



#597 Healing the Emotional Wounds of Divorce: Bioenergetics & Trauma Release With Maura Eliza

Dr. Wendy Myers

Hello, welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers, and on this show, we talk about everything related to heavy metal and chemical detoxification and bioenergetics. We talk about emotional trauma, which is a component of bioenergetics, anti-aging, and a lot of advanced topics in biohacking and health. Today, we've got a great show for you. We have Maura Eliza on the show, and she's gonna be talking about how to heal divorce trauma, but this goes beyond that. We'll talk about relationships. We'll talk about releasing emotional trauma using bioenergetics in German new medicine. That's a really good show for you, especially if you're looking to heal from divorce and you wanna start over with joy, please listen in. This is such a good podcast.

What we're gonna be talking about on the show is how emotional trauma from relationships, divorce, and even parental or attachment parental issues, can manifest as physical health issues. Using bioenergetic approaches like German new medicine can effectively identify and release trauma. We'll talk about how physical health issues often emerge as a result of divorce or being in a toxic relationship. It doesn't even have to be toxic. It can have some trauma here and there. It can cause weight gain. It can cause skin issues, autoimmunity, pain syndromes, and UTIs. For any physical health issue, there's an emotional trauma or an emotion at the underlying root cause of that. Maura's work is based on Dr. Hamer's research connecting emotional trauma to physical symptoms. She uses this very

sophisticated software, where you can identify subconscious traumas not accessible through talk therapy.

A lot of us do talk therapy for years and can still be looking for more answers. Using body energetics, working on emotional trauma can be far more effective and efficient than years of talk therapy to heal from divorce. It's really important to do this emotional trauma work, but also to be happy single before entering a new relationship, reframing negative experiences and beliefs, and to take full responsibility for your past choices and partners, and hopefully make a better choice the next time. We'll also talk about how there are a lot of great men out there. There are so many amazing men, but you need to do your own inner work and have a positive mindset to help attract those men.

You can check out Maura's program using bioenergetic approaches to help women heal after divorce. It's called The Vibrant Way. You can check that out at flexhealthwithmaura.com. Our guest, Maura, is a traditional naturopath who developed her signature method for helping women heal divorce trauma so they can share their stories without crying. She loves to teach women that feeling better is closer than they think, and their experience can help them discover self-love. You can learn more about Maura and her work at flexhealthwithmaura.com. Maura, thank you so much for coming on the show.

Maura Eliza

Thank you so much for having me, Wendy.

Dr. Wendy Myers

Why don't you tell us a little bit about yourself and how you got into the health field?

Maura Eliza

Well, I am a traditional naturopath and, like many people, just started out of curiosity. I had some digestive issues, had gone to the doctor, and they had no answers for me. I had noticed on my own that some dietary changes were changing things in a good way. So, when we went home and started digging a little bit more, I learned so many things that I was surprised that they never talked to me about. The doctor

never mentioned probiotics or enzymes or really asked what I was eating. It just set me on a path of, huh, I wonder what else you could do. That was over, oh, probably 15 years ago. As I've gotten deeper and deeper, I've started to explore and learn about the connection between the mind and the body. And that pretty much brings us up to where we are today.

Dr. Wendy Myers

Working with emotional trauma is a big part of your practice as well. I think that's so important because so many people don't make that connection between emotional trauma and their physical health issues. And certainly, it's not being talked about by conventional medical doctors. Most functional medicine doctors are not quite there yet either. So today I wanted to talk to you about divorce, which a lot of us have dealt with. What are some of the most common ways that divorce impacts women and people in general?

Maura Eliza

Well, we obviously see divorce as a defining moment for a lot of people's lives because it changes so many things. I think even going into the divorce and making that decision, there are still some surprises and some areas that divorce impacts your life. There's, of course, the financial piece where women are going from two-income households to a single-income household, or maybe not. Maybe they haven't ever been in the workforce, and now they're having to be. Can they make it? There are social changes. Sometimes those are the biggest surprises of all. People who you just thought were your ride or die are gone.

Changes happen in the communities that you're in, the church communities, or things like that. Suddenly, people are treating you differently. Of course, a lot of women talk about how this is gonna impact their children. They're leaving often for the health of their children, but then also knowing that there's 50% of the time that they're not able to have control over what their children are experiencing leads to confusion and the not quite sureness around that, wanting to protect their children. Those are just some of the common things that women will talk about.

One thing that I help women understand is that everything the body does is functional. There's a biological purpose to all of it. Our bodies are so much smarter than we are. I've had two children. I can't imagine what it would be like to have had to coordinate and put together everything that went on to build those little bodies during the pregnancy. Same with my digestion. I don't have to take a bite of food and say, okay, let's release the amylase. Now let's do this enzyme. Our bodies just know, and there are not a lot of people yet talking about the very predictable pattern of our experiences, our perspective, especially around things that caught us off guard, caught us by surprise, and the way the body keeps us safe.

I use a method called German New Medicine, also known as Germanic Health Knowledge, which is based on the discoveries of a man named Dr. Hamer, who discovered that when we have an experience that takes us by surprise, there's usually a component of isolation to it. You either can't talk to somebody about it, or you didn't think to talk to somebody about it, maybe even went under your radar a little bit. The body, the brain, and the psyche all enact a special program at the same time. And when we are caught in the pattern and a loop of being what we call conflict, active and healing, that's when we start to see what conventional medicine would call chronics.

I help women start to see the symptoms that they're experiencing as a big start here, a sign for their healing with their relationship chaos, oftentimes it actually goes back far earlier than just the relationship, and start to change those perspectives around, start to flip the script. They have quite an extraordinary transformation over a pretty short amount of time when they start to take on this understanding of their body.

Ads 09:00

This show is brought to you by Bon Charge, and I wanna take a minute to tell you about one of their amazing products that I'm absolutely in love with. There's something I've been doing for about 10 minutes a day, and it's wearing a face mask, but it's not just any face mask. It's this Bon Charge red light face mask, and it's essential to my nightly skincare routine now. Believe me, red light therapy really works. It's well established in the research to improve the appearance of your skin.

How it does that is it penetrates deep into the skin to boost collagen production. It reduces the size of your pores, reduces inflammation, and eases the signs of aging.

Bon Charge's red light face mask makes it so easy to take care of your skin. It's like a mini spa session every night that I'm doing. It can be used easily at home. There's no cord, so you can wear it while you're doing other tasks. Plus, the mask is totally painless and it doesn't heat up. Unlike some other beauty, anti-aging treatments, Bon Charge's red light face mask has been a game changer. It's part of my everyday skincare routine now, and I'm seeing such great results already from using this mask. My skin is more clear, it seems more plump, fresh, juicy, and my redness and dark blemishes are fading.

There's a very special offer for all of my listeners right now. My listeners get 15% off when you order from boncharge.com and use my promo code, Wendy at checkout. This discount applies sitewide, and you'll also get free shipping and a 12-month warranty. Go now to get this exclusive offer. That's boncharge.com and with promo code, Wendy, you get 15% off. This is one of my secrets to super healthy young-looking skin. I'm trying to reverse the clock. I'm trying to do everything I can to anti-age and this is one of the secrets in my toolkit.

Dr. Wendy Myers

Healing emotional trauma has been really a focal point of working on my health. That's why I wanted to talk to you about this. I've talked a lot about emotional trauma. There was that study by Kaiser Permanente with 17,000 people that showed that 65%, and many experts think it's far more than that. 65% of physical health issues are caused by emotional trauma. And when we look at our relationships or leaving a relationship or the trauma we've experienced in our relationships, it takes a huge toll on women's health. That's why women have more health issues. Typically, autoimmune is 80% women.

Women are really taking a big brunt of the mental workload in the house chores and things like that, and emotionally managing the relationship and taking care of the kids. They're usually expected to work, and it's just taking a huge toll on women's health. I think it's really important to think about the person that you choose to be your spouse. It can make a huge difference, and is the biggest decision you can

make in your life and in your health as well. Also, choosing to leave that person if they're making you sick is also a really important choice and courageous choice to make as well.

Maura Eliza

Sometimes I ask people to just take a deep breath. Before I say this, I'll remind people that if you are in a pattern, if you are attracting the same kind of people, like I always seem to get connected with liars. I always seem to get abandoned. If these patterns are showing up in your life, there's some healing to be done for you. You are the common denominator within that. I will tell people that your partner, and this is not an excuse for any abuse, this is not an excuse for narcissism. This is not just an excuse and all the things that come along with that. But in a sense, they held some healing codes for you because we get into relationships with the filter that we have. Your filter can either look like a pasta filter with big holes that lets out all the water but not the pasta. Or it can look like that fine mesh filter that doesn't let coffee grounds through.

We want you to start to tighten up those holes. That person is just showing almost as a reflection of the filter that you didn't have at the time, which is a lot of times goes back to what you saw growing up, what you experienced growing up, the beliefs that you hold within yourself, which sometimes are just ready to be changed and ready to be examined, ready to be looked at. There's just so much powerful excitement within those experiences. I was working with one woman and she shares this publicly, so I'm not sharing anything that happened privately. But somebody had called her a name. Like how when you tell people you're getting divorced, there are some people that just can't help themselves.

They just bar at whatever and it's always about them, their own fears and their own insecurities about their life and their relationships. So in this case, somebody had called her an old hack. Like, just something and it was so deeply hurtful to her. The other people that she had worked with had been focused on the outside. The other person would say, what did that person do? I just said, well, if he had called you a broccoli head, would it have bothered you? And she just laughed. She's like, no. I'm

like, okay, well, that tells us that it's not so much the insult coming from him, it's what you're agreeing to that meaning. Let's dig into that.

Within about five, ten minutes or so, the old hag in her mind became a vixen. And then she was like, okay, yeah, I'll take that. We were laughing within about 30 minutes. Ever since then, just name calling hasn't landed the same on her because I taught her how to flip the script and how to, instead of letting shame make her shy away from a comment like that, let her embrace it and see, well, where am I agreeing to this? What does this actually mean to me? And why? It's such a simple question to ask yourself, but the transformation is so radical and she's just was giddy about that.

Dr. Wendy Myers

I think for a lot of people, divorce can feel like a failure. Why did I choose this person? There were so many red flags and you can beat yourself up. All the red flags are there. From the beginning, people are like, oh, but I'd like this package. So, they just keep moving forward with it. I think it's easy for people to feel like a failure, but everything is in alignment. Everything that's happening to you or this person leaving you all of a sudden outta the blue, or you choosing to leave, all of this stuff is in alignment. Clearly that person's just not right for you, not engaged, doesn't love you anymore or whatever the case may be. It might seem scary to start over a new life, but it's an opportunity to reflect and look at yourself and work on that emotional trauma that made you pick that wrong person in the first place.

You gotta sort it out and get rid of this baggage, then improve your frequency, so to speak, and then you can attract someone that's at your level right now, or your improved level, whatever, however you want to frame that. Can you talk about that a little bit?

Maura Eliza

It's all a big part of your growth process. When you can see like, oh, this person that had these flags that I didn't recognize before, the fact that I am recognizing them now, oh, my filter just got a little bit better. That's amazing. I actually had this experience, which was one of the inspirations for me to go into this work. I ran into an old neighbor who lived in the neighborhood that I lived in when I was married, and

she had moved away during our rough patch. So, when she came back to the neighborhood, I was gone. I ran into her and she and I were chatting and catching up. And you know how sometimes people will just stop you, like mid-sentence, they'll like, put their hand on your leg or they'll put their hand on your shoulder. She's like, I have to ask this question. And she said, are you in love? At the time I had canceled all night dating apps. There was nobody around. There's nobody even close to being around.

Dr. Wendy Myers

But you were glowing

Maura Eliza

That's what she said. It was such a surprising question, but the first thing that just popped up outta my mouth was just with myself and it was one of those moments, I'm like, I don't know that I've ever said anything more true in my life. How did I get here, by the way? When I shared this story with a few friends who were also divorced, they were like, oh, I wanna do this. I wanna be able to say that. I was like, okay, well let's. That's how it started. Let's do this. I had just become certified in hypnotherapy, which is one of the processes I use. I also have a course that is a part of the program that walks them through just these, I call it almost a fake till you make it. Like, what are the little steps? What are the little devotions that you make to yourself day in, day out? Simple things.

This isn't setting aside three hours for a deep meditation and a bath and lighting candles and incense. This is just like, I'm gonna get up in the morning and I'm gonna make this tiny decision, and I'm gonna make this tiny decision and I'm gonna make this tiny decision. I'm helping them identify those tiny decisions that they make day in and day out. Then they're like, oh my gosh, the things that I used to think were okay or didn't think about those things that passed under my radar are not passing under my radar anymore. I'm feeling strong enough to feel confident in boundaries. I'm feeling strong enough to love myself and not answer the phone when somebody's calling me that I didn't want to call and I told them that I need a break, don't call me and I don't answer the phone.

They're suddenly able to do those simple things and to see a person's behavior as a reflection of that person. They come out of what we call a parasitic energy. A parasitic energy is when somebody is putting on you what they need you to be. Somebody's calling you a bad mother because they need their story about you being a bad mother, for example, to be true so that for whatever reason, they don't have to reflect on themselves or they don't have to see that you're actually a really good mother and they just don't get it. They don't have to see all of these things. The parasitic part comes when you agree to that. When you start up and think, actually, no I'm not. Or, oh, hey, I have some areas where I could change. Let me do that. You come out from that parasitic energy, which changes your frequency. It changes, like you said earlier, what you're drawing in, what you're choosing and it starts within your mind first

Ads 20:51

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 and get a very special deal for my listeners.

Dr. Wendy Myers

I think so many people can relate to that and even friendships as well. You have to love yourself enough to create boundaries and remind people. It doesn't matter what relationship you're in, even a healthy relationship. You always have to remind people of your boundaries. If they keep crossing those or ignoring them, they don't give a crap. That's their behavior. You have to listen to their behavior about whether you're gonna stay in this person's presence or not even on social media and podcasts and things like that. A lot of people are really waking up and really learning a lot about relationships and learning how to love themselves.

And sadly, I think because women are so focused on, and many men too, God loves those ones that are focused on personal growth. But a lot of women are surpassing men and like 70% of women are initiating divorces because they're tired of shouldering a lot of the emotional work in the relationship, and managing the household. They have to work and they have the kids and they gotta look caught and sexy and be ready and energetic to have sex at the end of the day. And women are not able to do it all. That's a whole other podcast maybe for Sonia Khan or something.

Maura Eliza

I think there really is a disconnect that is coming back. We've been really out of touch. This was certainly true of mine. My ex is not a narcissist. He is not an abuser. But I got into that relationship with a one frame framework that was heavily informed by feminism, which had taught me that these low-key men are stupid kind of mentality. Oh, they're this, they're that, and I love them anyway, kind of thing. Rather than seeing the flags for what they were, I just had really no idea what kinds of things he was showing me that were actually going to be long-term. And honestly, in a sense I changed the rules because I started to really understand when I became a mother,

my role as a mother and how important that was. We just were not on the same page with that. And as I started stepping out of feminism and started to really look at the ways that that had impacted me.

I'm very happy that I was able to buy my own house and things like that. I'm not like throwing it all out, but I do think that there's a lot of ways that it set me up for a relationship that wasn't fulfilling what I needed and led me into these controlling patterns, these emasculating patterns, things like that. I really had to be honest with myself at some point, and it was an unpleasant awakening to see how much I had contributed to the challenges of our relationship. I actually have gone back and apologized to him about it. But it was because I just really didn't understand. We go back to things that we see on shows and things that we're taught. I can hardly watch TV anymore because of the man-woman relationship that is always going on. It has that subtext of this man is dumb.

Many men are portrayed as being dumb in our media. I just never really realized how much that was impacting me until after everything was said and done. Dating has been so different ever since then. I've started to see, for example, I went on this date, it was lunch date, and we were in a part of town that had old fashioned parking meters with coins. I only had 50 cents or something with me. It was definitely not gonna be enough. And so we got to the table, I said, hang on a second. I'm gonna go get cash from the hostess and go feed the meter. And he goes, oh, I'll do that. My inclination, because of my patterning and what I have done my entire life for like 42 years before that would've been like, no, it's okay.

Don't worry about it. You just sit here, I'll do it. And I was like, okay, I'm trying something new. I'm like, okay, I'm gonna sit here. My whole body had to readjust while he got the change, fed my meter, did all this stuff. He was so excited that I let him do that. He was just so excited. I had to relax and know that he wasn't gonna come and say anything catty later, that I got to just sit there and choose my meal and feel a little bit special. I was like, oh, actually this is a really good vibe for a date.

Dr. Wendy Myers

I have to say I'm so guilty of that also. It's taken me a long time to learn to be more feminine because I think I was just always very self-reliant from childhood. I was

totally independent and self-reliant and making money at 12. I was out there hustling. I was selling candy. I was selling vegetables. I got a job. It's just in my blood to hustle and make my own money and whatnot. But I definitely identified that. I think a lot of women are in these bad patterns of emasculating men, not letting men take their step up, or mothering them and it destroys the relationship. That's, again, another podcast, but it is a contributing factor to divorce, probably one of the biggest ones.

Maura Eliza

Whenever we are doing that and feeling that pressure, it usually stems from some other deeper belief. Where do I get my value? If I'm not mothering him, am I valuable? Do I have a place where I can just feel inherently good enough? What we see within German New Medicine, because there are these predictable adaptations of the body to the perspective that you have, is the feeling of not being good enough. We call it a self-evaluation conflict. The literal bones in the muscles will start to atrophy in order to help you keep up. You think about it in terms of if you're being chased by a lion and the guy next to you is also being chased by a lion, but he's a little bit lighter than you, who's gonna get eaten by the lion? You are.

The body, in that conflict active phase, in that phase where you're feeling really stressed about it, will make this adaptation, make you lighter, make you more agile. And then when you resolve that experience, maybe you do some inner work or you have an experience where you feel loved, your body goes into a healing phase. When we go to the gym, we break down the muscle and it builds back up. It hurts after you're just sore from going to the gym. It is the same type of pain that happens whenever you are recovering from self-evaluation conflict. Your body heals, but it brings a lot of swelling. It brings a lot of pain.

If before you can fully heal that and get outta that pattern in a permanent way, you go back to it, your pain will stop. The muscles or the bones will start to atrophy again. Then you'll go through that process over and over again. Now we have what could be diagnosed as chronic pain. Whenever we start to flip that script and we start to see different ways and change, sometimes I'll actually go with a person into a memory, especially when it still makes them cry or still gets some really angry, we'll go and we'll pre-process that memory in their mind and try to find, what's the lesson here?

What's the internal affirmation that your body wants you to have and move forward with? Then they start to finally resolve and permanently rebuild the tissues and the bones, and they're not afraid of that pain anymore.

Sometimes it takes a few rounds of, oh, I'm feeling a little sore. Was there a moment where I doubted myself for a moment? I'm helping people understand that and helping women see that they're not broken. Their body is responding so perfectly in sync to what they need to heal and walking them through that is working on many things at the same time

Ads 32:25

Are you taking collagen supplements? Well check this out. Our friends at Organifi have sourced the best collagen on the planet, and you can get it with 20% off savings today too. So, what is collagen? It's the most abundant protein in our body. It's everywhere. It's in your muscles, joints, hair, skin, fingernails, everywhere. It's one of the fundamental building blocks of life. Your body uses collagen constantly to keep itself refreshed and repaired. But as you get older, especially as women that are going into menopause, you can lose 30% of your collagen within the first five years of menopause, and that starts in perimenopause as well. Your body just stops making as much of it and you start losing it, especially as your estrogen levels come down. That's why consuming collagen is such a great idea every single day. It gives your body a fresh supply to keep working at its best.

It's not only good for your hair, skin, and nails, but it helps to support your gut and metabolic health, immune system, cardiovascular strength, and all of your muscles and moving parts too. Collagen is nothing new. It's one of the oldest supplements out there. Collagen supplements have been around for quite a while now. But what makes Organifi so special is it's all about the quality. The non-organic collagen scare me. They're really problematic because they can be full of glyphosate, pesticides and other chemicals that you do not wanna be taking on a daily basis. Not all collagens are the same. It can come from many different sources and the source can drastically impact its potency and effectiveness as well.

Some manufacturers just go with the cheapest stuff that they can find and then add fillers and artificial flavors and they still charge you a lot of money for that. Organifi

always goes the extra mile to ensure their quality is the best. They blend five collagen types from four different sources, and they taste and test until it's perfect. And then they go even further to test for things like glyphosate residue and other sneaky toxins that can get into the mix. After passing through all of these goalposts, it finally gets the Organifi seal of approval so you can rest assured it's the highest quality and non-toxic. I love that this company is a company that I can trust that their products will be safe and effective exactly as they say they will be.

In the supplement world these days, that kind of honesty and transparency is getting harder to come by. So, if you've never tried collagen, now is a great time to start. And if you're already taking it, now is a great time to switch to a better brand. Upgrade what you're doing right now so you and your entire body is gonna love Organifi Collagen. It is something that I take on a daily basis. It's been a part of my supplement routine for the past five years, since I went into menopause, and so I can't recommend it highly enough. Now let's talk about saving you some cash as well. Here's what you do. Go to organifi.com/myersdetox and put in coupon code Myers detox to get 20% off. Go to organifi.com/myersdetox and don't forget the Myers detox coupon code as well. You'll save an extra 20% off by putting in my special coupon code Myers detox.

So, like I said, collagen's one of those things that I take every single day. It's one of the most important parts of my anti-aging protocol, the things I'm doing to fight off the clock. So for me, taking clean collagen is really important. It's hard to find, so I highly, highly recommend Organifi collagen.

Dr. Wendy Myers

That's what I love about German new medicine and bioenergetics and bioenergetic software that can see what frequencies you need to heal and release negative emotions and emotional traumas. It's just so easy. It's so easy to do. You don't need years of talk therapy. You just do a scan. There are other ways to go about figuring out what you need. You can do muscle testing and things like that, or motion code or whatever. There are all kinds of different methods, but you just identify it and you just release it.

It's so easy. I'm trying to get across to people. There isn't all this mental work. They relive the trauma, talk about it and pay someone for years to go to therapy. You can unload this baggage so easily. I had an interesting thing happen in my last marriage where that person definitely was a narcissist and I've talked about this on the show. I had a narcissist therapist and there was a specialty in that and whatnot. I had this thing that started happening where my throat was just closing up. I was having trouble talking and my voice was hoarse. I couldn't record my podcast and it was really weird. So I went and did a scan with my doctor, Dr. Michael Rankin Sr. He found out that it was due to the fact that I couldn't speak my truth.

No matter what I tried to do with this person, my ex-husband wouldn't listen. They just didn't care. They weren't interested in solving problems and things like that. I just couldn't speak what I needed. I couldn't say what I needed and, and it was literally tightening my throat up. It was just so strange. The software I used was Zito, and it's really crazy. The traumas and things that came up in the scan were so scarily accurate. It was so crazy. We released it all and literally within an hour my throat wasn't closed up anymore. It was so easy. With this type of scan or any type of bioenergetic modality you're going to be tapping into things and discovering traumas or negative emotions that you're not consciously aware of and that's so important. Can you talk about that?

Maura Eliza

I actually have a device similar to that as well. I was his apprentice for a while. What women can do is symptom-based. Whenever you make the agreement to do the work, then the body's like, okay, let's work on this first. Let's remember that, remember this, remember this. We start knocking down one experience, which sometimes affects another experience. Sometimes you can have one hypnosis session. I give people a recording so that they can be doing this on their own. You might target one experience, but 10 issues resolve at the same time. Sometimes I'll bring in that device when people have a lot of stuckness. I have one woman whose mom was a narcissist. Her sister was a narcissist. Even though she was in her sixties, she had tried everything. She had been stuck in this pattern. I asked her to just gimme a short list of everything that she had done.

I couldn't think of anything else to add to this or have you tried this? She had done hypnosis, she had done cock therapy, she had done electro shock therapy. She had nothing that was off the table for her. Within three scans with the non-linear system device that I use, she was calling me crying because she's like, I don't have shame, I don't have anger, I don't have rage. This is the first time in my life that I haven't had these things. Throughout our time together, she's like, I feel like my life just started at 60 because we were able to get her outta that pattern. She's been able to hold herself out of that pattern. She's been able to really go into personal development and have traction with that where she couldn't before.

So, I agree. I'm fully on board with those devices because they can just get you pointed in the right direction. People who come to me who have done so many things. They've done the coffee enemas, they've done the parasite cleanse, they've done the heavy metal detox, then they've done chelation and they've done blah, blah, blah, blah. All of these things., I can look and I'm like, well, frequency wise, all those things are working. But look at these emotions that you have here.

Dr. Wendy Myers

We don't wanna deal with those. It's usually the last thing people come to because it's very uncomfortable, I think for a lot of people, especially with emotional trauma. I think for a lot of men that aren't as adept as most women and talking about their feelings and looking at ways to address those, it's challenging. It is for a lot of people, but this is a way you can get it out. You don't have to talk about any of it. You don't have to talk about it. Plus, you can't talk about things in therapy you're not consciously aware of or the mechanism by which you have this emotional trauma. I think it's fast and easy and really effective. That's how I choose what I'm doing for my health.

Maura Eliza

I like to pair it with other exercises where I have something based on what Kelly Rogan calls entry through the upset. Again, we'll work with this and we'll discover that the issue being seen is connected to some death experience as a child, who would've seen that? But it really took us like 3, 4, 5, 6 entries in this one exercise. People will tell me this is so light. I've been in therapy for so long, we talked about

somebody else for so long. But this really got us moving. It got us these profound results with something that just seemed so ordinary and so simple that I want women to be able to go for it and to walk themselves through these kinds of exercises so they have it as a tool for the rest of their lives.'

Some women don't have anybody to talk to or some women are talking and they're still stuck. The processing isn't happening with the talking. So while it's sometimes can be said that a burden shared is a burden halved, having somebody to talk to can just be therapeutic on its own, sometimes it's not the case. Sometimes it's just so overwhelming that we can spend years and years and years running away from it. But just asking yourself in a certain way can resolve it for you in minutes or hours

Dr. Wendy Myers

I can attest the thought I did about 10 years of talk therapy. I was trying to be proactive and I wanted to work through all my childhood stuff and I just wanted to get on with it. It took 10 years, but I still didn't touch any of the emotional trauma using frequency medicine or German new medicine or bioenergetics, whatever you wanna call it. I still hadn't done any of that work, and it was only when I did that that I really started shedding a lot of baggage. You just feel so much lighter, you're happier, you sleep better, you're physically healthier, you have more energy. It can really help you step into your life purpose, the person you're supposed to be, and then attracting the partner that you're supposed to be with. I think you have to do this kind of work after a divorce or still married or what have you, contemplating a divorce because I think that you, you need to be happy single.

I just listened to a podcast this morning about this. You have to be a happy single to be happy in a relationship. I think a lot of people are in relationships because they're so afraid of that loneliness or being alone. I call it pathological loneliness. In the past I would want to be with someone just because I didn't want to be alone. And then you of course you end up not making the best choice or you don't wait for the best partner for you,

Maura Eliza

Or you're in a relationship but still lonely in the relationship. We have something called a reticular activating system. I'm not sure if you're familiar with this. People have this experience when they're shopping for a new car and you don't know anybody who has the car. You picked it out, you picked out the color, you went and got it. And then suddenly you're driving along and you see 10 of them a day, like the same car. It's because that has been flagged in your mind as an important detail. There's a biological explanation that makes sense that your brain flags certain things because, oh, this is the kind of bush that had the berries or this is another kind of situation. This is the kind of environment where a mushroom would grow.

We can see how the brain would have developed these processes, but it works for danger as well. So, if you were making a peanut butter sandwich, you had a big fight with your partner, your nervous system can sometimes attribute that fight to the peanut butter or the bread or the peanut butter sandwich together.

Dr. Wendy Myers

The ice cream.

Maura Eliza

Or the ice cream, right? Now we have a gluten intolerance or we have a dairy intolerance or something like that, and it makes sense within our body that it would be like, Hey, watch out. Get yourself out of here. There's a sense of danger. But we don't always know, like, what are those connections? So, we're just walking around nervous all the time. When we start to shift and work with those things, we can take the experience, we can shift the perspective around it so that peanut butter and that sandwich is no longer a trigger anymore. It doesn't need to set up the alarm bells anymore and put in recognition of, Hey, here's connection.

Hey, that person opened the door for you. That's because they saw you. That phone call that you might've put to the wayside and not really thought twice about like, oh, that person is connected. They're thinking about you. You're important. You start to recognize those things because we can set up your reticular activating system to recognize what you need to see in your life, and then same thing with your partner. You can recognize that within a date. You can recognize gestures that your partner

may or may not be making, but things that you would've missed. Otherwise, it can just really enhance your own personal sense of belonging and safety.

Ads 47:22

This episode is brought to you by Chef's Foundry. They've got a fantastic line of cookware called P600. It's totally non-toxic. I think people don't realize that when they're cooking, most people's cookware is adding toxins to their healthy food. People spend so much money on healthy organic food and then cook it in toxic cookware. That includes cast iron, which I do not recommend. It adds way too much iron in a form that we can't absorb. People use aluminum cookware, which is very inexpensive, but it's used in most restaurants, giving us tons of aluminum. People are also using ceramic cookware, which can leach toxins into your food, and not to mention, the non-stick cookware that has many PFAS or PFOS, that is so toxic. It's one of the forever chemicals. So, you really have to pay attention to what you're cooking in.

That's why I recommend the P600 line by Chef's Foundry so that you can have peace of mind when you're cooking and you're not getting any nasty chemicals like lead or cadmium or nickel, or PFAS in your healthy food. You can get a special discount for my listeners by going to bit.ly/myersdetox to get an exclusive discount, just for my listeners. I want you to be thinking about what you're cooking your food in, and I highly recommend the P600 line by Chefs Foundry.

Dr. Wendy Myers

I think it's really interesting, like you're talking about how food sensitivities can be caused by emotional traumas or fights. Can you talk about some other things that are physical health issues that women may experience during marriage and after divorce that can really be based on emotional trauma and not necessarily some physical issue that has to be resolved through a physical solution, which is what most people naturally will gravitate towards?

Maura Eliza

Well, one thing that's huge would be like weight gain for women. When the body is getting the signal that there's trouble in paradise, specifically the type of trouble where you are afraid of being abandoned, you are what we call a refugee conflict. Maybe you're having to change, move across town, or move to a different part of the country, or you're leaving your church, your community, for one reason or another, or if you have a fear that you're not going to survive, for whatever reason, maybe financially you're worried about that, then the body makes the adjustment by shutting down your kidney, collecting tubules, and again, this is a biological bio life logical program where your body is like, okay, we're about to be without food and water, maybe.

So, you can go for months without food, but water not for very long. The body will shut down the kidney collecting tubules so that you can conserve water. Additionally, healing happens in a fluid environment. So, if you have another conflict that's already going somewhere else, it will sometimes direct that water to that area. I've been working on what I call a pupa guide, that fatty upper pubic area, the area between the belly button and the pubic bone. A lot of women hold weight there. Well, what organs are under there? We have the uterus, we have the ovaries, and we have the bladder. We could probably also look into the cervix and vagina, but those are all. The bladder is often related to territory conflicts.

If you have a person in your life who is maybe not respecting custody agreements or who's overstepping their bounds with regards to your mothering, then you can sometimes have a program running in the bladder if you've had recurrent UTIs.

Dr. Wendy Myers

I definitely had that when I was with my ex. When we first started dating, he just moved in really quickly, and then I just had these recurrent UTIs and nothing would get rid of them. Looking back, it was a territory thing. My body was rejecting this person. I think a lot of women don't make that correlation between the UTIs and their partner invading their territory.

Maura Eliza

Yes, exactly, and it can happen at work. It's not just limited to divorce. Any of these can happen to anybody anywhere, but disrespect on your femininity, of course we can have abuse situations and we will have responses in the uterus or a loss, maybe there was a miscarriage or an abortion or even just the loss of, I thought our life was gonna be different. I wanted to have more kids with this person. Can I even make a home on my own for my children? All of those can cause issues. It's a combination of the kidney collecting tubules holding onto water, which can accumulate everywhere, but when we see it in one specific area, sometimes we dig a little deeper. There might be two things going on.

Dr. Wendy Myers

For me, whenever I'm getting towards the end of a relationship, I usually gain about 30 pounds, which is so much fun. I realized later that my body was just building a protective layer in some way to deal with the negative interactions with that person or whatever the case may be. And then we broke up and oh my God, the weight just disappeared in a matter of months or just a very short period of time. I was like, maybe I should break up and I'll lose 30 pounds. But, seriously, it is a physical coping mechanism that we have.

Maura Eliza

I see a lot of women who are like, I'm eating less than a thousand calories a day and still can't release any weight. And it's like, well, thank goodness you're not releasing all of this water. If you're eating that low of calories, you're enacting a program of things that are not okay. I don't know if I'm gonna survive. So sometimes those are the cases when people start to just have the regular meals and start to make a minimum calorie intake where they're really making sure that they're giving their body that safety signal of, yes, there's food here and they are doing some nervous system work before they eat. Just becoming more aware of disconfirming beliefs that instead of feeling like they're not sure they're gonna survive or they're gonna be abandoned, seeing where those connections are. I have a hypnosis that I have people walk through as well that just sets up that reticular activating system so that you see all of these connections and remember the time where you actually made it through and things just fell into place and that it can happen again.

We could go on with skin issues and those being attacked or soiled conflicts or separation conflicts. Getting into the different flavor, we look at exactly the skin issue. Is it in the corium skin? Is it in the epidermis? Then we use it as, like I say, a start here sign like, Hey, let's start here with the healing.

Dr. Wendy Myers

German new medicine is just fascinating. It's absolutely fascinating. All the bioenergetic software is based on German new medicine. All of it because Dr. Hamer, you mentioned, did 400,000 CT scans and worked with 60,000 cancer patients and where the cancer was and what traumas they had and this unbelievable body of work after his son was murdered when he was like 18 years old. Dr. Hamer developed testicular cancer and he felt like those two things were linked. That kind of started his kind of foray into this work on emotional trauma and how it causes physical health issues. So, it's really amazing how every different organ body part of the brain. You might be having a physical health issue with an underlying root emotional trauma. It's very clearly defined in his work and in other people that have furthered the field. It's really fascinating.

Maura Eliza

It is. I can't even imagine the genius that this man had. Thank goodness he did. But when you start to piece them together, you're like, oh, this makes sense. I actually studied this worker four years before I started talking about it because I kept coming into situations. I was like, oh, it makes sense. I had like I said at the beginning, a gluten intolerance and had to get some help with another practitioner. He was just like, what was the thing that was really hard to take? I'd had this intolerance for so long that I didn't know the exact moment when it started. But him just asking a couple of the right questions, I was like, you know what? I bet it was. This thing that happened and oh, I get chills when I think about it because it was something that I managed for so long and the answer was in a 30-minute conversation and now I make sure I get to eat whatever I want.

It's just so freeing because even with all the gluten-free options that we have now, it is still really hard to maintain that level of rigidity and discipline around food. It was

actually hurting me in an emotional piece because I would feel so guilty whenever I would have these things and worry and create more stress for myself.

Dr. Wendy Myers

I can't relate to that. I don't feel any guilt when I eat gluten. I'm gonna just BE having some heartburn, take care, I'll deal with it or whatever. But yeah, I think it takes a skilled practitioner to draw this stuff out of people, help people make those connections between and open their mind up to, this is how our body works. It's a much different paradigm than going to your doctor and it's gonna be you a cream for your skin rash or what have you. I think many people start looking for alternatives because what they're doing isn't working. I really encourage anyone at any point in their life, not just after divorce or they're in a bad relationship or what have you, you need to do this work.

It's very rewarding. It's very easy to do. It doesn't take a ton of time, but you know, I'm still doing all kinds of little scans and I have a few different types of software in my home that I use to scan for emotional trauma and release it. There's always some work to be done, some house cleaning to be done, some ancestral trauma that can be swept

Maura Eliza

Oh yeah. The beauty of a practitioner is that they can have that eye towards, if it's not landing for you, eliciting where it might have been in history. I actually had an experience during my training where we went through this exercise and I realized that I was carrying some of the trauma of my grandmother whose husband died when he was 43 and left her behind with 13 kids.

Dr. Wendy Myers

Can you imagine, you think you've got problems?

Maura Eliza

Oh yeah, exactly. That story was not a secret in our family by any stretch of the imagination. But what I had never connected with was I had always thought about

the differences between her life and my life. And it was at that exact moment where I started to realize like, oh, I had to usher my children through mourning divorce, just like she had to usher children through mourning the death of her husband while she was going through mourning. I was mourning the divorce too, and, and walking with my kids through that. Throughout the rest of the night, I just knew I had hit something. I just spontaneously kept crying. I went to Costco afterwards, I was walking around Costco crying, overwhelmed, having the samples and crying. I didn't really like it. It was so ephemeral. I didn't really know exactly what it was. I just knew it was something to do with her.

The next day I kept hearing he's alive, he's alive, he's alive. It was like I had made that shift between the true difference between her life and the way her life went from that point to my life and felt a good connection to her, but also was able to say, okay, now this is the healing for our generation is to move on from that experience.

Dr. Wendy Myers

It's really fascinating when you start doing some of these bioenergetic scans, what comes up and the connections you make. It's just awe inspiring and eye-opening and so healing. Another thing I wanna relate to people is, I know after having a divorce or getting a divorce, it can seem very daunting too. You have to create a new life being single. You might lose some friends that were with the husband and then you gotta deal with the kids all by yourself. Then you go like, oh God, I gotta get in shape and start dating again and putting on makeup and all this stuff. But you can do it. My mom got remarried at 70. She finally got it right. She has an amazing husband at 70 years old, and you can do it. One person's trash is another man's treasure, honey.

This is for men or women. If you were with someone that didn't appreciate you, treated you like crap, and you believed their lies. A lie told often enough becomes the truth. You can put all that behind you because there's someone you're gonna find that's gonna treat you amazing, but you gotta do that work first.

Maura Eliza

Like you said earlier, it is so rewarding. It becomes so fun. I started dancing after I got divorced. I enjoyed dancing growing up, but I always wanted to do partner dancing. I started it a few years ago and I would never have been able to do that when I was married. But now it just lights me up. It's a high I can't come off of whenever I go dancing. I know whenever I start to feel like blah, I am like, oh wait a minute, it's been a little while since I have gone dancing. It's one of the most fun things that I have in my life now.

There are men out there who are doing the work. There are men out there who have had a big wake-up call or who were married to people who themselves were narcissists because women can be narcissists as well, it just wasn't a good fit, even though that is a perfectly good man. When you start to be like, not to use too esoteric language, but when you start to vibrate at this frequency and start to pull in and be able to recognize that man that crosses your path and the signs of a good man, you're just like, oh my gosh, there's actually a lot more out here than I really realized. It can become, like I said, so fun to just get to know people and go out.

Dr. Wendy Myers

There are so many amazing men out there. There really are. I found that just with different friends, or even my own mindset in the past, it can be negative because of the men that we chose in the past or maybe the father's not so great or the brother or what have you. I think that it's really important to take full responsibility for your choice to stay in relationships that aren't good, and don't blame it on the men. If someone's a jerk, Hey, guess what? You chose that guy and you chose to stay with him. I think a woman can get stuck and like, oh, he's an asshole and he's this and he's that. And men are this, and generalized to the whole population, like, no, honey, you chose him and you stayed with him. It would help to just take full responsibility and then you can stop with this negativity in ruminating that. It keeps people stuck in a negative state and that you can release that by taking full responsibility in doing this type of bioenergetic work to release your trauma.

Maura Eliza

You do start to realize that there is power in being like, well, yes, he is whatever. At the time I just didn't know enough to be like, that's enough to get you kicked out, and now

you hopefully have it. Being able to work and build that confidence is, like we're saying, so rewarding.

Ads 1:05:44

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.

Why don't you tell people where they can find you? What is your website and how can they work with you?

Maura Eliza

My website is flexhealthwithmaura.com, and my heal divorce program is called The Vibrant Way, which you can go to thevibrantway.com. I open enrollment periodically or seasonally and if the enrollment isn't open, you can sign up onto my email list. I'm always sending tips, food for thought, podcasts, like all kinds of content and information that's really valuable until the doors open again, you can work with me.

Dr. Wendy Myers

Yeah, that's great. That's so awesome. I haven't really heard of any divorce programs that are working using bioenergetics or German new medicine. I think that's just so perfect because I know there are so many people going the traditional route, going to therapy, going to women's groups, and things like that. But I'm telling you, nothing is gonna get you the results like software scans to figure out what your trauma is, and doing different protocols to release that. It's gonna be the highest return on investment of your time and money. I assure you, because I've done many years of this work and I'm a completely different person than I was just a few years ago doing this type of work really intensely and trying a bunch of different things. I found a few modalities that I really stick to, but nothing is gonna work as well as working on bioenergetics with your emotional trauma to release it.

Maura Eliza

I really love getting people those kinds of results really quickly because that's what motivates me. It is to be able to sit down and say, I'm gonna invest this 10 minutes, hour, whatever it is, and at the end I'm gonna really feel like they have done something. That's the kinda stuff that motivates me. That's why I'm always trying to get women to have that because oftentimes they have waited so long to look at these patterns and they have spent so much of their life in the perspective that oftentimes was created when they were free or something and just didn't know any better, and they've spent their whole life in this. Why wait any longer? Get it shifted, turn it around, and start living your life with this new way of outlook.

Dr. Wendy Myers

Yes, absolutely. Maura, thank you so much for coming on the show. Everyone, I'm Dr. Wendy Myers. Thanks for tuning in every week to the Myers Detox Podcast. I love to do this show. I love helping you guys and giving you a few little tips or tricks there that can help you elevate your health, because you really deserve to feel good. I want you to feel good mentally and physically as well. It's just such an honor to do this show and bring all these guests to you. Thanks so much for tuning in every week.

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