largest private epigenetic health databases in the world, with over 75,000 patients tested to date. That is very impressive. Hannah has since created Everything Epigenetics, where she shares insights on how DNA regulation has an impact on your health. You can learn more about this test and take it yourself at trudiagnostic.com. You can use coupon code WENDY10 to get 10 percent off the cost of the test. Hannah, thank you so much for coming on the show

Hannah Went

Thanks, Dr. Myers. I'm super excited to chat with you today. I appreciate you having me on.

Dr. Wendy Myers:

Today we're going to talk about testing your age and why that's important. So, why don't you tell us about yourself and trudiagnostic.com, the tests you guys provide?

Hannah Went

My name is Hannah Went. It's great to have everyone listening in and a little bit about myself first. I grew up in a small town north of Dayton, Ohio called Piqua. It has about 20,000 people in it, so you can decide if it's small or large relative to where you grew up in. I came down to Lexington, Kentucky, about two and a half hours south, to attend schooling here and have always been interested in how the body works.

Growing up, I always knew I wanted to go somewhere in the scientific realm or field. So I went from animal science major, being interested in veterinary work, to just general biology and really wanting to do more with humans and genetics and counseling. So putting those two together I had a lot of interest in genetic counseling, actually, which is a pretty new major field in general, but I ended up taking a unique position right outside of college at a pharmacy that specialized in peptide pharmaceuticals. After a couple of years there, we really wanted a way to prove that those pharmaceuticals worked on people. They had a lot of subjective data, not as much quantitative data, so we said, alright, well, what's the number one biomarker to rule them all? Biological aging is where TruDiagnostic was born and what I do now. I'm a co-founder of the company, and I spend my day talking with people like yourself on podcasts or other opportunities, but really working a lot with our healthcare providers who are mainly in the integrative functional medicine space and then, secondarily, start our larger partnerships too.

Dr. Wendy Myers

So why don't you tell us what biological age is exactly?

Hannah Went

Yes, this is a very great introductory question to get the conversation started. Biological age, I don't know if everyone's agreed on this. My interpretation or what I believe is most true when it comes to the definition is that we're aging on a cellular level, right? If you think that everyone is listening here and you think about your chronological age and your peers and friends who are your same chronological age, some of them probably look a lot older than you, some probably look the same as you, some probably look younger than you. Why? What's that actual difference if you're the same years old chronologically? That really means that on the molecular level, on a cellular, tissue, organ, whole-body level, we're actually aging differently. So that's the idea of biological age that we have this number that is a representation of our experiences, our environment, our behavior all wrapped into one that, I don't know, maybe in the future would be considered during health workups or insurance premiums instead of asking date of birth, they'll ask, what's your biological age and where did you get that tested so we can validate which testing you went through too?

Dr. Wendy Myers

Yeah, your chronological age is your birth date, but it makes sense. I think it's good to kind of check your biological age. I wanted to do it because I wanted to see if what I've been doing is paying off as far as my health, my lifestyle, et cetera, and all the detoxification that I've done. Then you can get a baseline and then do a protocol for six months or a year and retest to see if what you're doing is working. I've heard people say they do peptides and reverse their age or they do all kinds of different things. I really feel like all the detoxification I've done, removing heavy metals, because they age you, has really reduced my biological age. I was really happy about that. For my test results, I did a TruDiagnostic test and it's one of the leading tests out there for testing your biological age. Mine was at 50 and I'm going to be 52 on Monday, August 5th. This will be published later than that. I was two years younger. I was hoping it was going to be a little bit more, but I'll take it. Can you explain those results a little bit?

Hannah Went

Yes, and I'm gonna say something, if you don't mind, even before I jump into those too. It was really great that you were like, hey, I've done all this detoxification work, releasing my body of these heavy metals or trying to optimize my environment, essentially is what you're doing. I have never gotten more requests than when people actually say, Oh, I've already done all this stuff. I wish I would have tested when I did not actually remove all of those heavy metals. Or was it a kind of different version of myself? So, Dr. Myers, I'm wondering if you would have tested before that, if you would have been older, or maybe just 1 year younger. You could actually start to see that trend because you're right after. You want to do a baseline and then after you make changes, you want to start retesting every 6 to 12 months or so. So, that's a point I wanted to make.

Secondarily, those results are amazing. When anyone has a younger biological age, a slower pace or rate of aging, it really is very impressive because when we're comparing that to our chronological age. We should be aging, right? We're going around the sun on this earth and should be increasing in that number, which we know chronologically just as linear and biological age necessarily is not. Any type of

reduction is going to be impressive. We know just in general, men age quicker than women. You'll start to see men being older than women. Chronologically, they tend to die earlier as well. That's very impressive work and happy early birthday too. That's super exciting. You can say, hey, I'm turning 1 year older chronologically, but biologically, I'm 2 years younger and I think really the sky's the limit. Now, you can dig into your results a little bit deeper. See how you can pull some levers and push some pedals to try and make a couple other changes as well.

Ads 00:10:20

For anyone listening that 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 get 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

Yeah, I'm definitely getting really strict on removing seed oils, which are super in the industrial seed oils and are super inflammatory. I'm getting much more strict about that and doing another intense round of detox. I'm doing peptides. We'll see how that moves the needle. I'm going to retest in a year and see if what I'm doing is working. I want to look at some examples of other people. What is the youngest biological age that you've seen compared to someone's chronological age? What are some shocking results or stories you can give us?

Hannah Went

Definitely. There was one that sticks in my mind. I'm gonna warn everyone. It's not gonna be super exciting by any means. I remember it as exciting, but in terms of maybe what people want to know how to change it is maybe less exciting. It was the first time I really saw anyone have a multi year age reversal, which is very impressive when you're reducing biological age again by a year to five years. It's extremely rare. This was still early days in True Diagnostic. It was about a year in when people started to really read tests and take this testing seriously as it relates to their own health. It was the husband of a healthcare provider that we had. He was very overworked. He ran a company as a founder and was still very involved in

day-to-day operations, logistics, managing, and overseeing everything. He wasn't happy. He wasn't eating well. He wasn't exercising. Work ran his life and he knew it too. He was aware, which I think is great, but he wanted to make a change. So he actually went through his wife's program and was fortunate enough to be able to step down from his job, kind of push it away, and become a board member.

He ended up golfing every day. He ended up really getting his diet straightened up, his physical fitness regimen, his stress levels. And again, he's also testing his blood biomarkers. He's testing his hormone levels alongside of this and doing some genetic testing and, maybe even did a little bit of detoxing as well. I remember seeing about a five-year reversal and that year timeframe was like, wow, like things are happening. These lifestyle environmental associations are working. That was when it was still really, really new. I mentioned it wasn't as exciting because he just did some really simple things to help his age, but the trajectory of where that helped him and where his life is going now is definitely profound and going to have an impact on not only his health but his wife. He had a child at the time. They just had another one recently. I still keep up with them until this day. Not everyone has the luxury to do what he did in terms of stepping down from his job and golfing every day and whatnot, but it shows you that just those little lifestyle factors can make a massive difference, which I think is the takeaway.

Dr. Wendy Myers

Yeah, when you can make your health your full-time job, that can make a big difference. I have many clients. Their health is their full-time job. I love that. I love hearing that, but I think there's a lot of changes people can make. You guys are soliciting. There's a lot of low-hanging fruit and things that you can do to improve your biological age, reduce it. What are some of the top tips you have for people to reduce their biological age?

Hannah Went

This is also, as you can imagine, a very popular question we get, Dr. Myers. What's really cool about this testing and why I really like it is, again, it's okay, you have all these biomarkers, you're going to your doctor, how do you make sense of all of them? There's hundreds, if not thousands of points. Well, what we really want to say is, hey, is

there a marker that can rule them all? As I mentioned earlier, biological age really is something we can look at to say, are we going in the right direction or are we not? And because of that, it's very unique to the person. This is where we're actually making the end of one precision medicine come to life. I can talk about some of the general population-based studies that are out there that are peer-reviewed, published, and look really good from just an experimental standpoint. I can tell you what works for me, but this testing is really awesome because it's super specific to you. I want to get that out there. I can definitely tell you what works for me, which is actually one of the published trials. I was thankful enough to be like, oh, I'm, you know what? That's a great trial. I actually want to try that and I've seen age reversal on myself in this way and slowing down my pace of aging just with simple caloric restriction.

The study I'm referring to is called The Calorie Randomized Control Trial. It's just a 10 percent overall caloric restriction in healthy, non-obese adults over a two year period. It's nothing crazy. It's taking 200 calories off of your 2,000-calorie-based diet. It's not necessarily intermittent fasting or time-restricted feeding, if you're thinking, which one is that. It's just eating less. You're reducing your oxidative stress and your inflammation. Of course, you have to eat a healthy diet as well. You can't eat an unhealthy diet and just reduce calories and expect to see the same effect. The quality of food is going to matter as well.

Dr. Wendy Myers

Why does it always have to be the food?

Hannah Went

You always have to take away our food. I have a tip as well. So you're right. I have the biggest sweet tooth. I love food. It does get easier over time. To anyone listening, don't just stop eating. You have to consult with your healthcare provider. You definitely don't want to shoot calories if you're pregnant, breastfeeding, trying to hit a certain muscle mass or physical fitness goal. But my tip, Dr. Myers is, I have a pretty diverse diet. I would say I'm a meat eater, still eat some carbs here and there and healthy fats. One change I made where I was like, whoa, that just makes a 200 caloric difference and you don't even know it. This sounds so silly to say. I love breakfast. I eat

onions, mushrooms, and peppers with some eggs in the morning and then bacon or sausage as well. And I'm like, I know this isn't great. It doesn't feel great in my body. Let me switch to turkey bacon or turkey sausage or something that's a lot lean, more lean in terms of that meat. That's knocking 300 calories off my diet right at the beginning of the day. So, one, it sets me up for success. I eat pretty well the rest of the day, which I normally do and I just feel better. At the end of the day, it's less fatty and better macros anyways too.

Dr. Wendy Myers

Oh, fantastic. I'm sure a lot of people can just get rid of their Starbucks in the morning too. There is sugary drink or eliminating calories from liquids. I think that's a good rule to just use Stevia or whatever. There's a lot of alcohol. There's a lot you can do, but I think once you talk about it and you put it in these simple terms, like, we're chatting about here, it doesn't make it seem as scary because you're right, people are like, Oh, caloric restriction, I got to stop eating or I got to cut out a meal and it's just not true.

Hannah Went

Yes.

Dr. Wendy Myers

I'm sure keeping your blood sugar even is super because it just ages you. High blood sugar levels will age you real fast.

Hannah Went

Right, absolutely. I think another tip is always putting stuff in a bowl from a packet or a wrapper so you're not over eating the granola or chips just comes to mind. Don't grab the bag. Portion it out. Also, just eat until you're full. Eat a serving, wait, drink some water, and eat another serving. In between those servings, you may actually feel full, but when you're constantly eating, you can't really feel full or realize that satiety.

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I just want to take a minute to give a shout out to one of our sponsors True Energy Skin Care. I absolutely love True Energy Skin Care. I've been using it for a couple of

years and I've noticed a dramatic improvement in my skin texture. It's so soft and supple. This is one of my secret weapons because not only are you getting lots of healthy, natural ingredients, moisturizing, hydration in the True Energy Skincare, but the inventor of this, Kathy Goldstein, also infuses thousands of frequencies into the skin care to dramatically improve collagen production and so many other benefits in regards to all these different frequencies that are infused into the skin care.

Dr. Wendy Myers

I just want to touch on heavy metals. Detoxing or removing heavy metals and chemicals is very anti-aging because metals act as a catalyst in your body, where they are making chemical reactions happen faster in your body. They produce a ton of oxidative stress on your body, which eating food does to your body digesting lots of free radicals, oxidative stress. Removing heavy metals goes a long way to helping you reduce those free radicals, reduce that damage to your body and your DNA, improving a lot of different metabolic functions, et cetera, by removing heavy metals that interfere with every different organ system and metabolic function in your body. I just wanted to touch on that. Any other tips to improve your biological age?

Hannah Went

Well, yeah, I think too, though, just to stay in your area of work. I may touch on some of the heavy metal stuff, if that's okay. Your listeners may be super interested in it as well. You're exactly right. There are a lot of studies showing this connection or impact that these heavy metals can have on biological aging. I named a couple of them earlier, but there's oxidative stress. There's inflammation. For example, lead exposure is known to increase oxidative stress, contributing to neurodegenerative diseases, cardiovascular issues, which are all going to be associated with aging. Cadmium exposure has been linked to chronic inflammation and increased risk of conditions like atherosclerosis, chronic kidney disease. So those are just a couple of examples.

There are 3 studies in particular that are specific for aging and DNA methylation. All of them are common, I would say exposure. So, again, coming back to lead, there are studies that have shown childhood exposure even to lead is associated with these epigenetic changes to the expression levels of our DNA that actually persist into adulthood. Those can change and lead to long term health effects and accelerated

aging. Chronic arsenic exposure has been linked to increased biological age actually measured by the same kind of test. Cadmium, as already mentioned, is more contributing to cancer development and other age related diseases. But the same testing that we're doing here goes back to your bread and butter, Dr. Myers. I think what we really want to do with this testing in the future is be able to even predict those, lead, excuse me, not just lead, but those heavy metal levels, and say, hey, you're aging because of this metal in particular. We can actually test that through these DNA regulation markers, which is happening. It's not available now, but it is happening via research, which is pretty exciting.

Dr. Wendy Myers

Can you give us any other examples, like sunlight exposure or exercise or anything like that, that you've seen improve the biological age results on the TruDiagnostic test?

Hannah Went

Yeah, absolutely. I think with sun exposure, there's not any clinical interventional trials or institutional review boards looking at that, but there are some looking at vitamin D supplementation and better biological aging. It's usually IU per day where they're supplementing and I think there's a happy medium where you don't want your levels too high. You also don't want them too low either. So making sure you're supplementing, making sure you're getting out in the sun and actually being able to synthesize some of that vitamin D is great. Exercise, absolutely. With our testing, we even give you a physical fitness biological age result where we quantify your aerobic. So exercises that are gonna cause an increase in airflow. It's usually longer, heavier breaths. We think of your VO2 max and your FEV1. We even quantify your grip strength and your gait speed too, which would be considered anaerobic. Less air required for those movements. It's more like high intensity interval-based training. So it's really interesting. Of course, we see people who are going to have better gait training. VO2 maxes, FEV1s, group strength and gait speed have better aging as well. Again, a happy medium is really what's needed. You don't want to ever overtrain, which I think maybe some people may be guilty of, including myself, where we start to see those levels creep up a little bit and then cause aging acceleration too.

Dr. Wendy Myers

Well, why don't we talk about the tests? What are some of the markers on the test? What kind of test is it exactly? The TruDiagnostic test, what exactly are you looking for?

Hannah Went

Yeah, so I said this term a couple times earlier, we're actually looking at epigenetic markers. Epi is a Greek prefix. It means above or on top of. We're quite literally looking on top of the DNA, which DNA is turned on, which DNA is really turned off and we're able to then use our peer-reviewed publicly available algorithms to give you an output of interest. Dr. Myers with the report that you got back, there are many different outcomes. There's your biological age. We've been talking about it. There's a pace of aging. We can quantify your immune cell subsets and even tell you how long and how much you consumed alcohol and how much smoke exposure you have as it relates to tobacco use over your lifetime as well, which could lead to smoking related conditions over your lifetime. These on and off kind of regulation patterns, again, being very specific to the end user are really interesting to study because it's a super unique novel way of looking at the body. It's been very useful for even biomarker discovery outside of biological aging, which is where we're able to offer you all of those different insights on the reports as well.

Dr. Wendy Myers

Yeah. I remember my piece of aging was really good. I think that was in the 70th percentile. So I was like, yes, because I was aging slower than the rest of the population doing the test.

Hannah Went

Oh, wow. That's awesome. The range is 0.6 to 1.4. I'm wondering if you were closer to that 0.7 mark. If that was the case, you would be aging 0.7 biological years for every 1 chronological year, which is super impressive., I would say that's usually the goal because if you think of it in terms of quarters, you're basically aging three biological years for every four chronological years, which is impressive, and something you want to keep consistent to see that reduction over time.

Dr. Wendy Myers

Yeah, I'm working on it. It's always a work in progress. There's always another level you can take things and so I'm trying. Are there any stories you remember or results of people that had really bad results and were much older than their biological age or their chronological age?

Hannah Went

Yeah, absolutely. There was one in particular or a couple, I guess, where I saw increased biological ages, increased pace of ages above one. When your pace of aging is above one, you have an increased risk of mortality and morbidity by about 50 percent over the next 7 years. Both of these reports were within a day of each other. I was really nervous talking to these healthcare providers about the results, and came to find out both of them were women. Both of them were pregnant as well. So pregnancy absolutely accelerates the aging process. The good news, though, is Harvard has done a lot of work on this, where they look at different stressors like pregnancy, COVID 19, elected and unelected surgeries, showing that if you go through any of those types of stressors, you see increases in biological age, but they're transient. So, after that stressor is over, whether it's a couple of days or a couple of months, you'll see it actually go back to baseline or even better than baseline, depending on what you're actually doing. That was a really interesting one.

I also had someone who tested who was about 20 years older, and that was by far the worst I've ever seen. You just don't see that usually, ever. I don't want to say it's not possible, but it's unheard of. Come to find out it was the father's son. The son wanted his father to take the test. He had a Parkinson's, Alzheimer's diagnosis already. They were just curious and wanted to see what the results looked like. I go and look in the literature and there's direct correlations and connections about obviously increased aging and those types of disease detections or diagnoses. Peace out. Those are the two that I remember very clearly as I would be going through the reports.

Ads 00:30:25

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Dr. Wendy Myers

So when I took the test, I felt like I was really coming off of a really stressful period. You guys know I produced the heavy docuseries, and so I had three. It was very stressful producing that, but it was very fun giving birth to your baby that you've been working on for a year and a half. But, I felt like I was coming off like three months of not sleeping that great and working really long hours and not really exercising or getting sunlight and just really the worst possible scenario. I'm excited to do the test again when I'm not in a stress state and see if that marker improves a lot because now I'm on my usual health routine. So I'm really excited about that. I just moved on top of that. I think that's very, very stressful. I'm really excited to see the results next time.

Hannah Went

It goes back to that paper I just mentioned. I can always send it to you too if you're interested in linking it out, but these stressors are going to cause an increased aging signal. It's completely normal and it's just going to even bounce back from baseline, which is again very positive.

Dr. Wendy Myers

Why don't you tell us how you do the tests. If someone wants to do the TruDiagnostic test, what does that look like? What do they have to do?

Hannah Went

Yeah. It's super easy. We make it as easy as possible for you. If you're interested in taking the test, you want to go to trudiagnostic.com and purchase a kit. We have

some really cool subscription models now as well, where we can start to ship you a kit every quarter or so, so you can start to retest and see how these are affecting that number one risk factor for all cause mortality and morbidity. It is just a finger prick. We ship a kit to your doorstep. When you receive it, you'll pull it apart and get little lances in a blood spot card. It's like the size of a quarter. You take your sample, put it in the biohazard bag, and then ship it back to our lab in Lexington, Kentucky. It's really easy to do. You get your results back then in about 2 to 3 weeks from the time we received the sample. That way, you can then go through the results and ask us any questions. We'd be more than happy to help. We have a really great support team that does that as well.

Dr. Wendy Myers

I think it's so important to do these kinds of tests to see kind of where you're at and give you some motivation and some drive if the results aren't that great to kind of push you, to motivate you to make some changes. I think it's such a good biomarker because say, when you go to your conventional doctor, they're running a CBC panel and just all these things, kind of very, I don't want to say rudimentary, but they are. There are so much better biomarkers that you can be looking at to gauge exactly where you are in your health. Your heart rate variability is super important. There are so many important baseline markers that are important biomarkers that are just not tested for at all when going to your conventional doctor.

Hannah Went

Yeah, you're exactly right. I think we're starting to see a lot of this become way more mainstream, which I think is the end goal. We realize it may be a little bit more expensive right now, but, I think we're starting to see this be used just more and more even in not necessarily your top longevity docs. All of the top longevity docs are definitely doing this testing, but even your hormone doc, where you may pay out of pocket or cash to get a panel done. I haven't seen it in GP or general practitioner offices, but that's definitely the end goal. How can we get this out to the masses? How can we get people tested? I think it's something that will be on our driver's license in the future, not anytime soon. It sounds kind of odd or weird to say, but it'll be the criteria for a lot of things. It's a big frailty marker. One example that comes to mind maybe is you can't you can't be 80 years old, let's say, and go on a roller coaster. But

if an 80 year old who's biologically just like 60, because they have great bone health and they're strong and they don't have these aches and pains, then maybe they're able to go on the roller coaster. It's an example and extrapolated, but I think you get my point.

Dr. Wendy Myers

Yeah, exactly. I think as we go into the modern age, we're going to be looking more and more at test results like this, looking at these genetic and epigenetic markers to kind of see where you're at. So you can kind of catch yourself. If you're just now getting into health, you're listening to this podcast and you haven't had the most enviable lifestyle or diet, et cetera, we all have our turning point, our choice point where we start to improve things. But when you can look at a test like this and see where you're at and head off problems in the future, I think it's incredibly valuable.

Hannah Went

Yeah, definitely. I think it is. I think it should be included in every type of baseline alongside your genetic testing to optimize your genes to better express them and have that better overall epigenetic expression too. I think that the retest is more important though. The second more than the first, the third more than the second and so on and so forth because you can have a younger biological age, you can have a slower pace of aging. That's amazing. It's a really large accomplishment, but it's not as impressive as being able to sustain that. Can you consistently stay there with your behaviors, with the temptations of life, with your habitual routine that you're trying to make so being able to ride that wave of good aging and stay there? I think this is what we're really looking for at the end of the day.

Dr. Wendy Myers

Yeah, when you're looking at epigenetics, you can change your genetic expression. The power is in your hands. You're not stuck with your genetics for the most part. There are some things you are stuck with, but through lifestyle diet, detox, stress reduction, et cetera, you can change the epigenetic expression of your genes. You build a lot of that power and you can test that with your test. So if people want to go get the test, can they get a coupon code? Do you offer a discount or anything?

Hannah Went

Yes, absolutely. When you go and get the test, make sure you use, I think you have a code, Dr. Myers, that's Wendy 10. People will get 10 percent off, which I think is around 50 or so. So it's a really good discount. We don't give them out frequently. I'll make sure that your listeners are aware of that and they're able to secure that code.

Dr. Wendy Myers

So to get your go to trudiagnostic.com, and use code WENDY10 to get 10 percent off the test, saves you almost 50, which is amazing. Well, so thanks so much for coming on the show again. Is there anything else that you want to share with the listeners, anything that we've left out of the conversation that people should know?

Hannah Went

No, I don't think so. I think just urging the importance of this test, which I think we've done a pretty good job. You asked really great questions to dive into science a little bit more too. So I appreciate the conversation.

Dr. Wendy Myers

All right, great. Well, Hannah, thanks so much for coming on the show. Everyone, I'm Dr. Wendy Myers. Thanks for tuning in to the show. It's just really a privilege every week to bring you experts from around the world talking about anti-aging, genetics, heavy metal detoxification and bioenergetics. All these topics that are really important for you to learn about on your health journey. So thanks for tuning in.

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