



#580 Lyme Disease: Why You're Not Getting Better With Dr. Tom Moorcroft

Dr. Wendy Myers

Hi, I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast where we talk about everything related to heavy metals and chemicals and the health issues they cause. We also talk about bioenergetics, anti-aging and other advanced topics in health. Today I have my friend, Dr. Tom Moorcroft on the show. He's a specialist in Lyme disease, and he's going to be talking to us about Lyme disease and why you're not getting better. So many people have mystery illnesses. They have chronic fatigue, fibromyalgia, pain syndromes, brain fog, and they just don't understand what's going on with them and why maybe they don't have a proper diagnosis or the doctor can't figure out what's going on with them. A lot of people who are dealing with chronic illness should be tested for Lyme. They really should test to at least rule that out with a Lyme literate doctor like Dr. Tom Moorcroft. So, on the show today, we're going to talk about how Lyme disease is often misdiagnosed and can mimic many other conditions like MS, fibromyalgia and chronic fatigue syndrome and how it's estimated that three to four million new cases of Lyme are diagnosed in the US annually or maybe not diagnosed but are occurring.

We'll talk about Tom's multifaceted approach combining conventional and alternative treatments and how that's the most effective approach. We'll also talk about how Tom addresses trauma, energy flow, and mindset, and how that's crucial for healing from chronic Lyme. We'll talk about bioenergetic therapies like NES Health, also called Energy for Life, that can provide insights and support healing and really

boost the immune function. We'll talk about how Dr. Moorcroft combines antibiotics with herbal treatments or herbal tinctures for acute cases. For chronic cases, he has got this multifactorial approach, including herbal antimicrobials, addressing trauma and stuck energy, improving sleep, detox and immune function, and using bioenergetic therapies like, like NES Health, also now called Energy for Life. So, it is a really good show for you guys.

Dr. Tom Moorcroft is a global leader in solving complex medical mysteries. He completed his undergraduate studies at the University of Vermont before attending the University of New England College of Osteopathic Medicine. You can learn more about Tom and his work, programs for Lyme and telemedicine clinic at originsofhealth.com. Tom, thank you so much for joining the show.

Dr. Tom Moorcroft

Hey Wendy, thanks so much for having me. This is gonna be really exciting. I'm honored to be here.

Dr. Wendy Myers

Your specialty is Lyme. I wanted to have you on to talk about that because it's super important. There are a lot of people with mystery illnesses that can take their doctor a long time to figure out what's going on with them and it's very frustrating. So, why don't you just expand on that and what Lyme is exactly to start with?

Dr. Tom Moorcroft

Lyme disease is like the common name for a whole myriad of symptoms caused by the infection with *Borrelia burgdorferi* or similar things. *Borrelia* is a bacteria that's a spirochete or a spiral organism. Essentially, in the acute phase, a lot of people hear about the summer flu, and this is pre-pandemic. Before that, people were getting flu all year round and joint aches, muscle pains, maybe some fatigue and fevers, a lot of cognitive stuff or brain fog and forgetfulness. Sometimes people would get what they call the bullseye rash or an erythema migrans rash. Most of them actually aren't bullseyes. They are more like purple or reddish blotches, but these are rashes from that bacteria actually being in the skin. Some people occasionally will get swollen

knees or they could have Bell's palsy with a facial droop or cardiac problems, but that's like that acute phase that a lot of people are looking for and your common physician is looking after it. The acute cares really know about it. But the thing is, they often call Lyme disease the great imitator and it looks like a lot of other things. In the later stages, say you didn't have symptoms right away, or they were mild and they get overlooked and then you have late-stage Lyme. You're going to have maybe more cardiac stuff, but certainly a lot more of that executive function, brain fog things.

For some people, it can even mimic things like multiple sclerosis or rheumatoid arthritis, and then arthritis in general tends to be a later stage thing in Lyme. So, these are the most common things and you'll see some people with orthostatic hypotension or they stand up, get dizzy, and they may or may not pass out. A lot of people will call that POTS or postural orthostatic tachycardia syndrome, but a lot of that falls under this dysregulation of the nervous system or dysautonomia. So, there are a lot of different symptoms that can look like. The problem is I see so many people are diagnosed with chronic fatigue and or fibromyalgia that it turns out that it might be one of these tickborne infections, such as Lyme disease. Sometimes you actually have another thing. You might have MS that's not from Lyme. It looks like a lot of things. There's a lot of gray around it. I think that's why it gets missed often.

Dr. Wendy Myers

Can you talk about chronic fatigue and maybe even poor brain function as a result of having these Lyme and Lyme-like infections?

Dr. Tom Moorcroft

I know it firsthand as a patient. I've gotten Lyme disease. I had acute muscle, joint aches and brain fog. They treated me for 10 days and I got better. Then over the next 8 years it crept back in. I actually had chronic fatigue and Fibromyalgia-type symptoms and got the diagnosis. Well, after all the psych diagnoses for about four years and following all the rules, the medicines don't work. And they were just like, well, I guess it's just fibromyalgia and chronic fatigue. I'm like, great. That's like a grab basket to say that you have joint pain, brain fog, fatigue, and stuff. So the biggest thing I think that people see with chronic fatigue is that it's fatigue that's unrelieved

by rest. That is one of the key things. You've gotten enough sleep for two or three weeks. Now, if you only catch up on sleep one night, you're probably going to be more tired than not. But if you've been sleeping for eight or nine hours for a couple of days or a couple of weeks and you're waking up just exhausted, that may be one of the symptoms of chronic fatigue that could be from Lyme or many other causes.

The other thing you'll find is that we have a lot of sleep disruption, obviously that leads to chronic fatigue and then it overlaps quite a bit with the brain fog because the less effective your sleep is the less effective brain detoxification is and since somewhere in the neighborhood of 70 to 90 percent of all your brain detoxification happens in deep slow wave sleep, especially that early first three, four hours of sleep where you're super deep, that's where the body's cleaning out the brain. That cleansing mechanism really needs you to be relaxed when you go to sleep and get parasympathetic. So, you'll have less removal of toxins. I think anybody who's had a bad night's sleep knows you wake up the next day, you're not at your best. It'd be very hard to be, but if you're chronically like that, you definitely have that build up and then the downstream effects of that can be direct from not cleaning out the brain and the rest of the body as well as just the infections themselves lead to a lot of inflammation. So that's where we also have that overlap between the fatigue and muscular and joint pain situation.

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Dr. Wendy Myers

How do you approach Lyme disease? I know if you go to a conventional medical doctor, even if you get a diagnosis and you're lucky enough for a doctor to figure that out, you're just given antibiotics and that is just grossly, I don't want to say malpractice, but it has no hopes of addressing it truly in all the different Lyme-like infections. What is your approach with that?

Dr. Tom Moorcroft

I think I love science. I was taught that being a physician is about combining the art and science of medicine. Only about 9 percent of medicine has excellent evidence and another 10 percent has decent evidence, which leaves 81 percent of art, according to the Institute of Medicine, which is a government think tank that tends to be more conservative in medicine. They were saying that 81 percent of medicine is art. So, I try to start with the science, but then go to what you were just alluding to where are people having problems and when I look at the CDC or the Center for Disease Control and Prevention information, they say, hey, about 80 percent of people with Lyme will get better with 10 to 21 days of an antibiotic. And then they stop and I go, what about the other 20%? And because they're the people that when you look at research, about 75 to 80 percent of people probably do get better no matter what you do, as long as you give them some antibiotics. But then there's another 20 to 25 percent that we see, that is the people who didn't have the normal and the research shows that some of these things that we call that keep Lyme and other infections around longer, allow them to survive in your body are called persisters.

Some people who know Lyme disease will hear about a cyst form, or a lot of people have understood the term or heard the term biofilm, and these are protective mechanisms. There's some early research coming out of mouse models at Johns Hopkins that show when you get bit by the tick that transmits Lyme disease, you can actually get persisters right away. It just so happens that it happens at about 18 to 20 percent of the experimental animals. So you're like, wait a second, that matches up really well. The problem is, and if you look at the science, 10 years ago, 26, maybe 36, 000 people a year had Lyme disease. Then the CDC figured from looking at insurance data, we were missing things. Oh, now it is like 370, 000 people a year have Lyme in the United States. Oh, and then a couple of years back, it went to 476, 000. Recently, Medicare chart audits showed that that's a probably a seven-fold underestimate. So, you're looking at maybe three to four million people a year in the United States getting new Lyme.

If you're looking at 20%, we're like 80, people depending upon where your numbers fall. That could potentially be getting, I should say closer to 800,000 to 900,000 people per year getting chronic Lyme. So, you're like, this is a huge group of people.

This is the group of people I work with most commonly, and I know you probably see a lot of it, too, because it's not just Lyme. It's the rest of your life. It's the trauma you've experienced and the toxins you've been exposed to. I was probably more susceptible to Lyme and Babesia, which were my sort of thorn in my side for a while, because I had mercury amalgams, and then I had them removed, and then the detoxification was done improperly, so it really didn't do anything. Then I learned more and was able to take care of it, but I think that the big thing with chronic Lyme is our medicines aren't really effective at getting to the persister forms. Now we have some that are promising, but one of the protocols is you have to be on six different medicines, maybe eight, and 20 supplements to help, and almost everybody ends up with some really big anemia and other problems. Outside of that we have a couple medicines that might help a little.

Research shows that herbal botanicals are actually much more effective at addressing these persisters. So, the beauty of that is when you come from a background where we combine the science of conventional medicine with the science of botanical research and traditional herbal medicine, along with treating the unique person in front of us, we have this ability to actually start to give them less toxic substances, promote healing. I was actually recently talking with a couple other well-known Lyme physicians on a herbal masterclass. One of the things I love about the herbal approach is when we take the herb, we're utilizing the whole plant. It's not like in medicine where we try to fine tune and extract out that one thing that's active against it. We're keeping the whole plant where we have the ability to do crazy stuff like, hey, I can give you say maybe a herb called Cryptolepis or Chinese skullcap, Japanese knotweed, or even cat's claw. These herbs not only have direct antimicrobial properties, but they have much less negative impact on your gut than an antibiotic would. They also have great things like they can protect your kidneys, liver and brain. They can bring down inflammation and modulate your immune system.

So, I might be able to give you three or four herbs that you basically put into a drink two or three times a day. There's almost no side effect that's negative. And then the positive is not only am I treating the line, but I'm treating all the downstream effects that are busted up in your body whereas in a conventional approach, I'd have to give you like 17 different antibiotics to do that. I really do like that for our chronic people.

Every once in a while, somebody needs an antibiotic on top. At the beginning of my career, we had less botanical research. You were on meds for 5, 4 or 5 years sometimes and then we give you little herbs and we get there. Now you're on your herbs for maybe 6 or 12 or 18 months and I might give you 2 or 3 or 6 months of an antibiotic and you're done, which is a completely different thing than what we had years ago. So, I think the chronic approach really is looking at that and all the advances we have in antimicrobial medicine, which is primarily these days, is botanical. You gotta look at the whole person and not just the infection itself.

Dr. Wendy Myers

Where does trauma play a role there? A lot of people have persistent health issues simply because of emotional trauma and that's shown in conventional medical research as well. Can you speak to that a little bit?

Dr. Tom Moorcroft

I know you know this from your work and we've talked about it before. It's so important. You have adverse childhood events. Studies that have shown lifelong increases in risk of all kinds of negative health situations. But to me, I've talked to so many people about trauma and it's almost traumatic using the word because everybody has a mindset of what it means. I've spoken to some Peruvian shamans who had the simplest definition and I love it. They said trauma is negative energy stuck in your body. They didn't say it was negative energy, because good things and bad things happen to us, but the fact is that it was stuck and it wasn't flowing. And the lack of movement of this negative emotion and the energy around it constricts. Eventually you're going to see physical constriction around the energetic constriction. So you can have people with really crazy stuff in their pelvis, whether they had sexual trauma or even other traumas. A lot of emotional stuff gets stored in that lower part of our body, but it can be other places physically. We also see that the immune system gets suppressed. When the immune system is suppressed, it typically is because this stuck energy is almost pro-inflammatory. It's almost like, if I were to get hit with a baseball bat or I tripped and skinned my knee, I'm going to have localized inflammation. Your body will literally develop inflammation around

this area where you're protecting yourself and you're walling off this traumatic energy.

We have all this neck extra inflammation and immune suppression and it's one more level of toxin, very similar to Lyme that we have to address. I think it becomes a really big deal for people to be open to the butt. As an osteopath, the guy who started this profession back in the late 1800s, Andrew Taylor, is still this frontier MD. All he'd said was, we're giving people arsenic and strychnine and that's hurting people. Let's stop doing that and physical manipulation of the body can help it heal. Why don't we do that? And when people laughed at him because he was trying to apply common sense and stuff, plus back then it was like you never touched anybody. A surgeon was a second-rate citizen. It was very different. But he just had to create this new profession and he had two tenants that I think above all that were really helpful. One is that each human has a triune nature of body, mind, and spirit. This is obviously before it became in vogue, but the body, mind, spirit piece of healing is important because it doesn't say that body is more important than mind or spirit or any other order. They're all part of who you are and you have to look at each aspect and assess the health of each area.

He also said, let's not break it apart. Let's use those words as concepts for the framework of a discussion. But then in the end, your spiritual health and your physical health are integrally intertwined. So, there's no difference. I think that's really important. If I were to kick you in the shin and it hurt, you're going to go, oh, well, mentally I'm like, that hurt. I probably will say, why did he do that? He shouldn't have done that. And then you go back home, and you're like, wait a second, why did Tom do that to me? What's wrong with me? Because usually our default mechanism goes to what's wrong with me, not, why does this hole kick me in the leg? The problem is that the physical event sparks a cascade, and mental and emotional events can cause physical symptoms just the same. And then the other part that he told us, I think that's so important for healing from trauma, healing from Lyme disease, and just living a better life is that the body has a self-healing, self-regulatory mechanism. This self-healing mechanism means that everything we do should be in the service of catalyzing your body healing itself. So, if I were to give medicine or botanical, or even do a bioenergetic treatment, I'm using it to catalyze self-healing and empower

your body to heal itself. But I'm not healing just your body. I'm healing the entirety of you through that triune nature.

That's what I love so much about the way we approach medicine these days. I think the people who fail at treating chronic Lyme disease often only focus on trying to kill the bug, which is a very conventional Western way to do it. When we look at someone as this complete unit of body, mind, and spirit, and this ability to catalyze healing and support them, but not take over healing for them, then we really can empower that person, body, mind, and spirit to do this. So, in the end, we're actually getting them back on track to live their best life, whether or not they still have Lyme or not. What I find is that when people heal and they bring that completeness together. It's so much easier to get rid of the Lyme. One of the things that I love telling people, and sometimes I think they think I'm insane, is I ask them, have they loved their Lyme today? Or have they loved their mold? Have they loved their Bartonella infection? Or have you loved the fact that someone did something to you that was not appropriate back in the day? And I'm not saying that you have to like it, I'm not saying that you deserve it, and I'm not saying it's right, but I know that if I take my favorite politician, or my least favorite politician, and I send them some venom, and I hate on it, it constricts. And if I send them love, it expands.

If my opinion of Lyme or a politician or of Mold is that I hate it, one little iota of that energy gets to its intended target, and almost all of it is focused internally on me, and I constrict around something. So, if I can love something, which is an expansive, open healing power, I create a pathway in my body for it to release more easily. And again, it's like the saying about your family. You can't pick your family and you have to love them. You don't have to like all of them. But it's like, I try to really lead with love because it's this openness that allows the energetic pathways to more freedom for these things to release, and because it's about me, right? It's my story and I just want to make sure that I optimize my healing. It's so interesting. One of the easiest ways to improve immune function, improve your sleep, which improves your brain detoxification, which brings down body-wide inflammation and all the things we've been talking about we would like, it's just a little bit of gratitude. If we practice gratitude in the hardest places, as well as the easiest places, then we can open up and support our immune system in optimally functioning, which ultimately, by loving these things we don't want, we get rid of them more quickly.

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Dr. Wendy Myers

Tell us about the role that NES Health plays or Energy for Life, as it's now called, this is a bioenergetic program. What role does that play in how you address Lyme with your patients?

Dr. Tom Moorcroft

I love this so much because when we do these voice scans or the hand scan, if you happen to do it in person, it really looks at how energy is traveling through your body. It looks at where you may or may not be depleted. And I tell my patients too, a lot of times they're like, they see something like gratitude, and they're like, and it's a high need, and they're like, wow, man, I am very grateful, and I'm like, yeah, but you might be spending a lot of energy to be grateful. So this energy for, like, voice skin is, in my mind is scanning the frequency of your body and combining some of the modern bioenergetics with traditional Chinese medicine and looking at it in a way that just says, how can we optimize the way your body communicates with each different area of itself and works as a totality? Again, when I scan and I find where maybe there's some energetic needs and I might give someone the treatment they call emphaceuticals, like with the little salt water with all these wonderful frequencies put in. It's about catalyzing improved communication, improved energy flow, as well as putting energy back in the body.

What I love about it is when my patients do it, I'd say 99.9 percent of people are like, I just counted to 10 on an online recording, this can't work. Then they go, oh my God, it's me to a T. How did you figure that out? And, and when you give them the emphaceuticals or some of the other ways that we can imprint vibration into people,

it is this foundation of opening up the body very much like I was saying with love. But they don't have to do anything except take a drink of a couple of drops of salt water, a few different formulas once a day. And they're like, wait, how's this all happening? It's just this amazing piece to start. To me it looks at the connectivity of the human body, both with itself and its environment around it. So, all the goals that I'm trying to do through all the different programs we do and the mindset work and talking about love and meditation and getting them the herbs they need.

One of the things I love about botanicals, Wendy, too, is that not only are you getting this whole plant that has many different constituents that are all positive in your body but it's also another connection back to the planet. A lot of people who are traumatized, whether it's from Lyme or an adverse childhood effect, or even the pandemic, it's a dissociation and a lack of connection that keeps us stuck in that, and we want to reconnect to these things that allow the energy to flow. Plants allow me to reconnect to the planet, even if I'm not an outdoors person, and the bioenergetics allow me to not only reconnect with the flow of energy in my body but to the universe around us and reconnect with life. It was really interesting at the recent Zenergy conference where we were talking about all the research into this. There are literally researchers who are doing work with Joe Dispenza and finding out that, like, if you meditate for a period of time, you can be more resilient against COVID. And if you put the virus in it, the white cells will block them from going in just by meditating.

They're doing the same work on the pharmaceuticals with energy for life and finding that they can improve ATP in the heart cells. They can decrease the side effects of stress. It's really interesting that frequency helps, and that's why I think it's so cool. Part of the frequency of where I said love, if we talk about that frequency versus hate, we know that Dr. Emoto did that work with all the water, where he just put a little label on a bottle, and one could say love, one could say hate, one could say one of the preeminent religious figures, because he's done it with multiple different ones throughout time or Satan or Hitler. The positive ones have these beautiful structures when you drop water onto an ultra-free, frozen plate that would freeze it. You see this beautiful architecture. You'd see organized structure of water and you saw chaotic and disorganized structure for all what most people would agree is as a negative term.

We also know they have that research where if a plant's growing and you play it thrash metal versus classical, they grow differently. When we're in that frequency that resonates more with life, that's really where we see that we're catalyzing that healing deep in the human body and reconnecting it. I think that that's what the NES, as it used to be called in the now Energy for Life scans are all about. It's really getting to reconnecting you in those areas.

Dr. Wendy Myers

Bioenergetics is so amazing. I love using bioenergetics personally, and that's what I reach for first, frankly, whenever I'm trying to address any issue that I'm having or my family. We've put 5,000 people through this NES program and doing NES scans and it's unbelievable how this program works. Part of that magic is scanning for and identifying your emotional trauma and releasing that in a very elegant, simple, inexpensive way that you can do anywhere in the world. On that same line of thought of bioenergetics and using that to address Lyme, have you used Rife or any other modality like that? What is your opinion on Rife, which is a plasma light frequency that can be used to kill pathogens

Dr. Tom Moorcroft

I don't use a whole bunch of it myself. I have a huge selection bias in my population, meaning people who seek me out have failed those treatments. I remember back in the day, I said, Teasel Root, all the Connecticut, when I first got started and I was in Connecticut, and all the naturopaths loved using Teasel Root. People were like, well, does Teasel work for Lyme? I'm like, well, there's a little bit of evidence it might work, but everybody I see either gets way worse or they just don't get better. The naturopaths were effective at hitting like 95 percent of their patients and there's only a really small subset of people and they just toss them into my practice. So, I know that a lot of these work. I know actually a lot of people who have found Rife working really well for things like cancer, EBV, and these tick-borne illnesses. Again, I happen to not see a lot of them because people are coming in saying I'm doctor 8 or 12 or 25 in their list of people to see, but the stories of people I see who gets the right machine, which I think is huge, you probably know more about that than I do, but

getting the right machine and getting the right frequencies and utilizing them in the proper way, I've seen really amazing results for people.

One of the other things I think NES for me is, it works for almost everybody, not everybody right away. Well, I think it works, but you don't always see the result right away. I also think that some of my people who start with Rife before, say, they've done the NES, or they've had a huge bacterial load and they might need some other things first or concurrently. You see four or five months later, or maybe a year later, that the work that they did before actually was effective, but they just had so much toxicity we couldn't tell. So, I really like to start and most of my people hate this because I'm like, you have to start with what you can do, and let's work on those trauma layers. That's where the NES Energy for lifestyle is so good. They don't have to go through and relive it, and they don't have to do a lot. They just have to say, hey I'm going to commit to drinking a cup of water a day with the treatments in it. I love the frequency.

I think Rife works very similar to a lot of these things like homeopathy, love, gratitude or the opposites of those two words, in that if we can and especially if you can target the frequency of the organism to disrupt it in a way that either could potentially directly kill it, or at least remind the body that that's not them, that's one of the big things I think frequency can do. Part of it is knowing which one and what frequency to use and what device. I know that you do a lot of work with that too. I think a lot of times when people ask me for more specifics, I refer them to your work, but I've certainly seen amazing results with it.

Dr. Wendy Myers

I love NES also, or Energy for Life, as it's called now, because it really brings the immune system online, essentially feeding it new operating instructions so that when you're there, you're then more able to innately address infections like Lyme. Your immune system just gets a boost way more than you're taking vitamin D or zinc. That might be helpful, but NES actually will feed new operating instructions that your immune system works how it's supposed to work. I think there's a lot of things working against our immune system today.

Dr. Tom Moorcroft

I totally agree because of the things that I see with it. I remember my daughter was flying and was planning to go visit after we moved out to Utah. I was planning to go back and see her friend for her 11th or 12th birthday. It was our neighbor from the neighborhood and she was dying to see her again. It was this big thing. They planned this huge trip. My wife and my daughter were going to go out, and the weather was so crappy in Connecticut, they cancelled the flight. She was gutted. So, a couple days later, my wife went out there to do some work and visit some family, but the birthday party had passed. My daughter was completely bummed for the last 3-4 days. We go over to Harry Massey's place, because Harry's the guy who started Energy for Life. We did a scan and it showed all the background stuff that's her as a person that she's just working on normally. But there was this huge thing about guilt and loss that came up, this acute trauma. It was crazy because my daughter could see it and saw that what had happened in her life was picked up by this bioenergetic voice scan. We were able to take the emphaceuticals that helped her in the acute phase work through that and not have it become like a lifelong trauma.

Now she uses it all the time. Anything goes on. She's like, all right, I'm on my emphaceuticals. I'm feeling good. I might take a break for a little while. Oh, I feel like I'm not optimal. I'm not at that highest level or something happened socially, which in 2024, the social pressures of it can't compare to when I was a kid. We're just like, it's insane and she uses it to get insight. So, sometimes she'll do some of the treatments, the emphaceuticals, but other times it just allows her to know what she's feeling inside. We have scientific evidence that that's what she's going through. She could do a scan today because something happened and then she might go do a meditation or we might do hypnosis or she'll journal. If she's feeling better in like a week, we'll rescan her to see where it went. And if that's good, great. If not, then we have our emphaceuticals that we can add in, depending upon the severity. So, it's really an amazing tool for both acute and chronic stuff, and it gives you insight.

One of the things I think my patients do is they lose hope in their body. They feel like they're betrayed by their own body. And I'm like, your body's never betraying you. It is always doing the best it can. Now its best may not be what you want, and it might be stuck and need its help, but when you have an Energy for Life voice scan that says, hey, you're actually feeling this. This is what you're feeling here. This is actually going on, and you have different avenues to support yourself through that. It's such an

empowering tool. I really enjoy doing that. When you look at all the people who get stuck, they label themselves. This is one of the best. It was such a gift for me. When I was sick, I didn't know I had Lyme and Babesia until I was already two years into getting better, that is until somebody figured it out. I had these symptoms, but no good label for it, whereas if you're a Lyme or a moldy, which is so common in the patient population, I talk about like, don't label yourself that way. Say that I have Lyme disease in my body. I have mold and we're working on it, but when you label yourself that way, it becomes more of who you are.

So, like for my daughter, if she were to come home and just go, I'm depressed. It's a very different thing to change that around and say, I feel depressed today or I have a depressed mood right now. I'm feeling like crap. Whereas if you say I'm depressed, then you put on the cloak and wear the costume of a depressed person or wear the costume of a Lyme person. We don't want that because again it's almost like focusing on what I don't want rather than sending it love and focusing on the life and the passion I want. I find that the voice scan helps so much with that. Even people with Rife when they go and they're like, hey, I wasn't sure if Lyme Bartonella is still there or EBV or whatever. They run through different frequencies and find it's the Bartonella. I think the Lyme's not there. It's so nice for them to go, I react to one thing, I don't react to the other. So, they see they're making progress. A lot of the bioenergetics not only do a huge amount of foundational healing, boost the immune system, optimize the energy, like you were saying, but it also gives people a deeper insight into what they're actually feeling and what they're experiencing is real and it also gives them hope in a way that taking an antibiotic just can't.

Dr. Wendy Myers

Yeah, absolutely. I know there has to be a multifaceted approach to addressing Lyme and there's not a quick fix here. I know what antibiotics can do. My understanding is that if you do antibiotics right in the beginning, like right after you had the bull's eye rash, if you're lucky enough to even get that as a sign that you've contracted Lyme, that the antibiotics can work if they're given right away. But many people don't get a diagnosis quickly enough.

Dr. Tom Moorcroft

That's exactly what I do. If I get somebody early, if they get a tick bite and no symptoms, I try to offer them botanical or botanical and antibiotic prevention or prophylaxis. If I get somebody early, I've actually gone from just giving them like 10, 15 years ago. Most of us, even a lot of the naturopaths on the East Coast I know would be like, get antibiotics and pound it. We'll get the appropriate antibiotic, because some of the infections that are carried in this deer tick or other ticks, if you get bitten, can actually be life-threatening acutely. So, the antibiotics we know work, but I've been combining a lot of the herbals so that we can prevent persistence right from the get go. And then I get them on a short course of antibiotics. I put them on those botanicals for a longer period of time to make sure they're safe, and then on the other side is like chronically. You combine all of it. I think like the approach that we've talked about today and also in other conversations we have, it is so important to work on the fundamentals. I find that everybody wants to pound on these damn infections. They heard the word detox and they are like, I do my NAC, my R-lipoic acid, and my glutathione. I'm like, well, if you're not pooping, and you're not hydrating, and you're not absorbing the water, and you're not sleeping, none of that stuff is really going to work.

It'll work a little, but it's that foundational piece, and there are anxieties and the trauma of everyday life. It's like, again, going back to, it's a negative energy that was flowing, but it got stuck. Let's just get it unstuck and let it finish working its way through the body, because positive and negative are just charges, but it's stuck. That's the problem. I've never seen anybody get stuck in too much joy. I'm sure it's possible. But, it's just the fact that, because by definition the positive, what we call positive emotions and energies, are the feeling of movement. If you feel something that you don't like, just feel it, but let it move. That's what these bioenergetics do, because these organisms, Lyme in particular, are very opportunistic. When I got Lyme, I had a busted-up knee and shoulder from sports injuries. Now, did it go to a lot of other joints and a lot of other fascia and muscles? Yeah, but it really loved my right knee, my right hip, and my right shoulder for my hockey injuries and my mountain biking crashes. It was loving it. So, wherever I have a compromised area, that's where Lyme tends to have the most negative impact, and then it spreads out from there.

If I have trapped energy that's other than physical, the same phenomena has been observed in our clinical practice that that's what happens. So anything that can

allow that energy to move is good. When you're talking about frequency, it's the simplest way to do it. And for me, I get people breathing. I get them focusing on something that they love. They have a little gratitude, which makes them parasympathetic a little bit more today than yesterday. And then they start to relax a little more, and they can get into this state where they improve their heart rate variability, and they improve their immune function or increase their resilience to stress, or the negative impacts of stress. They improve their resilience to these infections, all just by allowing the energy to move.

Sometimes it's hard when you don't feel it. I remember I didn't know how I was going to get up out of bed most mornings. When you're really feeling beat down, stuff like the Energy for Life scan and the emphaceutical frequency treatment or a rife can be something that can actually work. You have to do a little, but you don't have to do a ton, and it can just allow it to melt away and get you that extra energy to be able to do the breathwork practice or to even sit down and do a gratitude journal. I find that our chronic people need to start small with these small little wins.

It's really like investing. I think you said it so well, Wendy. It's not a quick fix. I've seen one person in the last 15 years where I treated him for a month and he was better from five years of symptoms. So it's possible, but for the vast majority of people, it's a journey. It's like investing. If you put a little bit in every week, every month, over time, it's compound interest and you get momentum. That's really what people need to do, because half the time, doing a big step, they don't even have the energy to do. So start small, gain those momentums, take those small wins and continue to get this long term momentum. That's the way to do it. So

Ads 00:45:10

This episode is brought to you today by Purity Woods Skin Care. If you care about your health and longevity, which let's face it, if you are listening to this show right now you probably do, then I assume you know to watch what you eat, get plenty of exercise and prioritize sleep. But where I noticed many of my health-conscious peers can drop the ball so to speak is when it comes to their personal care products. Truly folks, we all need to be reading the ingredients list on any product that we are putting on our skin and absorbs directly into our bloodstream. But, how often do you

buy skin care products because they're labelled as clean or organic or they have organic in the name of the product or they say paraben-free only to find out that there's a ton of toxic ingredients in them that are damaging to your skin, body, and hormones?

Why is it so hard to find skin care products that are truly 100% USDA organic certified? That's why I use and recommend Purity Woods Skin Care. Purity Woods' mission is to provide people with the cleanest and most effective healthy aging and longevity products available. All of their products are USDA certified organic non-GMO, free of anything artificial, free of toxic preservatives and additives like pesticides, chemical fertilizers, dyes, parabens, and of course, it's cruelty-free and never tested on animals. Purity Woods' best-selling products the age-defying Dream Cream has been flying off the shelves for a reason. This formulation includes red maple leaf extracts along with collagen-boosting ingredients like organic mango seed butter, organic gooseberry, which if you don't know is the most antioxidant-rich food on earth. As you know, I am a big research geek and in recent years, there has been some generally fascinating science coming out of the University of Rhode Island about red maple leaf extract for the skin.

So, this little-known skin care ingredient has been shown to block the breakdown of elastin, the key protein in your skin that allows it to stretch and remain firm. Some researchers are even calling this ingredient a potential plant-based Botox so to speak. So, if you are ready to detox your skin routine of all those hormone-disrupting synthetic chemicals that plague 99% of the skin care industry but you don't want to compromise on the results, I highly recommend that you try out Purity Woods age-defying Dream Cream. If you do not agree that that is the best skin care you've ever used, your purchase is protected by their really generous 60-day happiness guarantee. But honestly, I've never seen a skin care product of this quality at this reasonable price point. Thankfully, the good people at Purity Woods have a special discount code specifically for my listeners. You can try yourself, for 27% off today, just go to puritywoods.com/wendy or enter Wendy at check out

Dr. Wendy Myers

How can people work with you? Do you work online, over Zoom, doing telemedicine?

Dr. Tom Moorcroft

Yeah, we do pretty much, almost exclusively telemedicine at this point. So, if anyone's interested in learning what we do, they can reach out and learn more at originsofhealth.com. We have a little button there if you want to apply and talk to us about your case more specifically. If we can help you in your case, we have that. For consumers, we have the Samara method in which we boiled down everything that I learned through my own healing journey and a lot of the stuff we've been talking about. We even include our Energy for Life voice scans in it to help people get going, but it's that mindset and heart set. Rather than making it really complicated, we try to make it really simple and stepwise because that's the way I healed and the people in my practice who get better.

If any practitioners are interested, we also have the Lyme disease practitioner certification program, where I try to teach practitioners how to do less harm to people by early diagnosis and early treatment. If they're working with chronic people, how do we layer conventional approaches with this botanical and energy work? And then, crazy thing, I actually almost require or rather ask very strongly and promote practitioners taking care of themselves and leading by example. I think we should all walk in as the healthiest body, mind, and spirit person in the room every day. I don't succeed every day, but I try my best and I get there a lot of days. We're beacons of hope. Whether we're a practitioner, whether we're a parent of a kid who's suffering, whether our partner's suffering or maybe we just want to live a better life, the best way you can influence other people is to radiate this light of love from yourself and lead by example. So yeah, they're the three programs and ways people can work with us. Thanks so much for letting me share that.

Dr. Wendy Myers

I just love your work. I think there are so many people that have endured enough Lyme, chronic fatigue or fibromyalgia and the doctor hasn't dug deep enough to figure out what's the true underlying root cause of their illness. That's why I really implore people that are dealing with mystery illness to seek you out and figure out really what's the underlying root cause of what's going on. Well, Tom, thank you so much for coming on the show. Everyone, I'm Dr. Wendy Myers. Thanks for tuning in

every week where I bring you experts on this program from around the world to help you upgrade your health and give you those missing pieces of the puzzle that you need, those insights that you need to reach your health goals. Thanks so much for tuning in.

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