



#590 Resolve Sciatic Pain: 3 Top Causes and Their Solutions with Dr. Michael Rankin Jr.

Dr. Wendy Myers

Hello, I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast. On this show, we talk about everything related to chemical and heavy-metal toxicity and the health issues caused by toxins. We also talk about anti-aging. One of my favorite topics is bioenergetics, but today we're gonna be talking about pain and specifically sciatic pain, the top underlying root causes of pain, how to address it successfully using a bioenergetic device, and other tips and tricks as well. I know so many people out there are suffering from pain, and we have such good information given today by Dr. Michael Rankin Jr. He's someone that I've personally consulted with several times. He's worked on my lower back pain that I don't have anymore, thankfully. There are a lot of things that people try unsuccessfully to address their pain, and I've been on that hamster wheel, going to different doctors, doing cortisone shots, taking pain medicine, going to physical therapists, going to chiropractors, getting massages, and all these different things.

It can be extremely frustrating and leave people despondent, especially if they're in chronic unremitting pain or constantly happening to be on pain meds, which harm their body, dull their senses and joy in life, and cause addictions. So, this show is for you if any of that resonates with you. Our guest today is Dr. Michael Rankin Jr. He has a clinic in St. Louis, Missouri, specializing in severe long-term chronic pain like trigeminal neuralgia, sciatica, arthritis, spinal injuries, as well as serious food and inhalant allergies, various autoimmune issues, and autism. They also do job injuries

as well. His practice brings in people from all over the country and all over the world as well. Dr. Michael Rankin Jr began working in health with his father to run his cancer and chronic illness clinic. Michael has 200 hours of training with ECIM. It's the Academy of Comprehensive Integrated Medicine, founded by Dr. Lee Cowden, who is Dr. Cola's personal doctor.

Michael has studied extensively in energetic muscle testing in various forms. He's certified in assisted lymphatic therapy using photon sound beam radios. He also uses an equiscope and several different deep cellular detox modalities, such as laser energetic detox developed by Dr. Lee Cowden. He has a whole arsenal of different bioenergetic modalities that he uses, which is why I love his practice. You can learn more about Michael Rankin and his work at painfreelifelc.com. Michael, thanks so much for coming on the show.

Michael Rankin Jr

Thank you for having me. It's always so much fun.

Dr. Wendy Myers

You're an expert on pain, and your whole practice in your clinic is focused on working with people with pain. So, what are the top three causes of pain?

Michael Rankin Jr

A majority of it for sure but I see pretty much everything that comes in the office. Over the years, I really like doing that most of the time because it's really fun as somebody walks in with pain for 10, 20 years. The longest I ever had was 61 years and we got rid of it in an hour for arthritis. It is just something that I've found I really like a lot. And so, I've moved forward and am getting pretty good at it. A lot of my businesses are from that, and they come in from literally all over the place. In the last three weeks, I've had Montana, South Dakota, New Jersey and a Florida person, like literally in just the last three weeks. So, it's pretty cool. Three causes are typically and then this is my world. This is what I see the very most often. It is either a physical injury, obviously, or it could be. And then with physical injuries comes blocks of

energy, which blocks oxygen, creates swelling, muscles and things like that, and tightens tendons. That's a pretty big deal.

I'll put water in with nutrients. Sometimes it's a nutritional issue. Sometimes they've got an allergy to something they may not even know that they have. Just because you don't break out in hives or you get an anaphylactic reaction doesn't mean that you're not having an allergic stress response to something. And so that's more common than people think. That's one cause and then a lack of water. Again, I'm lumping water and nutrition together here, but I would say that those are the ones that get overlooked the most by not only the person themselves who's having the pain issue, but any kind of medical doctor, who I should say, has only gone through Western medical training. All they know to do is drugs and so that doesn't fix that very often.

I've had people literally with like one guy had a throbbing leg pain for some reason. I find out that he is drinking like 16 ounces of water a day, and this guy's like 220, probably six four. It was like a head-smacking moment for me. I said, listen, either start drinking an appropriate amount of water for yourself, which is in the neighborhood of half your healthy body weight in ounces of water, right? I mean, good water, not tap water or up to even three quarters, but sometimes that even gets a little too much for people and then it just becomes a diuretic. I told this guy, either by your next appointment, over this next week, I want you to show me how many liters of water you're drinking every day, and it better be at least three to four or don't call me anymore because I'm not allergic to money and people coming into my office, but I'm not gonna have you come in and you don't get the success because you're drinking the amount of water that a four day old infant would need.

It's like a mechanical slash injury. You've got diet allergy, stress responses, and lack of water because your muscles will shrink and that starts to pull on things and that's just not the way your body's supposed to work. And then there's an emotional connection, which a lot of people have, myself included. When I started running my dad's clinic about 10 years ago, he would tell me all the time that, oh, this problem is emotional, oh, this cancer stems from an emotional issue or depression, which obviously you can most of the time chalked out up to an emotional issue. But when it comes to things like Epstein-Barr, that's a virus, why would emotional release work

make that pain go away from that disease? And to be clear, we don't treat any specific diseases in my clinic or my dad's office. We don't diagnose anything.

People that come to me usually have not so much anymore, but for a long, I've been doing this in my own office for about seven years now, maybe give or take a few months. And then I started running my dad's clinic about 10 years ago. So, I have seen with my own eyes, like hundreds and hundreds and hundreds of people both in his and my office where oftentimes naturopaths and other natural health practitioners will be the end of the road for people if they haven't already gone through the medical system, like the Western medical system and it's failed them. We do get a ton of those, although I am so happy to report that, and I'm sure, Wendy, you've gotta see this too. There has been a massive change, a massive shift in people starting with Western medicine and then that being the last resort. All these people, especially the ones with the pain, I should say, and not all, a lot of them don't wanna be on these drugs at all.

They know what they do to the liver, pancreas, and lungs. It wreaks havoc on your body, and most of them have 20 to 50 side effects, as opposed to, hey, what's your AC acid level in your body? Oh, my gosh. It's way out there. Take a set of baking baths and let's see if that helps it. That happened years ago with one of my dad's cancer patients that I thought was really cool. She was a medical doctor, which from a natural health practitioner standpoint, I remember my dad calling me one day and he goes, hey, did you know this woman is a physician? And I go, no, I didn't. He goes, it's worse. She's a surgeon. He's like, they're such a pain in the butt because they're always trying to second guess and control everything, but that's not what they've studied when it comes to cancer treatment.

This woman had liver cancer and it had spread to a bunch of different places and she was in bone crushing excruciating pain, and so much so that she was ready to call hospice and end her life. So, we did some tests. I overnighted some testing materials. My dad had done a quick test on this lady and found out that she was just wildly acidic and really low on minerals and stuff like that, magnesium in particular. This is like a 10 out of 10 pain. She truly told her husband and he relayed this to me that she was about to call in hospice within a day or two and she's a physician. She knows that they just medicate you out of this earth. She just couldn't do it anymore

after a year. He told her because it was late at night, he is gonna tell her to finish up their conversation tomorrow because they're about to have a two-hour conversation.

And he goes, tonight I want you to take four cups of baking soda to lower your acidic rate and then four cups of Epsom salt, which is basically magnesium. Get that in one of the hottest as you can stir up real good. Sit in there for 20 or 30 minutes and I bet your pain goes down a lot. And sure enough it did. It was cut in half. She was very, very wealthy. She probably did a million dollars a month in her practice. She was a very well-known facial surgeon, like reconstructive from accidents and things like that. She couldn't work anymore. She was Dr. Hopkins from Sloan Kettering and MD Anderson, and they weren't able to help her. Not one of the probably 20 doctors that she had been dealing with checked her acidity levels in her body, which, if people don't out there know, that's super important because it does so many different things.

It jacks up your liver. It jacks up your pancreas and digestive system in a big way. It will stop you from absorbing if it gets too high out of the normal range, either too low or too high, but especially too high. There's a list of minerals, I think it's like 55 or 60 different minerals and things like that, that if you remove one from a human body, they will die pretty rapidly. So you need all these vitamins and minerals, and if you are not, you can take them all day long. I know people will spend hundreds, sometimes a thousand dollars a month on supplements, but they won't ever check their pH. They'll get into my office and I'm like, oh my gosh, your pH is at like a seven, five, and it can't stay that way for very long or you'll start to develop cancer that's almost guaranteed.

But then, we'll start to manage their acidity level and all of a sudden things like symptoms start to drop off the table because now they're in that window where they can absorb everything. Interestingly, iodine is one that if you're not in this little baby window here, it's like the shortest range of acidity on my chart, then you won't really absorb it. You'll absorb some of course, but you won't get what you really need out of it. Iodine is absolutely crucial to so many things in the body, and they've bred out of the food pretty good.

ADS 13:29

If you're taking protein powder, you need to stop and listen to this. The Clean Label Project recently tested 160 of the top selling protein powders in the US. They tested 83% of the market, which is 70 different brands and 40% of the products tested exceeded Prop 65 safety thresholds for lead. 21% had more than two times the Prop 65 safety thresholds for other heavy metals and toxins. 65% of chocolate protein powders tested over the Prop 65 safety thresholds, and 77% of plant-based protein powders tested above these thresholds as well. That's definitely not what you want from products that are supposed to support your health particularly. It's something that you're consuming daily.

What the study found was that Puori PW1 protein powder was awarded the number one cleanest protein powder out of 130 different brands. The choice is clear. That's why I love Puori's PW1 Wave protein powder. Every batch is third-party tested against 200 plus contaminants. They don't sell any product unless it passes these tests, and they make all of their third-party tests available via a QR code. You can scan this QR code and see exactly what is in this product and what this batch tested for. No other brand is doing that because they won't pass the test. Each serving gives you 21 grams of minimally-processed, clean, high quality whey protein powder from pasture-raised cows milk. So, no hormones, no GMOs, no pesticides, nothing to worry about. I personally love the bourbon vanilla flavor. You get real vanilla seeds from bourbon, vanilla from Madagascar, which is known as the best vanilla in the world. It's high quality. It tastes amazing. Even my daughter mentioned how she loves the vanilla flavor in it.

I worked with Puori on an amazing deal for you. You can get 20% off, or if you choose the already discounted subscription, you get almost a third off the price. But you're only gonna get this deal if you visit my exclusive link at puori.com/wendy and use coupon code Wendy. That's P-u-o-r-i.com/w-e-n-d-y, and just use my code, Wendy, to get 20% off this amazing deal of the highest quality whey protein powder that's been tested for 200 plus contaminants. You can bet this for quality. This is my

number one recommendation for protein powder because the results are in. Puori is the number one cleanest testing protein powder on the market.

Dr. Wendy Myers

Most people are iodine deficient, unless you're eating fish every day or even then, you're just not getting it. It's not on the food.

Michael Rankin Jr

I read a study a few months ago, we're like 50% as a society, at least in this country. It was a United States study, but we were 40% less than we had 50 years ago.

Dr. Wendy Myers

That's crazy and that's the case with so many minerals. The macro minerals we need, like magnesium, selenium, calcium and zinc and things like that, you're gonna be eating handfuls of that for sure. These are just so basic and foundational, largely overlooked. It's great to do all these different protocols for pain and things like that, but you gotta get down to the basics for sure. Let's talk about some of the emotional causes of pain, because I think this is something that people just don't ever think about. Certainly there's no conversation at all about that at the doctor's office, and that it's such a huge, like never, never, and especially if someone has a pain syndrome, it's childhood trauma or emotional trauma.

Michael Rankin Jr

When somebody comes into my office, literally almost the first question usually outta my mouth other than maybe what's your diet like or water? I may have talked to them a little bit before on the phone as there was something up with their appointment. But literally, my first question will be, was there an injury? Were you in an accident? Did you get hurt somehow? Or did you just wake up one day and your legs were hurting? And if it's some mechanical issue, sir, you can just go after that. If they just woke up one day and all of a sudden, they've got this very disturbing pain for no apparent reason, there's no changes in their life or so they think, and if they tell me, nope, I just woke up and started hurting one day. I ask, okay, well how long ago was that? Let's see, it was about three or four months ago. It could have been a year

ago, whatever. And so, I'll say, okay, so what changed in your life at that time because something did, right?

Your body doesn't just start to hurt sometimes. That's just not how it works. Not because you're young and growing, not because you're old, oh, I'm 65, and so things hurt. That's not right. That shouldn't be like that. I know plenty of people. My dad's 74 years old. The guy is strongest like an ox, riding the horses and almost never has any kind of pain in his body. And if he knows that it does, he hurts himself sometimes, but most of the time it's something that he's overly thinking about or he might be concerned about, things like that. So when I go back and say, okay, what changed in your life? Was it a diet thing? No. Was it a water intake level? And I've already figured out that they've got an appropriate water intake level for themselves. If it's not those things and it's not an injury, well it's probably emotional. Then it comes to looking at where it hurts, and when did it start?

Oh, this is kind of off the subject of pain, but it's very telling for emotional impacts and changing your physicality in life. Many years ago, I knew this young lady who had come in for, I don't remember what, I think we were working on her brain or something. She had had a migraine maybe. I got rid of her headache in like 10 minutes and then I was like, is there anything else that you need to work on while you're here? It's an hour-long appointment. I'm not scooping you out the door in 10 minutes. And she shared with me that you know what? I've been getting UTIs, urinary tract infections very regularly for the last six months. I go through my usual, what diet change was, how much water are you drinking, just these kinds of things. And finally I go, what changed in your life? I made her put a timeline on it and it came back in mid-January. And I go, what different happened in mid-January?

She sat there for a minute and then it landed on her. She goes, oh my gosh, my boyfriend moved in with me. And I was like, oh, okay. She lived as a single person before this, right? I know this guy. He is a very, very nice guy, but if I had to describe, he's a little overbearing, and so I was like, oh, that's it. It hit her right then. I gave her some health tonic and stuff to take to clean out any remaining infection. But as soon as she came to that conclusion and had a talk with him, that she needed some space, she's a very, very independent young lady. He started giving her the space. She stopped getting UTIs. That emotional stuff is tied in way more than people think.

What I'm talking about now is like Chinese medicine stuff that we've been aware of for many thousands of years. This isn't some tree hug or stuff that somebody came up with like 10 years ago.

For instance, if they've got some liver pain or even liver cancer or some issue there, or it's just not working right, when that puts some pain in your body, oftentimes that's anger. In Chinese medicine, we know the liver will trap anger. If you're getting sciatic pain, for instance, that's a really cool one because it's so often tied to emotional stuff that I'd say it's almost 30 to 40%. That's conservative. So, that's one of those things that God has given me like intuition and skill level to address. I have literally never failed on sciatic pain before. Sometimes it's taken a few sessions, but the vast majority of the time I'm talking like 80 to 85%, I can get it gone in an hour and then it's just building it up, so it'll stay there.

I have a perfect example of how it can be physical and then we were just talking about emotions. A dear friend of mine, I've known her for over 35 years. We went to high school together and I had just opened my office for maybe two or three weeks. None of my friends really knew exactly what I was doing per se. My close friends did, and she knew some of it. She had Dr. Hop and spent like \$6,000 inside of a week going to these spas, these masseuses, these reiki people. She went to four or five different chiropractors, medical doctors who all wanted to give her drugs and she's not about that. So, she comes in finally. She goes, oh, hey, I know you've got this thing now, and I just saw this video of you fixing somebody's back pain. Do you think you can have me with sciatic pain? I go, you know what? A friend of mine, another equiscope practitioner, had just given me this sciatic protocol, which I don't even know if I had tried out yet to tell you the truth. And so she comes in, I get rid of it, and in literally like I don't know, eight or 10 minutes.

We were able to solve the issue that way. And then she leaves and I always check up, especially since she's a very good friend of mine. I'll check up on people after a couple, three days, four days, making sure everything's still good. And then I might check in a week or two later because I personally like to track how these things stay good. I want to know so I can better inform people. So about eight or 10 months later, she calls me at like 10 o'clock at night and she's like, oh my gosh, I don't know what your schedule's like tomorrow, but please, for the love of God, you've got to get me

into your office. I'll come as early as you need. I'll come as late as you need. I don't care. I am in so much pain right now. It's like nine out of 10 in that sciatic area. And I was like, well, did you fall or get hurt or something? And she goes, no, it just started like a few hours ago. I go like what?

Then it occurred to me that she was in a marriage that was starting to decline. I just said, hey, did you by chance get into a fight with your husband today? She's like, oh my God, like four hours ago, and that's right when it started. I was like, well, okay, just come on in but that's your problem. Come in tomorrow morning, but here's something fun, that same scenario, because she wasn't gonna be able to sleep. She was really hurting, and has a very high pressure job. She's got four kids. Two or three at that time were still in the house. I'm like, what do you have a laser pointer? She sends her husband out to Walgreens to get some laser pointers. I think it was a little cat toy. I sent her some acupuncture points to where she could take a laser and stimulate those points.

We brought it from a nine down to a one and a half or a two. It was almost barely bothering her at this point. She could certainly go to sleep and get into the office tomorrow where we could get rid of the rest of it. Wendy, I could speed talk for like a day, like a 24 hour day because I've seen this so many times and still do to this day. In the beginning, I didn't believe that emotions had that big of a play in the human body. I just couldn't buy it. Even though my dad, who I trust implicitly and is one of the best doctors I know, he just knows so much more, it was just so hard for me to understand. I had never heard anything like that before, except for him a few times over like a 10-year period when he'd be talking about a certain patient. But once I started seeing this with my own two eyes and I would call and talk to these people, I wanted to hear it for myself. Once I started to realize that it became such a big part of figuring out the root cause of something. Until you do that, you're for lack of a better term, peeing in the wind.

Dr. Wendy Myers

Speaking to that, I think it's very easy to discount that emotions can cause physical health issues. I think people can be in denial for many, many years and that just never occurs to them. But, there's lots of research behind this. Professor Bessel

VanDerKolk wrote a book called *The Body Keeps a Score*, and that's a great book from 40 years of research. There's the *Emotion Code* and the *Body Code* by Dr. Bradley Nelson. So, check those out if maybe you're skeptical and you can get some great answers there too.

Michael Rankin Jr

You are right. From German New Medicine, it's RYKE, last name H-A-M-E-R. He was really one of the early pioneers of that too. Oh, and there's a great book. Hold on, I got it. This book right here is fantastic. It's almost everything you can imagine, but from an emotional standpoint. Mm-hmm. So when I have people coming here

Dr. Wendy Myers

What is the name of that?

Michael Rankin Jr

It's called the *Complete Dictionary of Ailments and Diseases*. And for your listeners, when I first bought this book, it was like \$35. I was referencing it so much that I went and I got another copy for my house, and then I had to pay \$70 for it. And that was like a year later. Now they're selling that book for like 140 bucks on Amazon. I've seen it a little bit cheaper on eBay but a friend of mine has a book from the same author. That one's called a *Complete Dictionary of Ailments and Diseases*. The copy that she brought to my office so we could compare them is called the *Encyclopedia of Ailments and Diseases*. It's the same author, Wendy, it's practically the same book, and it's like 20 bucks right now on Amazon or 25 bucks.

Dr. Wendy Myers

Okay, great.

Michael Rankin Jr

I'm promoting this book because I like them. I have no financial gain whatsoever from this. I don't have an Amazon store, but I just sent the link to somebody a few days ago and it was on sale, like 30% down to 20 bucks for the paperback.

Dr. Wendy Myers

Oh, nice. So 40 bucks gives you the emotional component of the diagnosis?

Michael Rankin Jr

Correct. You might look up leg pain for instance, or just legs. It is a quite detailed description, but the long and short of it, that a person's having a problem moving forward in life. There are just so many. It's really cool. So when I get somebody in the office that wasn't a physical injury, I'm still gonna work on that area and I've still got a hundred tricks to get rid of that pain, even though it might be emotional, but it might come back. If it's mostly emotional and you don't start to work on that part, it's unlikely. It's forever gonna go away. I'll give them this book and look up, neck pain or something like that is hard. I can't see the things around me that I need to see, and I'm paraphrasing because I don't have it memorized. I'll give it to people and as they're reading it, they're like. I can start to see the recognition in their faces. They're starting to, oh my gosh, this is me and that has happened countless times. It's really cool to see.

Ads 30:52

I wanna take a minute to give a shout out to one of our sponsors, True Energy Skincare. They have an amazing serum that I am cuckoo about. I've been using their facial serum here for well over a year for a reason. This is just bar none my favorite product. It's very, very light. It's just a serum you'll put on under your moisturizer. And the reason I use it is because it's a frequency-based skincare. They have frequencies imprinted on this serum that improve collagen, improve elastin. Collagen is that support matrix in your skin that makes it look firm and juicy and we lose that as we age. That accelerates rapidly after we hit menopause. You lose 30% of your collagen within two years after menopause. I'm using everything I can get to improve collagen. This has over 2000 frequencies imprinted on it for skin nutrition, to help the appearance of your skin, the fine lines, the age spots, and it will smooth out the texture of your skin as well.

This has been my secret weapon that I've been using to improve my skin, look and feel healthy, like I said, for well over a year. And so, I'm not promoting this because

they're a podcast sponsor. I'm promoting this because this is one of my secret weapons. I love this product and I use it every single night under my moisturizer. This has no toxic ingredients in it whatsoever. It has lots of nutritive ingredients as well. It's got fruit, enzyme extracts. It's got oat kernel extract. It's got oat beta glucans. It's got beach bud extract and it's got algae and chlorella in it as well. It has lots of great nutrition in this as well as the frequency enhancing aspects of it. Any old product can moisturize your skin. That doesn't impress me, but the results you get from this are bar none, and that is why I highly recommend it. They have a very good offer for my listeners. Go to trytrueenergy.com/wendy. That's trytrueenergy.com/wendy and get a very special deal for my listeners.

Dr. Wendy Myers

Yeah, it's so important. Everyone at some point, no matter what your health issue, you gotta do some emotional trauma work. It's so important. Let's talk about massage. I just wanna cover some of the basics before we get to some of the more advanced techniques. A lot of people have nerve entrapment and a lot of people don't where your muscle is compact, it's tight and tense and weak and it's impacting a nerve. Of course if you never get a massage and you never exercise, you never stretch, that's going to happen to you.

Michael Rankin Jr

Chiropractic adjustments. You got a good one.

Dr. Wendy Myers

Can you talk about that a little bit?

Michael Rankin Jr

I do actually now have a lady who specializes in massage and reiki, and she's probably got 10 other certifications I don't even know about. She's always educating herself, but I have massage in my office now because, one, I'm not really supposed to physically touch people with my degree, and I'm not going for a massage certification because I don't need to do that with most of the things that I do, but when it comes to, say for instance, a chiropractor, it's not necessarily masseuse, but

they're an alignment specialist. If you've got a vertebrae or two or five that are off in your body, or maybe you've got a rib that slipped out of place, and you need somebody to put that back in or readjust you or your scrum, this lady in my office does cranial sacral, and if anybody's ever had a cranial sacral adjustment 99% of the time, the adjustments that when their hands are underneath your neck and skull the base of your skull, the manipulations they're doing are so slight. It's almost like, what am I paying for here? It's funny like that.

Dr. Wendy Myers

I had a craniosacral. I was like, what is this? I didn't know what to expect. I thought they were gonna move my head bones or I didn't know. It was just very, very subtle for sure.

Michael Rankin Jr

And those little, those little adjustments can do huge, huge things. When I broke my hip a couple years ago in a skiing accident, it was cracked in two places in the socket and it felt like something kept sliding in there. I'd get this really sharp pain. and it would make me stop doing whatever I was doing. It was 10 outta 10 pain, and I've got a very high pain tolerance. I was just like, oh my gosh. I started going to this cranial sacral guy. I'd gotten most of all the pain, but I still had that little catch in my hip. It was the most subtle, he just took my ankle and was holding it. He was doing just a gentle massage movement with my hip. I heard the slightest little thing. He didn't hear it. I could only really hear it in my body, you know what I mean?

And then bang, I hopped off the table and that problem was gone. For other types of massage, like the deep tissue stuff, I've got a wonderful lady for that too. They'll really get in there and stretch those muscles out, get you stretched out, like you said, it's for people who really respond well to massage. This is just my personal experience and it's not every time. It's just something I've noticed over many years, is that if a massage truly helps them get rid of that nagging pain, it might even be severe that it's been there, they probably don't get a lot of exercise and their body has now been stretched pretty well in a good way. Their muscles, their fascia will tighten up and start to squeeze things in ways that are not good for your body. A lot of times that's a

lack of water, frankly, but with them able to stretch those things out and make your body a little looser. Well, that helps a whole lot of people.

Dr. Wendy Myers

I'm sure. I went to two different massage schools. I was 19

Michael Rankin Jr

Oh, awesome. I didn't know that

Dr. Wendy Myers

I've gotten a massage every month for the most part since I was a teenager. If I don't do that, I just turn into a little ball. I just hold tension and stress and emotions in my muscles. I can't even imagine not doing that. It's just such an important part of my health regime. So, you can still have a lot of pain. My cousin is a chiropractor. He just graduated from school and he is doing this system called TRT. He's doing this neurological test, figuring out where the vertebrae are, the vertebrae are out of alignment, and uses this little device to send a little shot of energy or frequency into that vertebrae and it just moves on its own.

Michael Rankin Jr

Is it one of those little popper things?

Dr. Wendy Myers

Yeah, it's a little popper thing. It's called TRT and it's unbelievable. I've never had an adjustment like this. They always are like forcing you into, uh, into alignment and you can overcorrect. I had like a rib popped out and I went to a physical therapist and crushed it back into place, but the TRT just did it very gently. It's the freedom of movement I've had and less pain that it is unbelievable. Those kinds of chiropractic adjustments cannot be overstated enough.

Michael Rankin Jr

Yeah, agreed. I don't go back cracking and listen, I'm not trying to bash anybody that does that as a main part of their practice, but I've gotten hurt. I've had friends that got hurt by people who had decades of experience, and it's just one wrong move. So, the little light touches are my favorite chiropractors these days. And that TRT thing's really cool too. That's worked on me plenty of times.

Dr. Wendy Myers

I wanted to mention that. I think it's an important component of checking off the box if you're in pain.

Michael Rankin Jr

Agreed.

Dr. Wendy Myers

Let's talk about equiscope. This is something that you use regularly in your practice. I have one after I came to your clinic and you were working my lower back and I couldn't believe how much better I felt afterwards. You did a facial on my face as well and I was sold that I went and bought one because my face looks so good after you.

Michael Rankin Jr

That's why you bought it. Let's be honest.

Dr. Wendy Myers

That's why I bought it, a hundred, a thousand percent for sure.

Michael Rankin Jr

I wouldn't be doing probably half the stuff in my office without it. It is just an unbelievable device. They've been in use for almost 40 years. The same developer came up with three different devices. There was an aScope that came out about 40 years ago. About eight or 10 years after that was a Myopulse. This one is like the Bentley of them all because it's got one of his, and this is such a weird thing to say, it's got this declassified missile guidance chip in it, which I always thought was really

neat because of what it's able to do. It is a microcurrent device at its base, but it's communicative. It's not like a 10 unit or any of those other things where it's just delivering electric pulses to certain areas. Now, don't get me wrong, those tens units back when they came out in the seventies, were one of the most groundbreaking tools for pain especially, but for lots of things too. In like the history of man, it was super. It was just really amazing that these things came out.

Dr. Wendy Myers

Yeah, and that's what they're using. Every physical therapist you go to for sure, they're putting the electrodes on you to make your muscles contract and relax, and they're great. They're awesome.

Michael Rankin Jr

They do work for tons of stuff, but that's more of a blunt instrument. And to me, I'll describe it in jest, that's a horse and buggy versus my 2024 Bentley that's got artificial intelligence. It's really cool. I'll place either probes or plates or things on the area with the pain, I should say, and it will communicate back and forth a couple thousand times a minute. And it's looking for the electrical blockage in milliseconds, and when it finds those blockages, the impedance, it will send out a corrective measure. That's why it works so fast. I've had sciatic pain that's been there. I think my oldest, my longest term sciatic pain for someone was 13 years and she had gone through and she was never outta pain. She would go to a massage therapist team to help her. Some chiropractors helped her, but it would literally be back in like an hour or two. She was literally going through this for 13 years.

So, I worked on her and she had gotten a Sarah or some kind of shot where they hit a nerve. I have to assume it was some steroid or something. She was really, really in pain at this one time. She goes to the doctor and they hit her with a shot and I guess they hit a nerve and made that area much worse. I think I saw her within six months of that happening to her. And so she came in, she saw one of my other videos and was like, hey, I hear you can help with Cytokine. I'm like, yeah, come on. In 13 years, I get excited about that kind of stuff when it's been there for that long because the look on their face is gonna be super cool when it's gone.

So, I worked on her. I Wendy, I kid you not, I got rid of this in like seven minutes. 13 years, I got rid of it in seven minutes. There was one little spot left on her leg, on her thigh, just on the outside of her thigh. That still hurt pretty good, like a five or six outta 10 pain. That's where they put the shot. That took me 20 minutes to fix. So just a natural sciatic pain, literally less than, I think it was six minutes. We're many years now, but it was just a normal cycle for a microscope, and that's about how long it takes. Then it took me 20 minutes to get rid of the medical injury.

Dr. Wendy Myers

Oh, amazing. This device is so advanced, and I did a whole other podcast on this. What is the developer's name? John?

Michael Rankin Jr

I think it's, well, John Thorp, is the one who distributes them worldwide. I don't care if you're in Tokyo, Dubai, or New York, you want one, you've gotta go to him. He knew the actual developer for 40 something years when he helped himself from a serious accident. His name is Dubrinsky.

Dr. Wendy Myers

Okay, great. Fantastic. And so yeah, if you want to get one for your practice, you can check that podcast out with John Thorp.

Michael Rankin Jr

ThorpInstitute.com is their thing.

Dr. Wendy Myers

Yes, and like I said, I have one and it's just amazing for pain. I've heard so many stories from you, from your dad of just all kinds of health issues and pain resolving very, very quickly, even like in a few minutes, or even two or three treatments and just phenomenal things, people getting outta wheelchairs, improvement in brain functioning and really stimulate and remove blockages in the brain. People dealing with early onset.

Michael Rankin Jr

Oh, absolutely. I've used this on autistic kids where they'll start talking again within days of one treatment. The first kid was really the next day, and he did not have the ability to speak. Mind you, these kids just don't talk. But I did a laser procedure on him. But then after those, the remaining effects were lingering. He came in and I worked just on his belly and his brain for less than an hour. And all of a sudden, the next time I saw this kid, which was like a month later, I had this nurse friend in my office and I had told her she works on a pediatric unit for 20 years and she's a good friend. I was telling her about this kid that I was so excited about, and he just hoped it was a complete coincidence, although I don't really believe in those.

Thank you, Jesus. She was stopping her appointment and these guys were a few minutes early. She goes to sit down and this kid walks up, hi, I'm Noah. And everyone in the room was like, what? What just happened? Because you can't touch this kid, right. So, yeah, that was actually a tearful moment, to tell you the truth. I've worked on everything from allergy stress responses for people where they can't eat dairy without some severe gut pain. I'll work literally just over their gut and then they don't have that problem anymore. I use it for literally everything that's under the sun that comes into my office.

Ads 46:40

Let me ask you something a little bit personal. How do you get yourself out of a bad mood? It can be hard, really, really hard, and it only gets harder the longer that you're in that space. That's why I'm a big fan of today's podcast sponsor, Organifi. They made an amazing product called Happy Drops. They're little gummies that are super tasty. They can help make your bad moods better and your good moods great. I'm sure I'm not telling you anything new when I say the world is really stressed out right now. You can see it everywhere. Stress and mood-related visits to the doctor's office are skyrocketing, along with various prescriptions to match. And so if you are anything like me, you see a natural approach to rebalancing your happiness and your stress chemicals without worrying about the side effects.

Well, Organifi has given us exactly that. And recall the happy drops, and they're my favorite new supplement. These yummy little lemon gummies are made with ginger,

with go to cola and passion flour, all of which are shown to have positive effects on mood and emotional well-being. Plus, they have a real powerhouse ingredient, which is saffron. So why is that so cool? The compounds in saffron are shown to help your brain modulate its levels of serotonin, and serotonin is your happy chemical, and saffron helps your brain enjoy it longer. Saffron also relaxes you. There are many cultures around the world that drink saffron tea before they go to bed, because it helps relax them and helps them go to sleep. Saffron also contains antioxidant properties, which can help you protect your brain from oxidative stress, so that's great for detox.

Best of all, there aren't any nasty side effects, or any bad ingredients, and it's safe to use every single day. Saffron is traditionally very challenging to find in the supplement world. It's difficult to plant and to farm. It's even harder to harvest, and that's why it's one of the most expensive ingredients on the planet. But now things are the superfood geniuses at Organifi we can all enjoy a real dose of real mood, lifting organic saffron, for less than \$1 a day. So, I'm excited for you to try them. I think that everyone should have their Happy Drops. Just go to organifi.com/myersdetox and get your Happy Drops today. When you use my discount code MYERSETOX at checkout, you're to save an extra 20% off. Again, that's organifi.com/myersdetox.

I want you to go and try Happy Drops today. Like I said, I love them. I've been taking them on a regular basis to help me go to sleep at night, relax, and get in the mood. You've got nothing to lose but your frown.

Dr. Wendy Myers

I was really happy when you did it on my face and I just felt like it drained all the lymphatic fluid from my face and it tones up all of your muscles. So, it tones all of them up and so obviously your face is gonna look pretty fricking fantastic after that. That's another use for it as well.

Michael Rankin Jr

Actually, I don't know if I've ever told you this story before, but it is rather hilarious. This lady came in for a trigeminal neuralgia issue, which is a very serious facial pain if people are unfamiliar with it. It's this nerve that runs up. I mean, it's a huge nerve too.

It's a good, almost a centimeter starting down here and then it comes up and it spiderwebs all through your face and it's literally recognized as the worst pain known. It's got the highest suicide rate of any disease that's out there and there's very little that Western medicine does for it, except for just throw endless amounts of drugs. So far, I've got a 75% success rate with that, thank God. I've been in real pain before, but I've talked to these people at great length, including some very dear friends of mine that had this. One of them was emotional by the way.

She figured out it was a trapped emotion in her colon that was tied to the same, and it had something to do with her grandmother, and that was tied to the same meridian as the tooth that was tied to the same trigeminal nerve. She is an experienced, emotional release person. She just had not gotten to the root yet, had another doctor help her out, and she muscle tested, found out what it was, goes over into a quiet corner and does this work on herself. And then poof. This pain that had been 24/7 for about four months and causing this very happy, wonderful young lady who's got three kids that she loves was starting to contemplate suicide. That's how serious this really was. Anyway, I just wanted to drive home the emotional component of something so severe.

To get back to our point earlier, but this one lady had come in and she was a little bit older, probably 55, maybe, probably not even 60, and so I got rid of that pain in like 20 minutes. I think it took me maybe 25. And then she leaves. Well, I get a call from her that she wanted to come back in. I'm not an aesthetician. I don't do facials. That's not my gig. I just happened to be working on her face and she was showing her age a bit and didn't do Botox or anything like that. She called me and she's like, Mike, I don't know what to do. I've gotta come in. You gotta do the other side of my face. And I was like, oh, no, because I've had pain move before plenty of times. Your brain will refocus when you get rid of one. She goes, no, no, no. It's not hurting at all. But like, this part of my face looks 10 years younger than this eye.

Dr. Wendy Myers

That's so amazing.

Michael Rankin Jr

I just thought that was super hilarious

Dr. Wendy Myers

It's a very drastic change for anyone willing to go to St. Louis to do a facial. It's an extremely drastic change, but there are a lot of facial places that will use an equiscope too.

Michael Rankin Jr

Oh sure. There are tons of them.

Dr. Wendy Myers

You can find those like Gwyneth Paltrow using one on her face.

Michael Rankin Jr

Oh, I didn't know that. Really?

Dr. Wendy Myers

Yeah, she does.

Michael Rankin Jr

That's cool.

Dr. Wendy Myers

I read about it a long time ago and it clicked to me. I'm like, oh my God, that's the equiscope. That's what they're using. The equiscope has so many uses. Can you give us any other stories of equiscope with the sciatic pain or any other types of pain that resolved with the equiscope?

Michael Rankin Jr

One of my favorite pain stories ever, and I know we were gonna talk more about this in a later episode, and we can go much more in depth, but just real quick, I did have a patient. She was a 77-year-old lady from Florida. She was referred to by another

woman who she was friends with here in Missouri. She came from Florida to see me and she had a rheumatoid arthritis diagnosis when she was 15 years old. She is now 77. This is 61 years and it's head to toe. It's every moving joint of her body except for her fingers. Even though those were the lesser, but like ankles, wrists, knees, elbows, shoulders, neck, everything, every moving part. She had never been out of pain a minute, not one minute in her life from the age of 15. A good day for this woman, God bless her, was like a five out of 10. And she had missed countless, like weddings and funerals and family events, Christmases and things like that, because she was just in pain, and this is a very tough lady.

She'd become tough over many, many years dealing with this, but it would be like a nine or a 10, and she just couldn't move. She came into the office and she's like, I don't know if you're, and her husband too was this gruff military guy. She's like, I've been to so many doctors. I stopped even trying like 30 years ago but my friend says, you might be able to help. Let's see what you can do. The only reason it took me an hour is because I kept having to move plates to each moving joint, and we just kept switching them off one by one, like a light switch. It was super cool. She left pain free. Thank God I got that on tape on a video. If you get a pain-free life LLC on YouTube, again, that's pain-free life LLC, you'll be able to see a little blue man or a gray man and a blue background if you can recognize it. And there's probably 25 or 30 different videos on there for all kinds of things.

That lady was one, because when she was leaving and all of us, me, her husband and her we're like, I can't believe this. This is amazing. I'd only been working for probably two years, probably at that point in my office. I'm still seeing crazy things. So as she's leaving out the door, I literally stopped her. She's literally three feet from my front door. I go, something just occurred to me, this is gonna be very hard for people to believe. Would you mind saying this on tape? She's like, oh, of course and sat down. We did a little interview and her husband's actually standing in the background, God bless them. I checked back on her for years because that was one of the craziest things that I've ever seen. And she was still okay. I haven't talked to her probably in a couple years now, but I checked on her for about three years after that.

Dr. Wendy Myers

That's amazing. And like I said, I've heard so many stories of people resolving their pain, between you and your father and using that. You guys have like three equiscopes. You've got a whole arsenal of these things. I really highly recommend anyone that is dealing with pain and they keep hitting up against a wall and they're sick of taking pain medicine. You don't have to live like that. You're not limited to the toolbox or knowledge set of the doctors that you're going to, that aren't able to.

Michael Rankin Jr

I hope people don't think that I'm trying to bash medical doctors here. I'm really not. I have a lot of very dear friends that are medical doctors. The difference between the ones that I really respect versus the ones that I don't so much are. The ones that have gone on after school, after a master medical school, where literally all they teach you is if it's this symptom, it's this disease. Probably you're gonna give it this drug. And if that doesn't work, try this drug. And if that doesn't work, try these 10 drugs. That's just insane. That's not a good way to do it. It annoys me when people talk about homeopathics and naturopaths and natural health practitioners as alternative medicine. That is ridiculous. This type of natural medicine has been used since the beginning of recorded history going back thousands and thousands of years. They had been playing with pharmaceutical drugs that the oil guys realized they could remove from their already product that they own in petroleum and use that to make a drug, oftentimes trying to mimic what this plant or herb will do.

But these things come with anywhere from 10 to a hundred side effects. If you ever read these sheets, they're this long and I'm just doing as much as I can do here. If they're this wide, they're like tripled. They're folded up into this thing like 15 times and the print is almost microscopic. And the laundry list of just the symptoms is unimaginable. Say you've got a drug for constipation. It causes all sorts of other things. It might cause your kidneys to swell. It might cause your liver to malfunction. It might cause your gallbladder to not work as well, or your pancreas, which is where almost every cancer starts. That's not good. Or you could eat some prunes. If you look at all these drugs and supplements, they actually use the chemical compound that's found in prunes as the main ingredient and sell it.

Dr. Wendy Myers

It's just the exact synthetic chemical makeup of the natural product. Let's talk about pain medicine because I know I'm a wimp. I do not have a high pain tolerance. I love pain medicine. I love Vicodin, and so when I had lower back pain, I had an injury and it just never went away. I had to have pain medicine and it took me a very long time. It took me like two years to figure out how to resolve it, desperately going to physical therapists and chiropractors and doing all these different things. It took a long time to figure out what would work.

Michael Rankin Jr

I bet after that long on those pain pills you had, most people have a real hard time stopping them.

Ads 1:00:11

I want to take a minute to talk about the health benefits of olive oil and thank one of the sponsors of the Myers Detox Podcast called Fresh Press to Olive Oils. Like many of you, I'm always trying to eat healthier, and that's why I love really good olive oil. I eat olive oil every single day for its many antioxidants and longevity benefits. Olive oil is the cornerstone of the Mediterranean diet, proven to be among the healthiest in the world. Sicilians from Italy and some islands in Greece have some of the longest-lived people in the world because they're eating olive oil every single day.

Check out this article from Life Extension Magazine: Olive Oil Markedly Extends Human Lifespan. In a long-term clinical study, those who ingested the most olive oil derived polyphenols live 9.5 years longer if they're over the age of 65. The Harvard School of Public Health has announced the results of a 28-year study showing that just over a half a teaspoon of olive oil per day is associated with a lower risk of dying from cardiovascular disease, cancer, neurodegenerative disease like Alzheimer's, and respiratory disease. It's been shown in the research to reduce high LDL cholesterol. It helps prevent type two diabetes, high blood pressure and obesity, and it may also help to prevent arthritis and osteoporosis. There are so many health benefits. So, whenever you buy olive oil, the four most important words to remember are the fresher, the better.

Olive oil packs the most flavor and the most nutrients when it's fresh from the farm, and that's the problem with supermarket olive oils. They're not fresh. They can be sitting on the shelf for months transported over sea on ships, losing the polyphenols and antioxidants with the healthy fats even going rancid, the longer they sit in the bottle and that defeats the whole purpose. Not only that, but most olive oils sold in the US are not actually olive oil. They're mixed with canola and other unhealthy industrial GMO seed oils that you're trying to avoid by choosing olive oil in the first place. It's really shocking that this has been allowed to happen, but there just isn't much oversight in the industry. That's why I stopped buying olive oil from the grocery store years ago because you just have no idea what you're getting.

That's why I love getting my olive oil direct from someone that I trust, that is from TJ Robinson, who's known as the olive oil hunter. He has found all these artisanal small farms producing olive oil like they've done for thousands of years. I look forward to my quarterly shipment of olive oil from Spain, Italy, Australia, and other countries. This one is from Portugal, and depending on the country, the olive oils are ripe and in season. They press the olive oil and they bottle it and they send it to you right away. So, it's the freshest that you can get. And so when I tasted TJ's farm fresh oils, I fell in love with them. They're so fresh, they're so pungent. This is how olive oil is supposed to taste, and they're incredibly delicious on salad, veggies, pasta, meat, fish, you name it. Olive oil also has zero carbs, so it's ideal for low carb ketogenic and paleo lifestyles.

As an introduction to his fresh pressed olive oil club, TJ's willing to send you a full size \$39 bottle of one of the world's finest artisanal olive oils, fresh from the New Harvest for just \$1 to help them cover shipping. You can go take advantage of that at getfreshwendy.com. You get a \$39 bottle for only one dollar at getfreshwendy.com. Again, that's getfreshwendy.com.

Dr. Wendy Myers

I got off of taking CBD so that it was just so good. That's how I was able to get off of them. I only took like one a day, but I couldn't go without it. I destroyed my liver. A lot of them have acetaminophen or Tylenol in them and it destroys your liver. I had

chronic constipation as well. So, let's talk about the pain medicine and the problems with those.

Michael Rankin Jr

Well, the obvious elephant in the room is how unbelievably addictive opioids or any of their spinoff drugs are. They knew this very much, this is why, can't remember the family name that had to pay out like several billion dollars because they were talking about oxycontin being a lesser addictive drug. In reality, it was more addictive than anything that they had come up with that far, and this is before fentanyl, which a little salt grain is enough to kill you. Why would you even come up? Why would people even come up with something like that? But that's another story. Getting off the pain or getting off the pain meds honestly, I've found that sometimes harder. If I've got somebody that's been on pain meds for like 10 years, that's a middle of the road time, I've seen them as low as a year or two. I've seen them up to 20 years, and it's been my experience that I will ask people, are you looking to get rid of your pain? I get people call as soon as they say, is this a pain management clinic? I'll say, yes it is. And then they'll ask me about insurance and stuff.

I don't take any insurance, unfortunately. They don't pay for things that work, number one. I'll tell these people, and this just happened to me like two weeks ago. She was like, hi, I am looking for pain management. I'm like, okay, well, and then said the insurance thing. The combination of those two statements, and I've experienced this probably 40 or 50 times. They're looking for drugs. And so I have to explain to them, I'm not a medical doctor, but I'll say, hey, listen, just a quick question so we can make this conversation short, or do we need to keep talking? Are you looking for drugs or do you want to actually be out of pain? Wendy, these people, seven out of 10 will say, I'm just looking for drugs. Well good luck on your journey. I'll talk to you later and I will literally hang up on them after I quickly say goodbye because I'm not gonna waste my time or theirs. That's so funny.

Dr. Wendy Myers

For some people, the pain might serve a purpose for them where they don't have to show up in the world also.

Michael Rankin Jr

That is exactly right. For your audience out there, that happens way more often than you might think. It gets some attention from someone or multiple people. It stops them from having to go out in the world and function. Maybe their life's been hard, maybe they just don't wanna work and they found out that, hey, man, I'm just busting my ass 40, 50 hours a week for such and such money and now I get to sit home on my couch all day. To some people that's a nicer life.

Dr. Wendy Myers

I can't imagine myself personally, but there's people out there, but getting them off the drugs, good disability and stuff like that, the drugs are horrible to get off of. Even with me, I only took one a day. Sometimes I'd take like another half or something like that if it was really bad, but just that. I've heard of people taking 2020 Vicodin a day or more.

Michael Rankin Jr

Oh my gosh. That's insane. Imagine that. But they built up a tolerance and by that time, they are way chemically dependent. If they stop taking those, they'll go through heroin. It's basically heroin. You'll go through those horrible withdrawals, anxiety like people have never experienced, diarrhea, vomiting, diarrhea, and constipation, if you can believe it. At the same time, it's kind of funny that that can even happen, but it does. They don't eat, so they waste weight and that's what kills most of them. That or the IDs, I would say. So getting them off of those is something that I've had to deal with quite a bit because I can certainly weed out. First of all, I can't prescribe pills, number one, so they'll usually scoot away from me right away. But the ones like that are giving it a go for their family. I'm taking the steps to get me outta this situation.

They can either lie or even block me. Somebody can physically, energetically block you from helping them. I've experienced this and probably most of their other half practitioners out there have too. I've got something called a biophoton analyzer where I'll have them bring in one of their drugs. Let's say they're taking Vicodin. I'll put that in there and I'll put a DNA sample, or I can just have them put their hands in there if they're actually in my office and it'll scan their DNA for what it considers most

appropriate to send a remedy for. And since I've introduced that pill, that opioid, whatever, it will make a remedy specifically for that, right? I can put that in a tincture for them, but one thing I also do to really accelerate that detox process for them that works great is something called laser detox. I can do it for a full body thing, but for a lot of people with the pain pills, I'll just make a quick remedy.

It takes five minutes. I'll hit them with it on the way out the door. It's been reported to me many, many times that that will drop them. They're titrating off of these things most of the time. If you've got any level of chemical dependence, you've got to wean yourself off or you're gonna be miserable and you just won't go through with it. But doing it faster and or sooner than later makes it a lot easier on people. Of course, you don't want to drag that process out for three or four weeks for God's sake. Dr. Norm Sheely, who invented something called a gamma ring, if people don't know, he's the man we were just talking about TENS units. He's the guy who invented tens units. He was a brilliant neurosurgeon and an integrative doctor. He was starting to do brain surgeries at like 26 years old. In today's medicine that just doesn't happen. You've gotta be, what do they call them? The savants. Anyway, he developed something, and this is one of my mentors and friends for many years. He decided when he got outta college that doctoring is a business like anything else. He thought to himself, what do I wanna focus on?

Besides, he was doing 400 spine surgeries a year, when he was placing these little electronic stimuli. Again, this is back in the seventies and this is completely groundbreaking. Doctors were making fun of him for two years, and then within three years he had literally 400 or 500 doctors a year coming from all over the world to watch him do this surgery. One of the things that he developed because he would deal with so many people coming off of these pain pills, he had a hundred different ways to do it naturally, but one of the biggest problems is getting people off those drugs because it's such a horrible thing to have to do.

So he came up with something called a gamma ring, and he had done a small study, I think it was like 12, 13 people, something like that. It was just the first one of, I'm sure, what turned out to be many. This was the only one I personally knew of that he talked to me about. These were all people who were in prison for drugs, basically, or a crime that was spawned by trying to get drugs. So these people were all hair. They're

all opioid junkies. Either they were on opioids that they had gotten from a Vicodin or Oxycontin or something like that, or they were literally injecting heroin. A lot of these people have been doing this for years, if not decades. Getting people off of those kinds of things is the horrific part, are the things that I just described to you, especially the mental anguish that comes along with it. He found that putting this ring on these people's brain, it would cycle through the specific frequency compilation that he had developed and the sequence of it and so it dropped their symptoms

They started off doing it an hour a day and all these guys were pretty much in the same situation. It dropped their symptoms of withdrawal down more than 90% in less than a week. That's one hour a day for a week, and it dropped their withdrawal symptoms by 90%. What's really interesting, and I thought was pretty funny, and Norm was laughing about it to me too, is that in the second week, these guys started to ask the jailers if they could use it more often because it was helping them so much. So that's something I'll do for withdrawal patients and things like that. I don't take people personally who have gone or have not gone through three or four day acute withdrawal symptoms because a lot of these people like alcohol, benzos, you can die from that pretty easily. In fact, you can stroke out, or you can have a heart attack.

Heroin and opioids are more deadly. You kind of wish you were dead and the risk of actual death is surprisingly lower. I just found that out a few years ago. I didn't know. If you don't control that stuff, then they're never gonna be able to stop it.

Ads 1:14:27

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 and it's 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

Well that's great that you can provide that service as well. A lot of people in chronic pain are just doped up. They're on the Gabapentin and they're on the Vicodin Oxycontin and it's very difficult to get off of that. You don't need it anymore if you get to the underlying root cause, which you do in multiple ways. I've done that laser detox before. It's absolutely amazing. It can just energetically get all these toxins outta your body, including medication toxins, like the pain pills that you're trying to get outta your system. So lots of cutting edge.

Michael Rankin Jr

That's good for that. I use it for that quite a lot on any medical interventions that cause harm to someone. That's a lot of my business too. But that's another story. I've had chemical fumes come out of people like from 20 or 30 years that have been trapped in their body using light and frequency. I'm standing six feet away from them for God's sake. The first time that happened I was like, why is that working?

Dr. Wendy Myers

I've had this done before and I've done other interviews about laser detox before, and it is just absolutely phenomenal. It's developed by Dr. Lee Cowden. He was Dr. Mercola's personal doctor, and he's brilliant.

Michael Rankin Jr

He and my dad had been friends since the seventies. He was my doctor for a time when I was a kid before he moved away. He and dad I would say, have been my main mentors for the 10 years I've been doing this.

Dr. Wendy Myers

That's amazing. I would've loved to have taken some courses from him. I met him in person. He's just so brilliant. He's the sweetest and most humble guy

Michael Rankin Jr

Oh, really? It's amazing. His classes are attractive because he is such a well-known doctor. He doesn't take financial stakes in any of this stuff that he promotes. Literally,

this guy should be worth a hundred million plus dollars probably and he is not because he wants to keep people trusting him. He is a devout Christian guy, so he makes sure that he stays in the lines of I have researched these products, I have studied this, I have used this technique, blah, blah, blah and so now I'm gonna tell you that yes, this works. Or I studied it and stayed the heck away from it, but he is such a well-liked guy. He gets all these world famous doctors to come to his clinic. They'll help teach classes and stuff there, and he's half their doctor, like Joe Mercola, you brought him up. That guy's probably interviewed every well-known good and probably some not good doctor since the eighties. We're going back 45 years here.

Dr. Wendy Myers

And he picked Dr. Lee Cowden as his position

Michael Rankin Jr

Of all the guys this guy has met.

Dr. Wendy Myers

He's brilliant. They both came to a NES Health training and I was really blown away by Dr. Lee Cowden. Why don't you tell people who are in pain, they wanna work with you, they're seeking solutions and really wanna get to the underlying root cause of their pain. How do they contact you?

Michael Rankin Jr

You can call the office number 314 899 9535. Again, that's 314 899 9535. I do stay quite busy a lot of the time, so it might just leave a message. If I don't pick up, I will get back to you. It might take a day or two, but I assure you I will get back to you. You can send me just a brief email at painfreelife1@gmail.com. Again, if anybody is questioning the validity of some of the things that I've said or anything like that, I would highly suggest you go to the YouTube channel because over the years I've collected some of these. Either they're telling the truth or I've found the most fantastic group of actors in the history of the world, right? So just go and listen to them. I've got everything from tons of pain stuff because the shot injuries are like my favorite thing

to do, but, I work on everything. I would check out some of those videos and see what you think.

Dr Wendy Myers

What is your website?

Michael Rankin Jr

Oh, sorry. It's painfreelifelc.com. Again, the YouTube channel is Pain Free Life LLC.

Dr. Wendy Myers

Okay, great. Well, Michael, thank you so much for coming on the show.

Michael Rankin Jr

Thank you.

Dr. Wendy Myers

I've gone to see you personally for pain. You're fantastic and have taught me a lot about many different things. I've done the laser detox with you and I highly recommend it if you're just done looking for answers for your pain and are seeking a final resolution. Thanks for coming on the show. Everyone, I'm Dr. Wendy Myers. Thanks for tuning in every week to the Myers Detox Podcast. It's such a pleasure and a gift to be able to do this show every week. My hope for you is I want you to feel good and I want you to meet your health goals. I want you to really thrive. I really appreciate you investing your most precious resource, which is your time in listening to this show. Thanks for tuning in.

Disclaimer

The Myers Detox Podcast is created and hosted by Wendy Myers. This podcast is for information purposes only. Statements and views expressed on this podcast are not medical advice. This podcast, including Wendy Myers and the producers, disclaim responsibility for any possible adverse effects from the use of information contained herein. The opinions of guests are their own, and this podcast does not endorse or

accept responsibility for statements made by guests. This podcast does not make any representations or warranties about guest qualifications or credibility. Individuals on this podcast may have a direct or indirect financial interest in products or services referred to herein. If you think you have a medical problem, consult a licensed physician.