



#599 Frequency-Imprinted Skincare + Gua Sha: Naturally Boost Lymphatic Flow and Collagen with Cathy Goldstein

Dr. Wendy Myers

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, health issues caused by toxins, and bioenergetics, which is one of my favorite topics. We also talk about more advanced topics in health than a lot of shows out there. We talk about anti-aging. This show combines all of that. I'm talking with Dr. Cathy Goldstein. She has developed a line of frequency-based skincare that combines all the benefits of botanicals and moisturizers, but you have this added benefit of all these thousands of frequencies that are imprinted in the skincare.

We're gonna talk about what those do for you and how they facilitate lymphatic drainage. We'll talk about gua sha. We'll talk about a lot of problems with the med spa treatments that are out there. We'll go over the issues with Botox, some of the issues with the radio frequency microneedling, facelifts, surgeries, fillers, and all these things that people are doing, and the long-term consequences they may not be considering because they want those short-term gains. So, we provide some alternatives here. The Tru Energy skincare line is something I've been using for a year, 18 months now, and really love the results. I just want to educate you guys on a way that you can use frequency medicine in skincare line that can get you the results that you're looking for so you're not scrambling and falling prey to all this marketing for so many different skin creams and promises made by the med spa that may not pan out.

On our show today, we have Cathy Goldstein. She is a pioneering expert in quantum energy medicine, facial expression, science, and bio-adaptive skincare. With nearly four decades of experience in integrated medicine, she's redefined beauty and wellness by integrating functional aesthetics, bioenergetics, skincare, and neuro-aesthetics, proving that true rejuvenation starts at the cellular level. As the founder of Tru Energy Skincare, the first of its kind bio-adaptive skincare system, Cathy has developed energy-infused formulations and frequency-activated tools designed to optimize cellular communication, fascia, and lymphatic health, and emotional expression therapy. Her work challenges conventional beauty practices like Botox and fillers, revealing how facial expression and energy flow impact brain function, neuroplasticity, and aging.

You can learn more about her approach to aging beautifully and gracefully at truenergyskincare.com/myersbodyset. Cathy, thank you so much for joining the show.

Cathy Goldstein

Well, thank you for having me. It's always a treat to be able to connect with you. We've had such a great synergy with skincare and frequencies. I'm excited to unpack it.

Dr. Wendy Myers

Why don't you tell people a little bit about your background and how you got into frequency medicine and skincare, and then combining those two modalities?

Cathy Goldstein

It seemed like a really unusual segue, because when I was about 26, I got really sick and I ended up at the hospital for three months. I had multiple surgeries and almost died a couple of times. There's no feather. The sledgehammer here was that I needed to be focusing more on holistic medicine rather than western medicine. I was ready to jump into osteopathic school and things like that. I was more geared in that direction. So, I totally changed my direction into holistic medicine. I ended up going to acupuncture school. I immediately got into working with neuro-emotional

techniques and energy medicine, and integrating that into everything that I was doing. And because of this chronic autoimmune disorder, I was treating a lot of really sick people as a last resort, whether it's autoimmune, pathogens, or even anaphylactic reactions and things like that.

When I was about 49, I had another little segue in direction. I was visiting a friend in California. He was in his practice. He was coming down the hallway. I stood up to meet him in the hallway, and I caught myself in the mirror. I was like, oh my gosh! When did that happen? I couldn't believe what I was seeing. I was not happy with what I was seeing. I definitely felt like it didn't match how I felt and what I saw. I'm a "practice which you preach" kind of practitioner, as I know you are. It's like eating well, organic, exercising, and doing all the right things. Yet when I looked in the mirror, I was like, what? There's a big disconnect here. It made me reevaluate the skin. I should say not just the skin, the lymphatic system, fascia, and how we hold emotions and traumas in our body, the lymphatic system, and the fascia.

It segued into taking all of the treatments that I was doing in integration with energy medicine, bio photon frequencies, light energy, sound energy, and integrating it into what we very much needed, which is a natural skincare and a natural space lift system. And that's how I segued into skincare with frequency-based skincare. Then, of course, I had to move the body part of that with the lymphatics and repair the skin on the entire body.

Dr. Wendy Myers

I've had those moments too. I'm happy with the way I look compared to when you're 25, but I've definitely had those moments where I'm like, holy shit. What is going on here? I've read that women have a spurt of aging at 44, and then again, it's 60 where the timeline of aging is really accelerated in those windows. So, there's something to be aware of. Let's talk about skincare in general. Since I was a teenager, I've been obsessed with skincare, trying every type of skincare to everything at the department stores and then trying natural stuff. I have just spent probably tens of thousands of dollars at this point on these promises in a bottle. Can you talk about the issues with those? I'm of the bent that any old cream can moisturize your skin.

Whoopy, doda, all of them are doing that and some of them have some actives, but nearly enough to really elicit the response that you're looking for. You're creating this frequency-based skincare line, we will get into what that is in a second, but it's just far and away, so much farther advanced than any garbage in any, not garbage, but just any products you're gonna buy anywhere. Why don't you talk about some of the problems with skincare today?

Cathy Goldstein

That's a huge question because there are so many aspects to why skincare works and doesn't work, how it works, and why you can't actually get the most out of it that you're really looking for when you spend all of this money. What are we actually looking for? It's hard to actually put it in words, but what you do know is, when you find something that feels good and you use it, because that's the problem with buying all of the expensive solutions in a bottle, we're looking for something that we actually will connect with on some level. I know for me, I'm not as diligent as you are on skincare in my history. And it really wasn't until I developed my own skincare that I enjoyed using it. It felt good on my skin.

There are three primary things. One of them is that if there are toxins, we're adding more issues to the problem. You and I can go deep into the whole toxins in skincare and the adverse effects of that on your skin. The other is that most skincare really does work just on the surface of the skin. So, it's not just having active ingredients, it's the delivery system as well. The delivery system needs to really address the different levels of the body. We need to protect the surface of the skin. But if we use things like coconut oil, a lot of times people will tell me they use coconut oil or different kinds of heavy oils. What they do is they protect our skin from the environment, but what they also do is they build up a protective layer like a hide does. So, you're not only not getting product penetration. You're creating a loss of elastin in this hide that we're experiencing on the surface of the skin. You need to have a skincare product that has a good delivery system.

I like oleosome delivery. I like cream and water because our cells are really based on water. I feel like it penetrates more and then it delivers those nutrients deeper. The oleosome technology is like a seed that holds nutrients that really releases those

nutrients at the different layers of the cells. The last is really having a frequency-based skincare. It is the game changer we're talking about. You like to call it the roadmap to cellular health, and that is exactly what it is. It's an information substance delivery system where it can retune and recharge our cells to perform like they're supposed to, as well as it helps that product penetration too.

Dr. Wendy Myers

For you guys listening to this podcast on a regular basis, you know I'm very much about bioenergetics and it's really the first thing that I do for my health no matter what is going on. I've extended that into why not use skincare that has frequencies imprinted on it. That's why I was so happy that I met you. I'm like, that just makes total sense. I use supplements that have frequencies imprinted on them. I have frequencies printed on my harmony pendants, and it just permeates my entire life with everything that I do. It's all frequency-based, because you're going to get so much more results from what you're doing in your return on investment when you're adding frequency-based elements to what you're doing and wanna apply that to skincare. Why don't you talk about some of the frequencies that are embedded in your Tru Energy skincare line?

Cathy Goldstein

The frequency on an overall base is designed to increase and balance our own vibrational frequency to health. So, to start out, what does that look like? If I'm doing acupuncture, I'm working at getting the body to function on its own so it doesn't become dependent on the acupuncture. So what that means is it starts the cells and meridians, and the energy starts working the way it's supposed to, so that person can feel their absolute best, get back to their life and have a hugely fulfilling and resilient lifestyle. So, with the frequencies in the tools as well as the little green bead that's in every jar, those are not only imprinted with frequencies to deliver a perfect performing cell, and perfect performing collagen. So, we're imprinting information like collagen production, elastin production, cellular repair, cellular detox, working with the powerhouses of the cell, like the energy base of it to make sure that those mitochondria are working at their absolute best.

The other is that it's about the language that the body speaks. So, our body is more carbon-based. It is like a bio being body or life and photons being light. Our body is a bio photon. It's life and life energy. How I make sure that the body understands the language that it communicates with is I use multiple different layers of imprinting frequencies. I am also using that biophoton resonant vibration so that it speaks the same language as the body so that it reads it as well. That's a huge part of making my reagents that go into those tools as the formulas to communicate. Like tuning a piano, it has to be exactly right. You're using a tuning fork to tune the piano because they have to vibrate at the same frequency where it is the perfect pitch.

Dr. Wendy Myers

It makes so much sense when you think about it. You're essentially putting this cream on and have these frequencies imprinted and that's feeding new information, new operating instructions to your cells. I think people don't realize that this is why a lot of things in mainstream medicine are not producing results that a lot of people would like because they're completely ignoring how the body works in many ways. We have an energy field around our body, about 10 feet in diameter, about three meters or so. And this is a communication highway, right? There's information sent on scalar waves throughout our body.

Our heart produces waves. We measure on an EKG. Our brain produces different waves when we're sleeping and different waves when we're awake. This is the body's communication system essentially. And so why not harness that concept and feed new instructions to the body to elicit the response that we want, which is younger, more youthful skin.

Ads 15:38

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

Cathy Goldstein

Aging is natural, right? There's an aging process and especially hormonal changes as we get older. One of the things that you had mentioned was those critical changes at 40 and 60, which I've hit past both of those. It's true. We just decrease our body's ability to have that vibrational frequency perform the way we want it to. It's why we do anything for our future because we want to be able to be our best version of ourselves, right? So we eat well, we exercise. Same thing with your skin. What we do today makes a difference in 10 years, 20 years, 40 years. So, your skin's gonna look amazing and you're gonna be absolutely timeless when you reach your sixties and seventies.

Dr. Wendy Myers

I've been using your product line for about 18 months now. I forget if it's a year, 18 months at least. It's what I want to use. I have lots of little things in my little treasure

stroke cabinet. I get sent lots of things to try and it's great. I'm very thankful for that. But I just want to use your products because it doesn't make sense to me to use something that doesn't have frequencies. You have thousands of frequencies imprinted on your products. You mentioned just a handful of them, but there's much more to it. I've noticed a marked improvement in my skin, the clarity of it, firmness and just the texture. I'm really very, very happy with the results that I've gotten using the facial products and your whole line of body products as well. I love body cream.

Cathy Goldstein

Oh yeah, I know you do. It's definitely one of your favorites. My philosophy as well as yours is going with nature, not against it. And that's exactly what we're doing, just going with nature.

Dr. Wendy Myers

A majority of products out there contain perfumes. I was watching this video today that perfumes can have up to 3000 chemicals in them that you're breeding that in. It's soaking in through your skin. Unless your product has essential oils in it, it's got perfume. You've got the phthalates, which are basically promoting infertility and hormone disruption and wreaking havoc. And then there are the parabens and preservatives, which are problematic for your hormones and other things. That's why everyone's hormones are just a mess today. So, you really gotta think about this. The claims on the bottle, those pros can come with a lot of cons that people are just not thinking of.

Cathy Goldstein

Very true. And I think that it's the hidden things that make a difference when we think we're doing the right thing. Sometimes I have to dive a little deeper. Sometimes you just have to have trusted sources because it's tricky. Even just reading a label is tricky.

Dr. Wendy Myers

Yeah, it is. I've been reading labels since I was a teenager and I was so naïve. I always thought that the government would protect us from harmful chemicals. I really

thought that, oh, our government's so amazing. As a teen, I was reading, you know, my Lubriderm bottle and all these long chemical names and I was just like, what is that? Unfortunately, in the United States market, we are not protected at all.

Manufacturers can put anything, and a lot of it's not on the label. If it's just used in the manufacturing process, it's not in the label. So, you guys are well versed in all this, so we won't get too deep into that.

Let's talk about Tru Energy. You call it bio adaptive skincare. How is that different from clean or even organic skincare?

Cathy Goldstein

The bio adaptive component to it is like you had just mentioned there are a lot of chemicals that are hormone disruptors. There are also ingredients that can actually be just the opposite acclimate to our needs. I like to equate it to what I do in my practice. If I am working at giving someone supplements to repair their thyroid, I'm not giving them thyroid hormones. I'm giving them proms or glandulars to help repair the gland so that it starts functioning as it should. It doesn't need supplementing on hormones itself. So, the bio adaptive is very much the same way. I also like to call it functional skincare. There are two aspects to that. One is giving our cells the nutrients that they need to perform in a way that's desirable, meaning that you can't shove collagen into the skin.

The molecules are usually too large and the body doesn't even really know what to do with a collagen molecule in a skin cell. What we do instead with our ingredients at Tru Energy is to give it the ingredients that are necessary to build collagen. So, it's more functional than it is corrective if you will. The other is bio adaptive because we're at different places at different times. Sometimes when people first start using the skincare, they've got a lot of cell damage and the ingredients will work on that level of cell damage, repair and protectiveness before they start going on those deeper layers.

So, it adapts to the higher needs of the skin and where we are at the time so that you don't have to start with a product that is for oily and dry. All that says to me is that your skin's outta balance and it's about giving the nutrients it needs to balance so

when it repairs, you're still using the same grade ingredients to go to all those different layers and levels.

Dr. Wendy Myers

That's really interesting. Let's talk about detoxing the skin, face and body. Our skin is our major detox organ and the health of our skin is reflective of our liver and our detox pathways being open and our body's general ability to detox. You can walk around and see people with splotchy skin. They're ashen, have these huge bags under their eyes, or their face is very swollen. Can you talk a little about that?

Cathy Goldstein

In the lymphatic system, or in the detox system you mentioned, the organs that are detox organs, like you mentioned, are the liver, kidneys filter and urine detox. The lymphatic system is the key detox system, not just for the skin, but it's the carrier of the toxins. It dumps the toxins. There are two levels to the lymphatic system. There's the superficial level that a lot of people think about when they think about dry brushing and lymphatic massage. And then there's a deeper lymphatic system that is integrated through the fascia.

The fascia is more of a fibrous tissue that covers all of the muscles, all of the glands, and all of the organs interconnected through the entire body. But the fascia can get damaged when we have a lot of things. When we have physical trauma, emotional trauma, chemical trauma and surgery. All of those things can damage the fascia by twisting it or distorting it. What happens is the lymphatic system can't move. That lymphatic system is relying on the fascia for the smooth flow of getting rid of those toxins. So it's this really amazing synergistic system in not only detox, but also nutrient delivery.

The fascia is a collagen producing machine, but the lymphatic system is what delivers it to the cells and the skin. So, they really have to be both working and working in synergy. We have to address not just the superficial, but the deeper layers as well.

Dr. Wendy Myers

Okay, great. Let's talk about the body system that you use to help facilitate detoxification of the skin because this is really key. You wanna have healthy looking skin, you have to do things that facilitate skin detox or prevent tons of toxins from having to come out through the skin, which can be evidenced by acne and rashes and things like that. You came up with this refreshingly vitalizing skincare C cream, which I'm holding right here. I just absolutely love this formula. I find that with a lot of lotions, they're either too thin or they're too thick and greasy, or they don't absorb. This is just the right mix. Sometimes you put creams on and your skin still feels dry and like, what is going on here? So, tell us why you developed this and what are some of the frequencies in it?

Cathy Goldstein

What's really important with the skin is that, like you said, the skin of the face and the skin of the body have this similar detox processes, but the body is definitely different in the sense that when we have white spots, which can potentially be mold or like a fungus that we have on our body, a lot of people see that on their legs. There are all these little signs and symptoms that our body will show that might be different than on the face. So, like you said, puffiness, distortion, creeping, and puckering of the skin shows damage. Also not smooth, like the texture being kind of bumpy.

Like you said as well, color changes and distortions, thinness of the skin is an aging process that doesn't have to happen. So, when I developed the body lotion, it was important for me to have not just something that hydrates the skin on different levels, but also very corrective. I have ingredients that are the probiotics of the skin, like the probiotics of your gut. You need probiotics on your skin as well. Also having a triple vitamin C that's protected by an oil so it's not becoming its own free radical from light exposure. And that's actually what's been phrased as the molecular band-aid. It repairs a lot of damage to the skin and on different layers, such as sun damage as well as hormone damage, inflammation damage, and stress damage. So, it really helps to regulate that inflammation process.

The others are different things that are not just the probiotics, but also pH balance. A lot of times our skin, especially if people are using antimicrobials where we're destroying the natural skin mantle and our pH, needs that correction. But then of

course, we have lots of other active ingredients. The other is the little green bead in the skincare for the body is about repairing the acupuncture meridians, repairing collagen elastin re-fating, and rethickening. Thickening sounds like a weird word, but we do wanna re-plump the cells. Skin thinning is real. Plumping is what we want. It's what gives us that youthful pop on our cheeks, on our skin. So being able to re-fat, which is supposedly unheard of with skincare, is resetting. The frequencies plus the ingredients really do create that resetting.

Dr. Wendy Myers

This is so important, not just for aesthetic looks, but your skin is your barrier to the outside world and you're more susceptible to sunburn when your skin is dry and unhealthy or doesn't have antioxidants. You're more susceptible to critters, bacteria, cooties, parasites and things getting through your skin when it's not healthy. So, there are other repercussions as well. I didn't realize that the products have probiotics in them, but it just makes sense. Your skin has a microbiome. I think one mistake that a lot of people make is they're using harsh soaps every time that they shower and they're scrubbing their skin every time they shower because they think, oh, I'm getting clean. I'm supposed to get clean in the shower every day. But they are stripping away their skin microbiome, which is a big mistake.

I only do that about once a week where I'm doing this is scrub just to get off dead skin. I think a lot of people make that mistake and they don't realize how important that microbiome is in their skin. It makes nitric oxide to regulate blood pressure and so many other things.

Cathy Goldstein

That's true. Great insight on the, uh, on the microbiome protection of the skin. I love that.

Ads 31:45

I wanna take a minute to give a shout out to one of our sponsors, Tru 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 by far one of my favorite

products. 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

Let's talk about this body stone and what the purpose of this is. A lot of people think of dry brushing to move the lymphatic system. Let's talk about that versus using something like your body stone for lymphatic flow.

Cathy Goldstein

First of all, the reason why I developed the body stone was for a couple of reasons. One is because I wanted to have a tool that was effective for not just moving lymphatics, but actually repairing lymphatics and the fascia. As an acupuncturist, a lot of people are familiar with the concept of Guha. Guha is not what we're doing technically because Guha actually means flushing blood and having a really

bruising look so it's not bruising in any way. I wanted to improve and help repair the lymphatic system in the fascia, move it and detox it as well.

The other reason is when we hold all of those toxins, we lose our sculpted body. Some of it was vanity, if you will, but I think what is important is resculpting the calf, the butt, not having the chicken wings under the arms, like the bat wings, I guess you call them. A lot of it was just how do we resculpt? How do we get rid of that belly fat that we're storing full of toxins and hormone imbalances? So those were my two primary reasons for developing that tool.

Dr. Wendy Myers

I can help, but I love how Dr. Pel said, you want a pit not a puff in your armpit. If you have a puff, you have lymph nodes there, so that means you need to do a little Gua. How do you pronounce it again?

Cathy Goldstein

It is Gua.

Dr. Wendy Myers

That's it. I know that's really popular right now. A lot of those stones that are used are jade and those can mix some nice frequencies, crystals and stones. They have frequencies, but you've imprinted, again, all these different frequencies onto the stone that are much more targeted than just a random little piece of jade. Can you talk about that and what you have imprinted on here?

Cathy Goldstein

Let's start with the stone itself too because this was a handpicked concept as well in creating with the BIAN Stone, because it has its own frequencies and has been shown to admit infrared as well. It has its own beautiful frequencies in healing, repairing and for help regulating parasympathetic healing, and then imprinting all of the things that repair the lymphatic system, which are thousands of things, because it's not just about repairing the lymphatic system as a concept. It is to repair the lymphatic system. Every little part of the cell has to be addressed, including how it makes

energy, how it detoxes, and how it forms its new cells. All of those are like up regulations, down regulations, DNA imprinting and coding and things like that. It's like this main major coating of all of these different frequencies in repairing the lymphatic system and the fascia as well.

Also, because you're running it on all of your acupuncture meridians when you use it, it was really important to make sure that that was balancing the acupuncture meridians too. So it's just a great little combination of the stone itself and the imprinting, and then the protocol in exactly how you use it to make sure that you're going towards the heart, that you're not missing acupuncture meridians, that you're touching all the acupuncture points, doing the lymphatic system of the brain, which is the lymphatic system of the brain, making sure that's detoxing, that's a key part for getting rid of brain fog and memory loss and things like that

Dr. Wendy Myers

We'll get into that in a second, but I think a lot of people are not doing lymphatic drainage. There are a lot of people out there, especially older women and men whose liver is not working so well. They have puffiness in the ankles and just generally feel like they're retaining water, so to speak. But really it's that lack of lymphatic flow, which you're not going to get if you're not walking, if you're not exercising, if you're not doing a sauna or something that's going to just facilitate that lymphatic flow and microcirculation. Can you talk a little bit about that? It's so important for people who for whatever reason can't exercise or whatever's going on with them, at least you can facilitate that lymphatic flow using the body stone.

Cathy Goldstein

The detox system is like any sewage system. It has pipelines and they can get backed up. They flow one direction and they can get backed up in the other direction. Let's say you are doing a liver detox. Let's say you are doing liver packs and things like that, and you're not addressing the lymphatic system, then where's it gonna go? It just keeps trying to dump into the lymphatic system to get rid of it, and that's already backed up. So, here you are detoxing and possibly even feeling worse because it's not dumping out of your body. I think that is really a key component for anybody who's starting a detox process is that you wanna feel good going through

the detox process rather than feeling like crap, which a lot of people do. And you can have a little brain fog and a little fatigue and things like that.

If you are moving the lymphatic system, if you're drinking plenty of water, if you're exercising, then you can go through a detox process without feeling horrible. Like you mentioned, if you can't do one thing, figure out another thing. I think that even if you are able to move your body, even if you are doing a sauna, sweating and things like that, or if you can't mobilize as much, I feel like it's really key to have the physical movement of that as well.

Dr. Wendy Myers

If anyone is interested in learning more about the body lotion, body stone and the other products that you have, you wanna go to truenergyskincare.com/myersbodyset/. Just go to that link, check that out, and learn more. Let's talk about the protocol. What do you recommend people do using body lotion, and the Guha body stone? How often should they be doing that?

Cathy Goldstein

We're exposed to toxins all the time, whether it's outside toxins or inside toxins, it happens. I do feel like it should be a daily thing. However, when people first start, if they're not used to detoxing, I generally will let people know, just go a little bit slower. Maybe you wanna do it three times a week. But once you start the system, it becomes like a routine and an easy flow. So for me personally, I like to take a shower, just pat dry, put the body lotion on and do the stone right in the shower so that I'm hydrating, I'm cleansing, I'm hydrating, and then I'm moving that lymphatic system and repairing it all in five minutes after a shower. So, it takes five minutes to do the body lotion and the stone, especially once you become comfortable with that and you're set for the day.

At night, I like to actually have a second stone. I like to keep a stone next to the bed to do my scalp and my upper back because the brain detoxes at night, mostly when we're sleeping. So I would like to make sure that my brain has the opportunity to dump as many toxins as it can because who can afford to have toxins in the brain anywhere at all? I noticed that I don't think clearly if I'm not addressing the toxins. This

is a routine that I've had one stone in the shower and one stone next to my bed. I'll do my body in the morning when I take a shower and my scalp at night before I go to bed.

Dr. Wendy Myers

It's so important to be paying attention to the lymphatic system. I've gone to pretty extreme lengths to facilitate that brain toxin drainage. Essentially, it's the lymphatic system of the brain. I bought a Sina bed that has a 3% incline, so that that's facilitating that drain from the head down to the feet. And then I'm using your stone at night. You want to focus in this area below the ears as well. And I'm doing chiropractic care because my vertebrae aren't out of alignment. I do TRT protocol with a chiropractor, which is not a manual adjustment. It's an energetic adjustment, just making sure that everything's in alignment so that nothing is impeding that drainage at night, which is so key. It's so important.

Cathy Goldstein

Yeah, for sure. I love that.

Dr. Wendy Myers

So, why don't you tell us about a few stories of some of the clients that you worked with and some of the results that they've gotten after using your Tru Energy system.

Cathy Goldstein

Some of these stories are so good. I actually wanna just take a second to kind of bring up a couple of them.

Dr. Wendy Myers

Even on that link that I told you guys to go to truenergyskincare.com/myersbodyset, there's tons of before and after photos there that you can look at. They're not touched up or anything, but it's really dramatic after 60 days of using the program how different people's skin looks after that.

Cathy Goldstein

Oh, yes. Let's actually talk about cellulite.

Dr. Wendy Myers

Oh, yeah, we forgot about that.

Cathy Goldstein

Well, I thought of that because we had a client that had stubborn cellulite and she actually was doing detox. She was doing just the lymphatic massage. It just wouldn't budge even after doing exercise and diet and things like that. So, she started using the system consistently for 30 days. This is in an overnight process with the buildup of cellulite and the dimpling started disappearing and softening. And as she continued to use it, that really smoothed out. Not only did her legs feel better for all the water retention and the cellulite, but it was the energy flow that returned to her legs that made such a huge difference for her where she was more energetic because you don't have this sluggish, heavy feeling in your legs.

That was one. The other is we talk about emotional toxins. I feel like it is a huge topic for me in my practice because I do a lot of emotional work and how that shows up in our facial expressions and in our body in general. I always say that issues are in the tissues and that's how they show up. So, even doing the lymphatic protocol just exactly as it is can actually make people feel lighter and emotionally more repaired, lighter and happier. I know that's kind of an odd thing, but when we're dumping those emotional toxins, it really makes a difference.

Dr. Wendy Myers

I had something to contribute there. I definitely, like everyone, had cellulite and I used to have two people come to my house that were doing cupping. They put some oil on you and then drag the cups along your thighs and whatnot. And it's really painful. But it works. It's like physically pulling and separating the fascia and breaking everything apart and that's great. That was in Mexico, so it was like 50 bucks and I was like, awesome. But here in the US it's gonna be way more than that. And good luck finding someone to come to your house. It's painful as well, so you do a bunch of them. You have to keep doing them over and over.

It's just like the endless never-ending story. It's so much easier to do the body stone that has the frequencies in it and you're gonna get better results. Like I said, there are so many different frequencies in it. You're getting all these other benefits just besides the cellulite reduction.

Cathy Goldstein

Yeah, absolutely. I think that is a really key component to lasting benefits. When you're talking about a lot of the things that are more symptomatic based or superficial or physically just moving the lymphatic system, but it's really about what happens in the underlying tissues that make a real difference in our overall wellbeing, health and resilience.

Dr. Wendy Myers

Do you have any other testimonials or people from using the body cream?

Cathy Goldstein

Yeah, I have a woman, and actually this applies for perimenopausal postmenopausal. There are different components to that needing the skin repair. This is where the combination with the lotion and the stone makes a huge difference. It is being able to use the body lotion for repair of the actual cells and then because a lot of the perimenopausal and postmenopausal aspects are decreasing collagen. You're increasing collagen production. And then from just postmenopausal is water retention, inflammation, and all the things that go with the adverse effects to our skin such as sagging, thinning, creeping, all of those.

So, the combination of the body lotion and stone for this specific woman was saying that her body felt more defined. Her mind felt clear. Again, she didn't feel puffy or as what she said, disconnected. So that's that emotional component and disconnected from your body. If you're feeling really bloated even in your belly, imagine the bloating through your whole skin and just that disconnect doesn't feel like you. Being reconnected with yourself is a key part of that too.

Ads 49:56

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

When women hit menopause, like I hit menopause, I think it's like it's 47, 47, 48, and within five years of hitting menopause, you lose 30% of the collagen in your skin. And then I guess a couple years after getting into menopause, I started noticing my skin started getting really creepy. You have some pressure on it or something and it would just turn into an origami essentially. I was like, what in the hell is happening to me? But after I started using your system, I had such a nice plumping of the skin. I had a dramatic reduction in that happening, which for me, I was like, okay, I am like sold. I've used lots and lots of lotions and I didn't have that. You might have broken a second.

You have a little bit of plumping, but a lot of the lotions out there have silicone in them, especially the facial products that just fill in the lines temporarily. Your skin feels really silky smooth and like, oh my god, my skin feels so smooth. But it's just the silicones and the more expensive products have more expensive, higher quality

grades of silicone. So, you really have to be aware of that and it's just a way that manufacturers trick you into thinking that's your actual skin texture when it's not.

Cathy Goldstein

Yeah, that's true, and it's temporary. And then not only that, but you're gonna clog the pores or it's the long-term adverse effects. When we talk about what happens to your skin and what you do to your skin today and tomorrow, it has a huge effect on how that looks in the future. And so, with using those synthetics that are filling in lines or higher light reflection and things like those, even if they're natural, they're still not a beneficial ingredient. So, it's more the pony show kind of ingredient. Not really an ingredient that protects the skin barrier and hydrates, increases cell repair, increases antioxidant protection, increases that energy flow and that bio adaptive resilience that our skin needs with both the ingredients that frequency based little green beads that just are so beneficial for amplifying the effects of the skincare itself.

Dr. Wendy Myers

Yeah, absolutely. Let's talk about breast health. We need lymphatic flow in our breasts. We've got tons of lymph nodes in our breasts and a lot of women have various issues with their breasts. They've had surgeries. I've had implants put in and then a corrective surgery and then they were taken out and it's just like a mess. When you have all that scar tissue, where so many women have implants or they just have fibrocystic breasts or they have different things going on, can you talk about how your body set system can help with breast health?

Cathy Goldstein

Actually, this is a topic that I feel is very important and valuable, especially with the direction of our health when it comes to breasts. I feel like every woman and man should be doing something to move the lymphatic systems around the breast and the breast tissue. Even if it's not surgery, even if it's not cystic, what about a bra? What about just our general clothing? Even in sports bras, there are women who sleep in sports bras.

Dr. Wendy Myers

I used to do that thinking that I was gonna prevent sagging and all I was doing was cutting off circulation and lymphatic flow. It's the biggest mistake that you can make.

Cathy Goldstein

It's the dress to kill the concept of underwire bras and pushing them higher and higher together. All of those things are cutting off a primary part of the lymphatic system, which is from around the outside of the breast, underneath the breast, the outside of the breast, and up into the armpit. When you trap that you're talking about toxins that can morph into yeast, viruses, and fungus because it's just stagnant energy. Plus, you're really breaking down a system that is supposed to help to detox. We do actually know at this point that when we test it, breast milk has tons of chemicals in it, including microplastics.

That really is a strong indication of a representation of all the toxins our body takes in and the breast because it's fatty tissue and a hugely integrated lymphatic and vascular system and fascia that it really is an amplified area of storage. So being able to have a tool that detoxes through the breast area in the armpit is important. The protocol addresses that specifically. I think it's fundamental. It's prevention. It is breast health and breast care. Moms who have daughters, daughters who have moms, this is so important.

Dr. Wendy Myers

Part of my breast health routine is I do your system. I'm doing that. I do castor oil as well on my breast because it breaks up stones, calcifications, helps to break down scar tissue and things like that, especially if you have scar tissue that will attract calcifications, heavy metals and toxins. They just gravitate towards scar tissue. It's really important to get that moving and break that up. It's just one of my essential components of breast health. I do Sono breast exams. I don't do mammograms because of the radiation exposure, but Sono Syne is a great screening tool that's a moving ultrasound.

It's a filmed ultrasound and it can detect breast cancer five to 10 years before a mammogram. For me, that's part of my breast health care, just a little sideways there. A little tangent.

Cathy Goldstein

No, that's good. People wanna know what you're doing, for sure.

Dr. Wendy Myers

I've done thermography before, but I think the Sono is better. It's just more accurate. It gives you more information.

Cathy Goldstein

I was just gonna say in Chinese medicine, the liver is a big part of storing blood as well as it helps with the detox system. We've talked about the physical liver, but in Chinese medicine, that acupuncture meridian actually goes right up underneath the breast and stops right at the breast tissue. It's interesting how through the acupuncture meridians and using the stone protocol, you're clearing all of those meridians. It is vital to be able to really repair that system.

Dr. Wendy Myers

Let's talk about some of the typical beauty things that people are doing at med spas. This is a super popular topic. I wanna talk about it because there's just a lot of things that people are doing at med spas, a lot of very expensive things, just dying to be beautiful. Women are doing Botox and fillers. Can you talk a little about that and some of the problems with those?

Cathy Goldstein

Let me talk first about what we're doing to our body from, I'll say from the neck down. We're trying to use heat. We're trying to do ice. We're trying to do liposuction. We're cutting. We're lifting. All of those things are really push, push, push, push. I really feel how we're going to not only best nurture a system is to create flow as opposed to physically, even with the heat, there's controversy with that. Does heat really help cellulite or does it actually make it worse? Does cold actually help the muscle tone and decrease cellulite?

Some people say it makes it worse. In Chinese medicine, cold causes stagnation. Certainly, liposuction has shown that if you use liposuction in an area because of the nature of how our body repairs, it creates other cells that hold the cellulite just in a different area or even in that same area around the scar. It's so against nature that I think that that's kind of where, for me, it's like, okay, what am I thinking about doing? And is it going with nature or against nature? And really kind of thinking through that. When it comes to Botox, fillers and things like that, this is definitely an area that I'm very vocal in because I feel like when you're using Botox on the face, you're decreasing your facial expressions. When you decrease your facial expressions, you're decreasing your communication with your limbic brain.

What does that mean? What that means is that if you and I are having a conversation and you're expressing this really heartfelt scenario that you're in, my facial expressions are actually mirroring yours so that my brain can interpret what you are feeling, and then I can be compassionate, sympathetic, and empathetic. A lot of people think that we're mirroring it because our brain's telling us to make those facial expressions, but it's actually the other way around. So, when we can't make facial expressions, we're decreasing our own communication in reading people on those what's called a soft skill and decreasing our connection and your connection with me, because I'm not responding as far as you can tell. I'm not making facial expressions if I have Botox or fillers or there's a distortion.

At that point you're like, okay, that was really unfulfilling and you're gonna disconnect for me. So it's a huge topic that is really not talked about when we have mental health issues at the level that we do when one in three people say that they're lonely. When 65 or 75% of those people say that they have insignificant relationships, we are not connecting. And yet Botox is a billion-dollar industry. Just two years ago, a billion-dollar industry and it's way more accessible now. So, we're really conditioned to think that when we wanna solve a problem, we can do Botox. It totally disregards the phases of life and what we offer as we are in each of those different phases. I'm all about going again with nature and not against it to create the best possible outcome and to be timeless rather than just shutting down my facial expressions. I feel like that's a big part of not only who I am, but how I relate to people as well.

We've all, maybe not all of us, but I've certainly considered Botox. When I turned 49, I started researching all the things that were possible or what I could do before I start thinking about what I am already doing. I thought, should I be doing Botox? Is that where I'm at? I'm 65 now and I feel like I am way more repaired. My face looks more youthful now than it did at 49. So yeah, that's a big topic for me that I'm super passionate about, and just really even just having solutions. I don't care if it's face yoga or whatever it is to just find something that you resonate with.

Dr. Wendy Myers

And not to mention the nervous system effects that Botox can have on some people. I have a really funny story. I went to business school at USC and my thesis was a franchise chain of Botox clinics, which I just thought was brilliant at the time. And now that has completely come to pass. There's Botox in every corner. There wasn't any at that time, and I had to present it. The woman I had to present it to was one of the donors of the school and one of her eyes was completely down. She saw my thesis and she's like, I had Botox and now my eyelid has been paralyzed for nine months.

I thought, I'm not winning the prize for best business plan, not from her. At least that was what I was trying to accomplish. Yeah. But you have that potential for the Botox to migrate. Some people get very serious neurological debilitating side effects, and you don't know if that's gonna be you.

Cathy Goldstein

No, you don't. It's a big risk. And not only that, but you're paralyzing through the nerve, muscle, and if you keep doing that, the muscle will atrophy. So, the long-term effects of an atrophied muscle, when it's not the kind of muscle that you can work out in your body, it's hard to work out the muscles in your face. The actual repair part of that can be challenging.

Dr. Wendy Myers

There are new videos coming out like the meek or one of the inventors of Botox. I'm not exactly sure what her position was, but she was saying that the Botox you inject, it will circulate through the body, get in your brain and can affect the part of your brain

for empathy, which is concerning. When I was 25, I was dating a plastic surgeon and he wanted to do surgery on me. I was like, no, no, no, no. He's like, oh, here, lemme just give you some Botox. And so he did. When I was 25, he did some Botox on me. I was like, oh my God, this is amazing. I'm gonna prevent my wrinkles. I'm gonna prevent them. I did it every four months for a long time until I got pregnant with my daughter. That essentially makes me a serial killer because I have done a lot of Botox in my day for sure. But I don't know if that's true or not that I can affect your empathy centers. I don't really feel like I've been affected so much in that area. But it's a concern and we don't know.

Cathy Goldstein

I think that there is something to be said for migration. We're talking about if you can put skincare on with a toxin and have it show up in your liver, in your blood system and you're injecting a toxin, why wouldn't it migrate? Why wouldn't it possibly show up someplace else. It makes sense when you think about it. But you're not alone in that whole process either. There are a lot of women who have done Botox, and they are looking for an alternative because they don't really wanna give up looking amazing. And I get that. Aging is a process of really making sure that we're enjoying ourselves and our life and how we look.

So being able to look in the mirror and feel good about what you see and walk out into the day with that kind of energy is my motto. I want you to feel great about yourself when you walk out of your house every day. And the reality of it is there are some people who won't go to coffee with their friends because they don't like what they see when they look in the mirror. There are a lot of women hiding.

Dr. Wendy Myers

There are a lot of women hiding in dating or their lives because they just feel ashamed about what they look like, especially in our Instagram, BH, all these stupid filters and everything.

Cathy Goldstein

My goal is to change the message to be able to be a CEO to be able to go out and date, be able to look and feel amazing. You have to compete with a 30-year-old when you're 60 or a 20-year-old when you're 40. The message is not very nurturing.

Dr. Wendy Myers

There are a lot of things you can do. There's a lot of medical interventions and surgical interventions, facelifts and things like that. Women are turning to younger and younger ages. But it's really important I think to start at DEFCON one, before you go to DEFCON five to just go to do surgery, which is incredibly invasive. I think women don't realize how long it takes to recover from that, and complications like nerve damage and things like that don't always turn out right like Lindsay Lohan.

It's important to start these baby steps and do as much as you can to preserve your skin with nutrition, hydration, and this frequency-based skincare you develop so that you can look as good as possible so that you're not feeling like you need to go to those interventions and go get the Botox and the filler and all these different micro frequency things. There are so many things that people are being sold that are expensive, painful, and do not work. It's really shocking.

Cathy Goldstein

That is true. You make a very good point. They might seem like they work for the moment being, and you either need to consider the adverse effects of it, or they might work for the time being, but you, that also means that you have to keep doing it and it's costing thousands of dollars to keep up on some of the technology part of going against nature.

Dr. Wendy Myers

There's a lot of marketing and hype around, I won't name any names, but different radio frequency microneedling devices. I've known people that have done that and fat pads are gone under their eyes. They've destroyed fat, burned it away underneath their skin. And as you get older, that's the last thing that you want. You're gonna wanna retain all that fat as much as possible because it starts to whittle away. You start to, I don't wanna say shrivel up, but your tissues and your skin starts to decline.

So you don't wanna get your buckle fat removed. You don't wanna do that. You don't wanna burn away the fat underneath the surface of your skin. A lot of doctors are not really giving that informed consent. What's happening?

Cathy Goldstein

No, and then the skin folds when you do that, and now you've got loose skin too. People think that the fat's migrating down into that jawline. That's not the issue at all. I think that's a really interesting topic because being an acupuncturist, microneedling is a big thing. My perception is that if I think about it, I think okay, if you poke a needle in the skin multiple times, what does the body have to do? Well, initially it's gonna produce collagen to repair, but then what's gonna happen when you keep damaging it or that it becomes more damaged, it creates micro scarring. What is micro scarring? Congested collagen that shows a loss of elastin. So now it doesn't have the give and the resilience and the flexibility that a cell should have.

So, you're getting exactly the opposite of what you want. I think that is where you're talking about with all of these different techniques or interventions. What's the long-term effect on that? I can tell when someone's done a few chemical peels, I can see it.

Dr. Wendy Myers

The surface of their skin is so desperate. They look waxy. People that do that carbon dioxide laser, everyone's doing the facelifts. They typically do the carbon dioxide laser and they look like they're a wax museum. Or some of their skin has this very unnatural look to it.

Cathy Goldstein

I think it's the thinning of the layers. It's amazing how much money is spent to pull us in as women on feeling, oh, I should do this, I should do that, I should do this. Let's get back to the basics. Let's get to using frequencies, using something that your body actually can communicate with. We're obviously on the scene. We're preaching to the choir here with you and I on this topic, right?

Dr. Wendy Myers

Yeah, and less is more. I think with everything, like I've seen people just go really crazy at the med spa and they're getting the fillers and then the lips and in other places. And then years later it's migrating or they have that the skin is stretched out and as the filler starts to fade or migrate, their skin is loose and they have to keep doing it. They get all the scar tissue. I've worked with a lot of people like that. It creates a mess. And then at some point they need surgical intervention. They have to do a facelift to clean it all up. It's very difficult to repair that. So yeah, you need to think long term about the maintenance and the repercussions of that. But yeah, less is more. I know other people that are doing all kinds of peels and they're doing glycolic acid and they're doing the retinol and they're doing like the scrubs and they're just going too crazy with all, all of these different options out there that they think, oh, I'm doing my skincare. I'm upgrading my skincare. And that they're just doing way too much and harming their skin in the process.

Cathy Goldstein

It's a big promise that we're led to. But what I can say about that is it's never too late. Even if you've done a lot of work, it's never too late because if you're using frequency medicine, you can always reverse, you can repair, you can reconnect not only with yourself but with other people. I've had a lot of women who've had scarring from fillers either around their lips or under their eyes and they are very happy with the results that they're getting. With the scarring, not puckering or decreasing the line of the scar, you can't see it. I feel like it's just never too late because anything you do that's gonna take you in the direction of just repairing is good.

Ads 1:15:33

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

I highly recommend it, in my opinion because I used to wanna be a dermatologist, and I've been obsessed with skin since I was a teenager and doing a lot of different things. Thank God I just had a couple bad experiences with the med spa and I was like, nope, I'm done. I just stepped away from all of that. I think it's really important to do a frequency-based skincare like this for your face and your body so that you can maintain and look as good as you possibly can for as long as you possibly can before you consider those things.

There are options for people facelifts and things like that, but you still have to take care of your skin even after you get a facelift. But I think with this type of system, you can't beat it as far as the benefits you're getting from the embedded, enhanced frequencies.

Cathy Goldstein

I would agree with that because I saw the difference when it worked in my practice using energy and frequency medicine in the many years I've been working with clients and customers with Tru Energy. We have amazing before and afters that are showing women even in their 85's. I have a woman who's 85. She just sent me some after photos. I was like, oh my gosh, she looks like she's 20 years younger. I had another woman send me her 70th birthday photo and she just raves about how people tell her how amazing she looks. She hasn't aged a year, let alone a decade when she sees friends that she hasn't seen for a while. So, I agree doing the best you can with what you've got, but making sure you use your tools is a key part of that.

Dr. Wendy Myers

And consistency is key. It's like with anything, you reap what you sew. You get what you invest in something. If you guys wanna try this body set, the Guha body stone that are handled frequencies and the skincare, go to truenergyskincare.com/myersbodyset. That's where you're gonna get this treasure trove of tools. And like I said, I've been using it for like a year, 18 months and just absolutely love it. That's why I wanted to have you on the podcast and also educate people about all this stuff because I think that it's very overwhelming and there's a lot of confusion. There is a lot of marketing. There are a lot of med spas out there, all these Groupons and there's all this temptation to go, oh, I should go try this stuff.

You've gotta be careful because people can and do get major problems. They get permanently scarred. They're doing all kinds of stuff, or spend a lot of money to not get the results they're seeking. Cathy, thanks so much for coming on the podcast. I really appreciate your time, energy, and deep expertise on this subject. I've had a lot of people come on about skincare and you really explain and take things to the next level. So, thanks for coming on.

Cathy Goldstein

Thank you for having me. I appreciate always connecting with you. It's always a great conversation on energy medicine and all of the things that are out there. So, thank you so much. I appreciate that.

Dr. Wendy Myers

Yeah, energy medicine is one of my favorite things. I'm obsessed with frequencies. I'm surrounded by frequency, like hacks, tools and software. I've got my weight loss frequency program running on my Spooky2 right now. I'm doing all kinds of stuff. Again, everyone, I'm Dr. Wendy Myers. Thanks for tuning into the Myers Detox Podcast, where every week I'm bringing experts from around the world to help you make those distinctions and good choices for your health. I want you to feel good. I want you to live a long, healthy, disease-free medication-free life, have the highest quality of life for as long as possible, and look good doing it too. Thanks for tuning in.

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