



## **#607 Nicotine Can Reverse Brain Fog, Inflammation, Dementia, and Chronic Illness | Dr. Bryan Ardis**

### **Dr. Wendy Myers**

Hello, I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast. On this show, we talk about everything related to heavy metal and chemical toxicity, and the health issues caused by these toxins. We talk about bioenergetics, anti-aging, and more advanced topics in health than you'll hear on other podcasts. This is just an extension of my personal health journey. I love researching, writing, and interviewing people about health. I wanna disseminate that information and help you guys as well. But also on my own personal health journey, it just never ceases to amaze me how many things and concepts in health that we hold to be true and dear that are in fact lies. We're gonna be disseminating many of these lies in health with Dr. Brian Ardis. We're gonna be talking about nicotine and how nicotine is actually very good for your health and even life-saving.

We'll talk about some other things as well, but that's the main focus of the show today. We're gonna be diving into how nicotine or why nicotine has been so actively vilified by medicine and Big Pharma as causing harm, and what's actually causing health issues related to cigarettes. We'll talk about why nicotine is not harmful and not addictive, and why you've been lied to about this. It's really interesting. This is one of the most riveting podcasts that I've done. You've gotta tune in. Dr. Ardis dives into the research showing that nicotine improves symptoms of dementia like Parkinson's

and Alzheimer's, multiple sclerosis, arthritis, other pain syndromes, ulcerative colitis, and many other health issues.

It improves those symptoms and those issues. With just a few days of taking nicotine, you can completely resolve long COVID symptoms, which hundreds of millions of people are dealing with around the world. Dr. Ardis describes exactly the mechanism behind how it does that. He also talks about what actually COVID is and why nicotine just zaps it like that, how you can use nicotine to prevent illness from any viral pathogen, any of them at all, and why when you take nicotine on a regular basis, you never get sick. We talk about how nicotine is anti-inflammatory. It's an anti-appetite suppressant and has brain-boosting nootropic effects. We talk about how nicotine is not a chemical. It's actually a nutrient found in foods like nightshade vegetables, like potatoes and tomatoes, and tobacco.

Tobacco is also a nightshade plant. It's in peppers, paprika, French fries, ketchup, and all that. So it's something you're eating every single day, not to be feared. We talk about how Dr. Ardis recommends nicotine patches and gum, not vaping. We talk about why you wanna avoid vaping. He reveals his protocol and why he has vowed that he will take nicotine every day for the rest of his life, and I agree. I take nicotine every single day. We also talk about another big lie in medicine, that salt is harmful to health and should be reduced. That is one of the most harmful lies in medicine that there is, when the truth, especially when it comes to high blood pressure, is that it's a deficiency of magnesium, minerals, and salt.

High blood pressure can be remedied by increasing salt intake. When you have an emergency situation, you have high blood pressure or a stroke, they give you thousands of milligrams of salt. We talk about why every person in a hospital gets a bag of saline, a bag of salt, because we're all deficient and minerals in our health suffer as a result of it. So lots of really, really good tips and lifesaving information in this podcast.

Our guest, Dr. Brian Ardis, is one of the world's most influential and respected voices in alternative medicine. He's a crusader for truth and justice in healthcare and has become a beacon of hope for those seeking natural, holistic healing in a world often dominated by controversial treatments and policies. In his groundbreaking,

bestselling book, *Moving Beyond the COVID-19 Lies: Restoring Health & Hope for Humanity*, Dr. Ardis exposed decades of hidden agendas and deception by the US government and the pharmaceutical industry. All that stuff's coming out right now.

On his weekly podcast, *The Dr. Ardis Show*, he shares his latest research and insight, and fearlessly advocates for those whose voices have been silenced by the medical establishment. His work serves as a clarion call to individuals everywhere. Trust your body, seek the truth, and don't blindly trust Big Pharma. You can learn more about his work at [thedrardisshow.com](http://thedrardisshow.com). Dr. Ardis, thank you so much for coming on the show.

**Dr. Bryan Ardis**

It's great to be here with you, Dr. Wendy. How are you?

**Dr. Wendy Myers**

I'm fantastic. I'm great. I'm all nicotine up and ready to talk about nicotine.

**Dr. Bryan Ardis**

Me too. I'm wearing my patch right now. I love it.

**Dr. Wendy Myers**

Why don't you tell us a little bit about yourself? Tell us about your background. Your podcast has exploded in popularity 'cause you disseminate so much truth based on the research and things that can be counter to a lot of what people hear. So, why don't you tell us what drives you and how you got started?

**Dr. Bryan Ardis**

I'm Dr. Brian Ardis. I'm actually a retired chiropractor, acupuncturist, and nutritionist. I had a practice, the sole practice of mine that I saw thousands of patients in East Tennessee from 2004 to 2009. Then I had the impression that I should move to Dallas, Texas. So I sold my practice after a year and a half and trained other docs, and then moved to Dallas, opened up another practice there. It was called Ardis Healing Center. It is now the North Texas Healing Center in Frisco, Texas, just north of Dallas.

Still there, still functioning, but we were able to be honored and humbled to serve tens of thousands of patients from around the world in those nine years.

In 2018, I retired, not knowing that just a short year and a half later, my father-in-law was gonna be killed in a hospital. In February of 2020, I challenged the medical protocols that they were giving him for the flu. Um. It came to a head in the hallway in front of the nurses' station, where I was kicked out by security and threatened and escorted out. Three months after he was put on palliative care in the hospital, he died a few days later from being overdosed on morphine, which is what kills a person. I discovered on the NIH's website in May of 2020 that Dr. Anthony Fauci had a memo. He put out a three-paragraph memo to all hospitals in the country that there was one experimental drug, never FDA approved, that was gonna be given to every hospitalized COVID-19 patient. He referenced two research studies that he quotes in the memo.

He quoted these words, "proved remdesivir to be safe and effective against COVID and Ebola." I was at home, retired and just read the research studies that were hyperlinked in that memo. I could not believe what I learned in those studies. So, as a result I learned what was the truth about the drug. The drugs were actually banned from the studies because they killed more people than Ebola did. The drug remdesivir was too toxic, too deadly. So it was kicked out and this was the same drug trial Anthony Fauci had hyperlinked in his memo stating it proved it to be safe and effective.

So at that moment, I hired a publicist outta Washington DC that I'd learned about months earlier, not random. I'm sure it was a God thing, but I only knew one publicist and was introduced to them three months earlier. I called her, hired her, and then went into the media in May of 2020 and for the next four months did 40 to 50 interviews a week on every platform you can think of warning everybody that the ICUs of America is where the majority of all people with COVID were gonna die. And how I knew they were gonna die, how many days it was gonna be until their death, and it was exactly nine days of remdesivir poisoning would be the amount of time in which most people would die from remdesivir poisoning. I coined the phrase "run, death is near" because it was a new drug.

It's been quoted all over the world. "Run death is near" as what everybody calls "remdesivir" now. Why I started speaking out was to try to protect people from experiencing the grief, the loss, and the pain me and my family had experienced at the hands of the medical profession in a hospital here in Dallas, Texas. And as a result, ever since then, it has been one hidden truth after another in health that I continue to share with the audiences. Dr. Wendy, I just have to tell you and your audiences the reason for the great disconnect, I think between the medical profession and truth in healthcare, like what we're discovering in research studies all day long that I'm reading in the sharing with the audiences, like we'll discuss in this broadcast.

What I find very interesting is they've figured out a way to compartmentalize healthcare information. So you have researchers who do medical research and publish that research, and then you have medical doctors who never see the medical research. They never see the studies, they never read the whole studies, they never see the conclusions. They have no idea. There are natural substances that are known as antidotes, curative agents, reversing agents to all types of health conditions, and instead are still stuck in this loop of electronic filing for medical diagnosis and medical billing. And what you don't know is most of your medical doctors are being told by a software what prescription drugs to give you based on your symptoms.

That's what they're busy doing over there at their computer while you're waiting in the hospital for being told what's wrong with you and what they're gonna do next. They're actually punching this into a software and the software is telling you what drugs to prescribe and they have no idea that they're research scientists around the world that big pharma is paying to actually discover what herbs, minerals and vitamins cure what ailments. And then the drug companies then go and figure out how to make a synthetic form, package it in a little orange bottle. You can get a CVS and Walgreens and then tell you not to trust nature. Only trust our drugs that are FDA-approved or experimental in the case of Dr. Anthony Fauci and remdesivir.

So I created what's called The Dr. Ardis Show. You can go to [thedrardisshow.com](http://thedrardisshow.com). I also have a platform called [healingfortheages.com](http://healingfortheages.com). Two years prior to the Maha Movement in America, I knew that we had to start educating audiences

internationally on the principles of health that you've never been told. So it's me, Dr. Group, Dr. Ely. Dr. Schmidt actually makes up the acronym, AGES, Ardis Group, Ely and Schmidt. It is the Healing for the Ages platform. For anybody interested, this Saturday, we actually have an all-day conference digitally online, and it's titled, Making Your Home Healthy Again. And we're gonna walk people through the four primary rooms in your home that have the most toxic chemicals in them, or mold exposure that can lead to detrimental health effects that your medical doctor will never, ever be able to identify. and then you'll be sick anyway

We're gonna take the laundry room, the bedroom, bathroom, and kitchen, and we're gonna walk you through eight hours what it is you need to get out of those rooms and what you need to replace with them to actually keep you, your pets, children, and spouses as healthy as possible. So anyway, that's who I am, but that's right.

#### **Dr. Wendy Myers**

And even if you guys missed it this Saturday, you guys sell your courses on your website too, so you can get it any time and get great plays all day

#### **Dr. Bryan Ardis**

I have a book now for any of you wanting to know what actually happened during COVID-19 and why everybody appears to be talking about nicotine around the world. There's a chapter in my book titled, Just In the Nicotine of Time, but my book, Moving Beyond the COVID-19 Lies is actually a number one bestseller on Amazon. Its Audible version just came out two weeks ago. It's the number one bestseller globally. For the audible books, if you wanna know what truths and research studies have actually provided in DNA analysis confirmed was making people sick with what they called COVID. Five countries did DNA testing, if you wanna learn what it actually was, a bat did not cough and make the whole world sick. There was actually another cause and it's pretty amazing what I've learned over the last four years diving into the deceit called COVID-19.

#### **Dr. Wendy Myers**

I didn't trust in the beginning, I was fooled for a minute and then I just kept thinking, there's just so many things that don't make any sense like, why is there no more flu? Hey, I think we got a new PR person for this new version of the flu and a really good PR division. I really would love to see Dr. Anthony Fauci brought to justice and all the other World Economic Forum and World Health Organization and all. And I'm just so thrilled that RFK Junior and many colleagues I know are working with him to shed more light on what actually happened and putting warnings on the new COVID jabs. I've had four family members myself die from the COVID jab. My uncle went into the hospital, he had pneumonia and he stupidly told him he'd never had the jab and he didn't want it. He told him, I don't want it. But they're so adamant at that time, maybe still so adamant that as soon as the family left, they gave it to him. He stroked out two days later and there's no reason for him to pass away. Three other family members also passed and it's really sad. I think more people are waking up to what's going on.

There's so much more truth coming out and I think people are less fearful about speaking out. Unfortunately, YouTube still deletes a lot of videos for talking out about this. I dunno if that's your experience, but I'm so thankful for people like yourself that are speaking your truth and getting this needed information out there.

### **Dr. Bryan Ardis**

Have you ever watched a Dateline or 48 hours episode where a spouse is eventually found guilty of murdering another person and you find out it was all about an affair that was trying to be hidden? If you wanna know why they keep censoring us, they are doing something that is deceitful and harmful, and they know they'll get busted if it's ever found out. So they'll keep censoring. We're not gonna tell you. It's only after the guy goes to jail, you find all the letters and the cell phone number, phone calls to their mistress or whoever, and there's a reason for what eventually happens, the calamity that occurred. So, the only reason for censoring is because there's something you have to keep hidden that you don't want someone else finding out.

I hope you've discussed this with your viewers and your followers, but how many people do you know in your entire life even knew that a preemptive pardon was a real thing? Did you know that a president could leave office and then just give a

sweeping, preemptive pardon? Meaning, before you ever even investigate this human being for something they might've done wrong, we're gonna say, you cannot do that. That's what Joe Biden did on his last day in office for Dr. Anthony Fauci. For all things related to COVID-19, gain of function testing, anything, he cannot be investigated.

Supposedly he cannot be brought to trial. He can't be brought to justice. So anybody out there who has any information about how the law really works and understands pardons and preemptive pardons, I'd like to know what the loophole is. Please contact Dr. Wendy and let me know, because I will hire the attorneys to take it on.

**Dr. Wendy Myers**

They're finding that every single signature on all the executive orders all matched because they were done by autopen. So hopefully that in and of itself is gonna negate all the executive orders, including the preemptive pardon for Fauci.

**Dr. Bryan Ardis**

I haven't even heard that. That would be amazing. Holy cow. That'd be awesome.

**Dr. Wendy Myers**

The only signature that was an actual real signature was the one on his son's pardon. That's the only real signature. All the others are autopen, which is illegal apparently. So, hopefully those are gonna be dissolved and we can go after Fauci. So let's talk about nicotine. You've talked about nicotine as a way to address long COVID, or so it's called. Can you talk a little about that?

**Dr. Bryan Ardis**

Yes, I can. Remember as I talk about this, I know it's gonna be very weird. This was very hard for a lot of medical professionals and scientists to swallow when it was published in April of 2020. This is four months into the pandemic. I show you in the book, *Moving Beyond COVID 19 Lies*, the French researchers in Paris write in their peer-reviewed, published research study that they contacted two countries and ordered the spike proteins of COVID. Did you hear what I said?

**Dr. Wendy Myers**

Yes.

**Dr. Bryan Ardis**

Does that sound weird?

**Dr. Wendy Myers**

Yes.

**Dr. Bryan Ardis**

They ordered the spike proteins of COVID on Amazon, and they acknowledge in the research paper where they got 'em from. It's in the materials and methods section of the research study. They said, we ordered the spike proteins of COVID from China and the United Kingdom. Dr. Wendy, I guess it showed up in a FedEx box. Here's your spike proteins of COVID, and they ran DNA analysis in April of 2020 and wanted to know what are they identical to or what are they most like? So they did DNA analysis, and for all of you who I referenced, Dateline in 48 hours earlier, we've all been programmed to trust DNA, I mean, any DNA results we're supposed to use and trust DNA to help put criminals away forever and identify who the real perpetrators are. That's what we've been conditioned to do.

These French researchers ran DNA analysis on the spike proteins of COVID and published that they're identical to two things. The king cobra's venom, and another snake outta China called the krait snake, and its venom protein is called bungalow toxin. Now the cobra venom was called cobra toxin, and they show you the infographic. It says SARS COVID to two spike proteins, and it shows the gene sequence and it lines 'em up. Cobra toxin and bungalow toxin from these two snakes. And then they found that they were very similar to these sequences to three parts of three different rabies viruses. So it's most identical to king cobra venom, krait snake venom in three sections of the rabies virus. Now, in the book I address the rabies thing because once you read what they know about the rabies virus, you'll know why this showed up.

I want to talk about the two venom spike proteins called S-1 and S-2 spike proteins of COVID. The French researchers, the moment the DNA analysis came out, all they did was go and look up what these neurotoxic venom proteins called cobra toxin and bungalow toxin. What do they know in science is the target cells in a mammal of these venom proteins? And the moment they discovered that it's actually nicotine receptors in the mammal that it binds to immediately, the last week of April 2020, they published their research study.

I show you their findings and their conclusions in the book. They wrote, if every government around the world would administer to their citizens nicotine agents like nicotine gum, nicotine patches, they say this in their conclusion, they could end the COVID-19 pandemic in two weeks because this explained during the DNA analysis they wrote in April of 2020.

This finally explains the mystery and the paradox being published around the world that smokers are the only people that appear immune to COVID-19. And to this day, everybody, I know this is hard for you to swallow, supposedly this was a respiratory bat virus, respiratory meaning you had to breathe it into your lungs. Prior to all the hospitals being shut down, all outpatient services were canceled so they could open up all the beds for all the sick COVID people they were expecting, do you know who they expected? In January of 2020, all of our federal agencies were publishing it. We have to empty all the hospitals in preparation for all the smokers in America to flood all the hospitals with this new respiratory virus, except all the hospitals were empty, literally almost empty for the whole first year of COVID, unfortunately, and none of the smokers were showing up.

Smokers were never getting sick. Smokers were never being PCR tested positive for COVID. They weren't being hospitalized and no one that was smoking was dying of COVID. So these people were able to answer in April of 2020 why medical doctors around the world were so perplexed that smokers weren't getting COVID.

### **Dr. Wendy Myers**

I thought that was gonna be the first population to go. Everybody thought they'd be the most affected of what we thought was a lung-based influenza type of illness.

**Dr. Bryan Ardis**

They were shocked to discover that the alpha seven nicotine receptor is the target of these spike proteins that are identical to snake venoms. And they even wrote, this explains perfectly why smokers don't get COVID, because circulating nicotine in their body binds to those alpha seven nicotine receptors and nothing else combined to them. And that is what these two venom spike proteins target. So when they wrote Dr. Wendy, this is the most disgusting part for me. Could you imagine Dr. Wendy being sent a research study from research scientists in another country and they show you DNA evidence of why smokers appear immune to this deadly pathogen they're saying is circulating around the world at a feverish pace. Could you imagine being the individual responsible? Dr. Anthony Fauci is who I'm speaking of, who is responsible for articulating to the citizens of the United States how to stay safe during this pandemic. Can you believe that? Starting a week after April, 2020, the next week after they published this article, Anthony Fauci gets a copy of it. And do you know what? He went into the media the very next week to do so. He went into damage control. And that damage control was, we have to do interviews on every platform and every news outlet, and he lied to all of our faces.

Still to this day, it's being lied to through every tv, social media, ad, radio, you name it. They still to this day, say, and Anthony Fauci started a week later. This is what he said. New science has proven that the highest risk group for contracting COVID and testing positive for COVID, ending up in a hospital and dying from COVID are smokers. So they had to get out in front of the narrative why this is the thing ever since. Up from this point until he retired, he said the same thing every day. Smokers are the highest at risk for getting COVID and there's no better time than now to quit smoking in America so that you don't get COVID. Well, the truth is he was lying the whole time. Now, why did he lie? Well, how many of you know his connections to and the royalties from the drug remdesivir and the Moderna COVID-19 vaccine?

Well, if the ultimate goal of the agenda of COVID-19 was to make sure everybody got this new vaccine technology inside of them, they had to get out in front of this issue. Now, I did not learn this in April of 2020. I learned this in December of 2021, so it was a year later. And then three months later is when I released a documentary called Watch the Water. This documentary with Stew Peters was seen by 10 million people

overnight, seen by hundreds of millions worldwide within a few months. It was amazing. What I put at the end was the antidote to all things COVID, 19 is nicotine. And Dr. Wendy, this discussion right now that we're having, if you want to know why I feel it is so important and why I fly everywhere and jump on everybody's platform to make sure they get this, I was the first one to make sure in a public setting, not in a private medical journal, I just went into the media to share the research with you, that it's proven.

Nicotine is the antidote. So if you just go get nicotine gum, patches, whatever, these are the doses you need and it's already been proven. When I released this information through that Watch the Water documentary in four weeks on a Friday, four weeks later, this is April of 2022. There was an announcement by five countries in one singular day, four weeks after my watch The Water documentary. Now, I need you guys to put yourself back in the COVID-19 pandemic era. All media 24/7 was about COVID-19. Our whole worlds were controlled by this narrative about COVID-19, all of it. Every government, every employer, everybody is talking about COVID. 19 mandating lockdown rules apply social rules.

Everything's being pummeled. You're being vomited on about COVID-19 24/7, and for some reason, four weeks later, in the middle of this COVID-19 pandemic, this health crisis, the whole world has never confronted before. All of a sudden, five major industrial nations, the United States, Canada, the UK, New Zealand, and Australia in unison in one day decide to come out with new national health press releases for their countries. It has nothing to do with that. It appears it has nothing to do with COVID-19 in unison, all in one day. And ever since, even to this day, those five countries all announced new national health agendas for their citizens, that by the year 2030 starting then they were gonna start enacting rules and regulations and restrictions to ultimately remove access to all nicotine products and tobacco products from your country.

By the year 2030, and I have this to say to all of you, that was within four weeks of the Watch the Water documentary coming out, where a guy who had a whole lot of public attention around remdesivir and the COVID-19 protocols came out and told you all that nicotine was the antidote to all things COvid. It's been proven now by La

Quinta Columbus's research facility in Spain that nicotine from tobacco plants destroys nanotech in Pfizer, Moderna and dental anesthetics.

I said, nicotine is the cure for all this stuff, and they've been able to prove it. If you wanna know why all the countries in unison now are telling you they're gonna ban nicotine products and tobacco products from your citizens, if you really think this is because they care about your health and cancer, I just want y'all to know the federal agencies of the world make more money off the lobbying power of the companies that supply chemotherapy and radiation for cancer treatment than any other group in the world. Why would they ban tobacco? Why would they ban nicotine? I can tell you why. Because Bill Gates and World Economic Forum and other agencies like this have written agendas of 10 next pandemics.

They've already disclosed and named, and they include the Ebola virus pandemic The Marburg Virus, pandemic Rift, valley Fever Virus Pandemic, Congo Hemorrhagic Fever Virus Pandemic and Bird Flu Virus Pandemic. They have all these names and guess what the only thing they want to sell you is the solution for each of those viral pandemics. It is a vaccine. Well, I'm really sorry to tell you this. Nicotine is the antidote to all viruses, and this is why they can't let nicotine be circulated and be allowed to be bought over the counter as a preventative agent for viruses. And this is why this guy wears a three and a half milligram nicotine patch every day for three and a half years and has never had a sniffle, a symptom, an allergy, no nothing. This is why the FDA of America in 1994 published the lie for the first time ever that nicotine is a highly addictive substance and made sure every tobacco product in the world had that warning label on it.

### **Ads 29:16**

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](https://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](https://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. Bryan Ardis**

So if you want to be safe from every future virus they are going to spread, and I'm really sorry, Dr. Wendy, do you even know what the definition of a virus is? Do you know? Do you have a clue? Do you know? I don't know. Do you know?

**Dr. Wendy Myers**

Well, I had to look it up. You know what, there's a lot of people that say viruses don't exist, or they are assembled in the body and that there are certain conditions or there are a protective mechanism, like an inner response to certain things that they're not actually contagious.

**Dr. Bryan Ardis**

I don't know if you allow people to share their screen with you. Would you let me do that?

**Dr. Wendy Myers**

Yeah, please.

**Dr. Bryan Ardis**

Alright, so this is titled, What is a Virus? Now everybody at home, just watch. We have to answer this one question, what is a virus? Now this is important because if you right now go to clevelandclinic.com and look up on their search engine, what's a virus? This is not the definition you're given that I'm about to show you. If you go to the Mayo Clinic. This is not the definition of the word virus that they're gonna give you, but I need everybody to understand that the word virus is a Latin language word.

It is not an English term. It is a Latin word and all of medical terminology, everything a medical doctor says to you is in Latin. This is what we have to learn in the first year of school. We have to learn Latin to be able to talk to our patients about medical diagnosis. All of your anatomy is actually in Latin. Your skeletal bones, everything organ is named in Latin, so they just behold in Latin. So I'm holding here Latin to English dictionaries from 1771 till now, till 2025. Would you like me to show your audiences what a virus is by definition? I have in my possession, I'm holding them. I hope you can see me. I'm holding them. These are 1771, 1880, and I have all of them up until I have 30 of these all the way till now. It covers 254 years of clear Latin definitions of words in Latin. So the word virus is a Latin term and I'm gonna show you what it means.

Here's some of the books, and I have the dates at which they are copyrighted from 1771. This just goes to 1955 and the top row of these books there, Dr. Wendy, nobody in your audiences, I hope are that old. I don't think they have been around that long. So all the definitions of the word virus are the same in all these books, even until now. And this may shock you. I want all of you to see that the word virus started in 1771, which is the oldest Latin English dictionary I could find. I want you to read out loud

what the definition of the word virus is. It's a noun, meaning what? Poison, venom. Well that's interesting. You can also see it can also describe bitterness, a taste of bitterness, sharpness, a nasty taste, a strong smell, paint the juice of the purple fish and the seed in animals.

Now, is any of that what you're gonna read at the Cleveland Clinic or what Bill Gates is gonna tell you, or what Anthony Fauci is gonna tell you about a virus? No, but this has been the definition since 1771. But I'm gonna show you that it's not just 1771. Let's go to 1811. Here's the actual copyrighted date 1811. I'll zoom in for you. What's the word virus mean? It means a poison, or venom. Well, let's keep going. What's the next one? 1880 virus. Go down to the bottom. You'll see the bottom part, on the second page, Venom poison. You'll see it there also. Let's keep going. Here's 1959, which some of your audiences were alive back then. A slimy liquid slime is what a virus is or a poison, especially of snake's Venom. Well that's weird. 1963, 4 years later, what's the Latin definition? Oh, it means a slimy liquid or slime or poison, especially of a snake's venom. Well, that's weird. How many of you knew that? What about 2007? The word virus means a poison, especially of snakes. Venom, weird.

What about 2007? Another branded Latin English dictionary. Oh, virus literally means a noun. That means venom or slime or stench or puny or saltiness. None of these definitions have any of you ever been given. However, it was published by the Wall Street Journal in February of 2020 that the word virus means snake venom. Now, when you go to the second half of the English to Latin dictionaries, I wanna share this with you. There is an English word veno. All of us do know venom is not a Latin word. It is not. These books, all of them are half Latin to English dictionaries and English to Latin dictionaries. Did you know the English word venom for 245 years has only one singular word, Latin word, that it translates to the word venom.

In every one of these books translates to one word and one word only, the word virus. Now, this is important to understand what it is you are being told is gonna be pandemics for the next rest of your lifetime. You're all gonna be confronted with a viral pandemic. You need to know, even the Wall Street Journal published this in February of 2020, the word virus is the spread of a Latin term meaning poison. But read the first sentence in the second paragraph. The English word virus is based on a

Latin word for poisonous secretion. And early on, it often kept to its original meaning of venom. Actually, journalist Ben Zimmer of the Wall Street Journal.

That is not true. It wasn't just early on. It's even in the year two thousand. This is still the actual definition of the word virus means venom. So I wanna make sure you all know that when they published that COVID-19 came, the two spike proteins came from two snakes. It now makes sense why they call these viruses because the overall definition of the word virus in Latin, which is a term in Latin, it's a Latin word, it actually means venom or poison. My next question for all of you at home is this, and this is why the nicotine discussion is so important in why so many countries wanna ban it. My question, Dr. Wendy, for you and all of your followers

**Dr. Wendy Myers**

I feel like I'm taking a test here.

**Dr. Bryan Ardis**

You have to answer this question, Dr. Wendy. If the word virus truly means poison, especially snake venom, how do they create an annual reoccurring viral flu season in the common cold season?

**Dr. Wendy Myers**

They're creating them. They're creating poisons in the lab and releasing them for the gain of function research. So they access our nervous system where we're seeing the most devastating effects, and it's able to proliferate right now.

**Dr. Bryan Ardis**

Next thing, how many neurological diseases, how many cancers, how many chronic illnesses, and how many autoimmune diseases are actually said to be caused by a virus?

**Dr. Wendy Myers**

None.

**Dr. Bryan Ardis**

And then you'll start to realize why all the federal health agencies of the world are being told to ban nicotine. Why? Nicotine is a known antidote to venom. Most venoms from every snake, scorpion, you name it, spider, they target alpha seven nicotine receptors. And this is why all the Native Americans historically, forever used the tobacco plant to heal their animals and their people from the bites of snakes that were deadly to them.

Rattlesnakes would bite 'em. They would just take tobacco leaves and wrap it around the wound, and then the nicotine would be absorbed into the body and actually save the life of the person. They know this tobacco's been a medicinal plant known for 5,000 years on record as healing multiple conditions. So why the effort to ban it? And it's one nutrient called nicotine.

**Dr. Wendy Myers**

That's the key. It's a nutrient. It's not a chemical. People don't realize it's found in potatoes and nightshade vegetables, peppers, jalapenos, and things like that. And we crave those things. We eat them. We're eating nicotine all the time.

**Dr. Bryan Ardis**

Hold on, did you say that nicotine is found in white potatoes?

**Dr. Wendy Myers**

I'm not sure which potatoes, but they're nightshades.

**Dr. Bryan Ardis**

No, it is. The second highest containing nicotine plant on earth. The reason why I can say it is a nutrient, you have an orange and found in oranges is something called vitamin C. Well, Dr. Wendy is vitamin C in any other fruits and vegetables or just in oranges?

**Dr. Wendy Myers**

Yeah, it's in all plants and vegetables.

**Dr. Bryan Ardis**

All right. Nicotine is not just found in the tobacco plant, but that's exactly what everybody's been conditioned to believe. No, like vitamin Cs in an orange, nicotine is highest in the tobacco plant. It's second highest in eggplants and nightshade vegetables like bell peppers, zucchini and squash. These foods are the second highest containing. You know what else is amazing? What else is in the nightshade group? That's the third highest containing nicotine plant on earth.

That's red tomatoes, BLTs, anybody? Catch up anybody? Did you know the fourth highest containing nicotine plant on earth is white potatoes? And I say this for one reason. I was on a show the other day and somebody asked me, it's actually Alex Clark at Turning Point USA. She goes, hold on, would you give a nicotine patch to a kid? And I was like, oh, you better believe it. And she was like, oh no, this is gonna get me in trouble. And I was like, why? Parents out there of small children, even hearing that, I don't know why you'd be shocked by that unless you didn't know something about what you've been feeding your kids every week.

Every single one of you that takes your kids to Chick-Fil-A, McDonald's, Burger King, Dairy Queen, and gets Pata french fries and ketchup, you are giving them two doses of nicotine every day. So don't tell me you would never give your kid nicotine. Yes you do. You do it all the time. You just didn't know you were doing it. And the truth is, most of you're just afraid of it, thinking it's some addictive substance. If you're worried about an addictive substance, Dr. Wendy, I'd like to ask you how many of these parents that would go like this, don't get my kid nicotine. It's addictive. How many of them take their kids trick or treating and give their kids loads of candy that's loaded with a more addictive substance than nicotine?

**Dr. Wendy Myers**

Yeah, sugar's the most addictive.

**Dr. Bryan Ardis**

Sugar is more addictive than heroin. More addictive than cocaine. More addictive than nicotine. Yet all of you give it to your kids and you're gonna sit there and go, I would never give my kid nicotine. Yes, you would. And I'm really sorry. Nicotine is not addictive, and it's not as addictive as you've been told whatsoever. Harvard proved that in 2016 when they published a document, a research study, after evaluating 7 million pages they got from the FDA. They said nicotine is not what is responsible for the addiction of tobacco products. The FDA has revealed 15 chemicals they have allowed the tobacco industry to add to every product, and they're called Pyrazines.

They have been allowed by the FDA since 1970 to make tobacco products more addictive. They write in that article that is what makes the learned behavior and addictive quality of tobacco so high. If you think you know more than Harvard, after they read 7 million pages, great. But if you're open to learning Harvard published in that document, I show you in my book, chapter titled Just in the Nicotine of Time. I show you what Harvard wrote. They said we would like the FDA and we recommend that the FDA start regulating pyrazines. Over nicotine as the addictive substance in these products.

So just so you know, everything you've been sold is a lie. I'd like to ask you all if now that you've learned it is true, go look it up. If tomatoes and ketchup and white potatoes and potato chips of Frito Lay that all of you give your kids, if it's loaded with nicotine, how come those food items don't come with a warning label required by the FDA that says this potato chip contains nicotine and addictive substance like every tobacco product. How come every tomato in your produce aisle doesn't have a sticker on it that says, contains nicotine, a highly addictive substance? And if nicotine is really that addictive, I'd like to ask any of you, have you ever heard one of your employees or you yourself, ever walk up to your boss and ask for a tomato break during work because you just can't think straight anymore and you're breaking out night sweats, day sweats because you're going through withdrawals from tomatoes?

Never. Your physiology is being manipulated with something called manmade chemicals called pyrazine. Organic tobacco products do not provide this addictive quality, and this is why I recommend certain nicotine products. Nicotine patches. Nicotine by itself is a nutrient. Like vitamin C, it has been bastardized by the FDA and

been told to be by the FDA since 1994 and called it a drug. It is not a drug. It is a nutrient.

**Dr. Wendy Myers**

We have been so conditioned, even myself, going back, I see the conditioning and my father smoked for 40 years and died from his cancer treatments from esophageal cancer. So there's a lot of people in that same boat, and there's a lot of fear around nicotine. Even family members that have long COVID, I've recommended nicotine to them. Like, oh, I don't wanna get addicted to anything. Oh, but you're happy with living with your long COVID symptoms.

**Dr. Bryan Ardis**

So funny, I heard a story two weeks ago from Dr. Christiana Northrop. Do you know her?

**Dr. Wendy Myers**

Yes.

**Dr. Bryan Ardis**

I called Dr. Christiana Northrop on behalf of somebody who works for me. I just had some questions about menopause stuff. Anyway, we had this long conversation and this lady that works for me goes, okay, well what would you recommend to me, Dr. Northrop? Not a joke out of Dr. Northrop's mouth. She goes, I would recommend a nicotine patch first, not a joke. She goes, I'd recommend that first. And then she goes, laughingly on the phone, on speaker phone. She goes, I can introduce you to a guy who can teach you all about it. That was me on the phone. I thought she thought that was funny.

And then she said this, oh, just so you know who you're working for, I want you to understand the impact he's had on my own personal life. She has a dear friend and a dear friend of mine. Her name is Dr. Lee Merrit. She's a thoracic surgeon out of Omaha, Nebraska. She was very outspoken during COVID alongside me at many events. But Dr. Lee Merritt went with 10 medical professional friends on a cruise. I

didn't even know they went on this cruise like a month ago. Within a day of being on the cruise, the whole boat got sick and everybody was being told to be quarantined, and her and her other nine buddies were all upset and they didn't wanna be quarantined and have their vacation ruined.

And guess what Nick, Dr. Lee Merrit had on her that she gave to all her friends and said, we're not gonna be sick. We're all gonna be well, and we're gonna enjoy the cruise. Dr. Christian North's telling the story to the person that works for me. Dr. Lee Merritt passed around nicotine patches to everybody on the boat that were friends of hers. Within 24 hours all of them were well and they were the only ones that were able to feel well and enjoy the entire cruise and weren't required to be quarantined. And it was all because of the stuff we've been able to educate people on about nicotine. So I just want you guys to know it's been very humbling to learn what nicotine has been known by the pharmaceutical industry to provide value for, and I might as well just spit out what some of those known benefits are.

What's interesting is these research studies aren't just studying nicotine patches. Some of them do. Some of them are just looking at nicotine gum that you can buy over the counter, but many of them, Dr. Wendy, are actually evaluating dipped snuff of commercial tobacco and smoking commercial cigarettes. When I talk about this, I show all these research studies in my book. So if you want to see them and go, Hey man, I don't know if I believe this guy. He sounds really conspiratorial. This sounds controversial. I know this sounds controversial. I'm really sorry, but everything I'm about to say is peer-reviewed, published medical truths that your medical doctors just have never seen.

I show you where they all found in my book with the reference of where to go to find the research study. If you wanna learn right now, it is known that Parkinson's can improve, reverse and cure some of all their Parkinson's symptoms. In fact, I've had people come to my events where I'm speaking at different medical conventions telling me that within two weeks of chewing nicotine gum, their husband's Parkinson's symptoms for six to 10 years completely disappeared. Not a single one of them, and even said to me that their husband was cured of Parkinson's, which is just nicotine alone. It is known to improve MS or even prevent MS. It's known to cure, reverse, and prevent Alzheimer's disease. For many people, it is known to be a curative agent for

ulcerative colitis. For all of you with digestive disorders and autoimmune diseases where you're being threatened by your medical professional, that you might have to cut out sections of your colon forever, well, nicotine's a published cure for those.

Every known arthritis is benefited with nicotine. Nicotine is four times more anti-inflammatory. Then it is inflammatory, so it reduces inflammation. So if you're living with an inflammatory condition that includes pain, diabetes, migraines, these are all inflammatory conditions. Obesity is an inflammatory condition. But, nicotine helps to reduce your appetite for those you want to lose weight. That's why it's an appetite suppressant.

### **Dr. Wendy Myers**

That's why I'm chewing a lozenge right now. It works. It's unbelievable. That's why all the models smoke. All the supermodels smoke 'cause it suppresses your appetite.

### **Dr. Bryan Ardis**

I was actually thinking about this the other day, Dr. Wendy, I'm not even joking and I'm not trying to say it doesn't exist, but every single chronic smoker I've ever known is rail thin. Have you ever seen a really obese, chronic smoker? I've never seen one. You might see them portrayed in a movie, but they're not actually chronic smokers. They're just doing it in a movie scene. It is an appetite suppressant. So if you wanna lose weight and improve your blood sugar and improve your weight, you might want to eat the foods that have nicotine. Remember everything I'm about to say to you, you don't have to use a nicotine product. Go eat the foods that contain nicotine. It's published to do this.

Nicotine's also been used as nicotine patches in between the shoulder blades of autistic children and adults. And within seven days, they see their entire countenance change, their violent behavior stops. It's so significant. I share in my book that when medical doctors need to do a procedure on a autistic adolescent in a hospital, they flail around and don't wanna be touched. They have sensory issues, so they often have to restrain them with physical restraints to the bed. I show you the research studies where they take nicotine patches and put 'em on the kids, and it takes away

all of that behavior and they don't have to restrain them. This is amazing. This is what nicotine can do.

Nicotine is also published in 2021, published by the NIH, in fact, to be a cure for the heart condition called myocarditis when it is caused by a virus. I show you the studies and I even show you the slides of the heart being cured. The heart muscle is cured in 14 days, just using three days of treatment of nicotine. With small doses of nicotine, glioblastoma tumors are being shrunk by half in 72 hours with nicotine alone. There are oncologists in Spain and in South America now because of what our presentations we're doing through the Dr. Ardis Show and at events who are now using nicotine to cure various cancers. And they call me and share these stories and I get to see them at these medical conventions.

It's amazing that they had no idea, and were never taught this in medical school. So this is the threat to big pharma if nicotine and tobacco and the truce about this plant are ever to get out. I just named a whole bunch of conditions.

**Dr. Wendy Myers**

For me it really helped with brain fog, just general brain fog. I'd been in menopause for about five years and didn't really get on the hormone replacement therapy until about like a year and a half ago. But until I got that worked out, the nicotine has helped me so much.

**Dr. Bryan Ardis**

Have you ever heard the term nootropic? It's kind of a new term in the last 10, 15 years.

**Dr. Wendy Myers**

Nootropic, yes.

**Dr. Bryan Ardis**

This means it stimulates the mind. It makes the mind work better visually, you can see better, you can think more clear, you can remember things. Nicotine is published by medical research and science to be a known nootropic. In fact, any day that I

forget to put a nicotine patch on, what I remember is that three or four in the afternoon when I'm deep into research studies, building out my PowerPoints, and I'm like, wait, how come my brain's not working as fast as normal? Oh man, I forgot my nicotine patch. It was addictive. I would wake up thinking about it, but the moment I put it on, within 30 minutes, everything becomes clear.

It is just an amazing experience I would've never had if I had not actually come across these research studies about how smokers were immune to COVID. To this day, by the way, chronic tobacco users are the least represented human group. To be diagnosed with COVID, get COVID, have any symptoms or die from COVID or be hospitalized still to this day. Oh, I have a question for you, Dr. Wendy. Do you know about the Harvard study conducted in 2016 and published about tobacco and its addictive chemicals called purines? In that document they disclose from the FDA itself how many chemicals the FDA has approved for the tobacco industry to add to all tobacco products they make. Do you know what that number is?

**Dr. Wendy Myers**

I know it's between like 4,000 to 7,000 in that range.

**Dr. Bryan Ardis**

In the Harvard study they quote, we have a list that's been given to us by the FDA. They have FDA approved for the tobacco industry. A total combined at that point 599 named manmade chemicals that the FDA allows the tobacco industry to add to their products?

**Dr. Wendy Myers**

I know that in tobacco or cigarettes, they have 4,000 to 7,000 chemicals that are actually in them. But I didn't realize that some of them were FD approved.

**Dr. Bryan Ardis**

The FDA approval list is a combined 599 chemicals allowed to add to every tobacco, cigarette and snuff that you consume. So I have a question for you. Can you name those 599 chemicals, Dr. Wendy?

**Dr. Wendy Myers**

I cannot.

**Dr. Bryan Ardis**

Do you know which ones of those may be carcinogenic to cause lung cancer?

**Dr. Wendy Myers**

I know that they put fiberglass in them to cut the lungs so the drugs get in faster and they get a faster hit.

**Dr. Bryan Ardis**

Did you know that in those FDA documents it's listed that the paper around the cigarette was allowed to be laced with arsenic? And do you know what happens when you inhale arsenic into your lungs? What is arsenic known to be? A known carcinogen.

**Dr. Wendy Myers**

Yeah, carcinogen.

**Dr. Bryan Ardis**

So what have they told you is the tobacco plant and the nicotine are the cause for the cancer? The FDA has allowed them to add chemicals they know are cancer causing, and as you inhale arsenic, one of the other ingredients that they publish is allowed in there, they're allowed to add sugar to the leaf of the tobacco product. Now, when you inhale sugar, does sugar feed cancer or suppress cancer?

**Dr. Wendy Myers**

It feeds it.

**Dr. Bryan Ardis**

All right, so now you got arsenic. For example, one of the chemicals of 599 you're allowed to inhale that we know is a known cancer causing agent. Then you have sugar, you can inhale that we know feeds cancer, surprises the immune system and allows it to metastasize in the cadmium.

**Dr. Wendy Myers**

And they're only gonna tell you it's the nicotine

**Dr. Bryan Ardis**

The world we live in.

**Dr. Wendy Myers**

It's interesting how there's agencies that are trying to reduce the nicotine from one milligram to 0.5 milligram for each cigarette, which is just ridiculous.

**Dr. Bryan Ardis**

You're exactly right. So anyway, you've all been lied to. We've all been bamboozled about nicotine. And the truth is, there's a real intentional agenda to sell more drugs, more vaccines to treat you for your symptoms you're suffering from. You're gonna have, because of the intentional poisoning of your food supply, water supply, and the air that you breathe, and then they're gonna sell you drugs for the rest of your life. And then they're gonna have a blanket sweeping excuse for every medical professional of why you are sick. That's gonna make you buy into getting that prescription every month for the rest of your life.

**Dr. Wendy Myers**

That's why you have to question everything. I never took the jab because I've had a rule since I was a teenager that I'm never gonna take any drug that hasn't been on the market for more than five years. It will not go into my body. I wanna see what's gonna happen to the general population for those people that wanna volunteer to be Guinea pigs, be my guest.

But I know that's just a huge psyop. A lot of very smart people fell prey to this very dark psyop that was happening in this mind control. There's a lot of pressure put on the entire planet. Let's talk about how people should take nicotine. I had a friend of mine who introduced me to it about maybe eight years ago, and gave me a lozenge. And when you first take it, it can be really strong and it's very easy to get too much. You habituate very quickly. But when I just took it, he gave me like half a milligram and it just made me really dizzy. I did not feel very good. I'm just maybe a little bit more sensitive.

So, I caution people when they first take it to go easy because it turned me off to it. I didn't want to take it ever again 'cause I thought it's just not right for me or whatever. But when I tried it again, I was listening to you and Dr. Peter Attia, how he's taking it 'cause all the research on Alzheimer's prevention and all. I thought, okay, well, let's do this again. Let's try it. So I did one quarter of a seven milligram patch. Put that on. I cleaned my entire garage. I had so much energy and motivation and dopamine, and it was awesome. But that has calmed down significantly. You very quickly habituate, but for people getting started, what do you recommend as the dosage and maybe the delivery method?

### **Dr. Bryan Ardis**

So the very first thing, the whole reason why the nicotine topic even came out is because I wanted to help people not be afraid of COVID, number one. And then number two, you don't need the vaccines. The true vaccine for COVID was nicotine and nicotine patches and gums. That was gonna be the preventative agent for anybody to get sick. So I wanted to make sure people knew that they had that over the counter option to prevent getting COVID and being sick and being worried and scared about that.

Alright, number two. The next reason, I wanna make sure you understand that nicotine is so helpful. 30 million Americans are now diagnosed with long COVID, and there's over 400 clinics that have been built in America now in 50 states that are called Long COVID medical treatment centers. Do you know that Mark Lemke, a medical research scientist in January of 2023 published The Cure for all Long COVID symptoms was six days of a seven milligram nicotine patch only.

You don't need to take it any more than that, any longer than that if you want to cure yourself of all long COVID symptoms. I included Mark Lemke's study in my book in chapter 13. Actually, go read the study and watch how all their symptoms dissolve. In fact, half of the symptoms they struggled with for two years that Ivermectin didn't fix, chloroquine didn't fix hydroxychloroquine, and any physical therapy didn't resolve six days of a nicotine patch. On the third day, half of all their symptoms disappeared and never came back. In fact, they only wore it for six days. After six months, Mark Lemke reviewed all of those people that were in the study and wanted to know, did any of your COVID symptoms come back after stopping the patches six months ago?

And not a single one of them ever returned. It was a cure for all their long COVID symptoms. So anybody out there who has a new symptom or medical diagnosis of which there's 200 now named and called long COVID symptoms or diseases that include schizophrenia, diabetes. Now, congestive heart failure, high blood pressure are, are all now long COVID symptoms. Those are completely resolved with nicotine in six days with the smallest dose nicotine patch for sale online and in your CVS and Walgreens stores. So you don't have to go very far. If you need help from long COVID, the studies were done with a seven milligram nicotine patch. So this is me explaining when and how to use this if it's a long COVID problem.

A seven milligram nicotine patch is what they did in the studies and it worked a hundred percent of the time. So that's how I recommend that. Number two, anybody who's like, well, I wanna try to see if I can benefit from nicotine, as Dr. Wendy and Dr. Ardis are explaining, I wanna clean my garage like Dr. Wendy did. This is how I would recommend to you to get started. If you don't have any illness, Alzheimer's, Parkinson's you're trying to resolve, that's fine. I think it's best for all people to start with a low dose. A lower dose than seven milligrams. In fact, I often recommend buy a seven milligram nicotine patch and cut them into strips like seven strips and just wear one milligram a day each 24 hour period, take it off the next day, put on a new one each day for seven days, and then go up to three milligrams.

Cut the patch down to about a three milligram size. Cut the seven milligram in half. Wear that one now, and that just might be enough. I have been wearing the same size nicotine patch, three and a half milligrams every day for three and a half years, and I will for the rest of my living days on this earth. Why? I don't want to be a victim

of their poisoning. I just showed you the definition of a virus. They're gonna tell you they're everywhere and they're always coming. Oh yeah, they are. These people are developing poisons, especially of venoms worldwide and spreading them to you and calling them some other virus. Okay, well let that go. They're poisoning you.

**Dr. Wendy Myers**

Not to mention the release of the self-replicating ones, the airborne ones and all this crazy testing they're about to start in the UK, in Canada of Bill Gates's latest Satanic creation that he's wanting to spray in the air because of non-compliance or so many people waking up. It's like, well, we're gonna bypass that, just spray in the air. So this is a way for you to bypass that, not have any fear around it.

**Dr. Bryan Ardis**

I wanna talk about the different ways we can use nicotine. Remember, there's always vegetables. If you just made that a part of your weekly routine to make sure you ate some nightshade vegetables every week, you are getting nicotine. I'm just talking about the nicotine agents, because these doses you can get over the counter are higher than you get in the vegetables, and those benefits you're gonna see even faster. Now, unfortunately, nicotine is a nutrient that detoxes poisons out of the human body like glyphosate that all of us have in our body. When you swallow a nicotine product, like a pouch like Tucker Carlson and RFK Jr, like to use and show you, make sure you see it, that they're using it when they are putting those pouches in their mouth, those are seven milligram pouches. I do not recommend that to anybody. In fact, anybody ever asked me, I'm like, I would never do more than a two milligram gum.

Gum only comes in two and four milligrams. I never recommend the four. I only say the two. But even me, Dr. Wendy, I've tried it. I haven't tried it for like two years, but for the first year and a half I would try nicotine gum, the lowest dose multiple times in a week. I just wanted to see how I would feel every time I would get nauseous and have diarrhea and feel like I was gonna throw up.

**Dr. Wendy Myers**

Yeah, I get dizzy and I know I've had too much. If I get a little dizzy or woozy and it goes, it goes away fast though.

### **Dr. Bryan Ardis**

I want to explain to all of you, not everybody has that reaction. My wife from day one started chewing two milligram gum four a day, and within three days, all of her long COVID symptoms disappeared. By day three that she had for two years, she had loss of taste and smell ringing in her ears, dizzy pots, where she would stand up and fall over for two years. Nothing resolved it, no nutrients. I gave her vitamin C, zinc, selenium, ivermectin I used with her and nothing worked. Three days of chewing four tablets of two milligram gum every day, zero symptoms. No nausea, no dizziness. No diarrhea. All she saw was improvements. After three days, a hundred percent of her symptoms were gone. To this day, she'll chew like five to six of these a day with no issues. And that's what a lot of people do. But some people, when they chew it, get dizzy, nauseous, and puke like me.

However, if I wear a patch of nicotine. This is the difference, when you're chewing or sucking on a nicotine tablet or pouch or gum, you're getting the whole dose of nicotine in like five minutes in your body. This incredible detoxing agent. Now to think about detoxing, Dr. Wendy, do you ever educate your audiences on parasites and parasite detox in something called the Herxheimer reaction? You can detox somebody too quickly and they will feel horrible. So all I do is reduce the dose for many who chew nicotine gum and get dizzy with the two milligram tablet. When I tell them well just bite it in half and do one milligram, they don't have any symptoms.

For me, I choose to use a patch. Why? Because the adhesive in the patch releases the nutrient in full slowly over 24 hours. But it's over 24 hours, not the whole dosing in five minutes. It's just this continuous introduction of a small dose of nicotine all day long and all evening long. I find that more beneficial to me, easier to consume, and it's one less thing to swallow or put in my mouth. It's great.

### **Ads 1:05:51**

I wanna say a couple of words about one of our Myers Detox Podcast sponsors, Qualia Senolytic. It's a cutting edge formula designed to help your body eliminate

senescent cells, also known as zombie cells. These outdated cells hang around draining your energy and slowing your workout recovery, and causing all kinds of havoc and mayhem. Backed by clinical research, Qualia uses nine plant-based compounds that support joint comfort, sharper focus, and better aging naturally. And here's the kicker, you only have to take it two days a month.

It is simple, backed by science, and validated by research. You can try it risk-free with a hundred-day money-back guarantee. Go to [qualialife.com/wendy](https://qualialife.com/wendy) and use code Wendy to get 15% off. You wanna try Qualia Senolytic. This is something that I've been taking. It's part of my anti-aging protocol, because getting older doesn't have to feel like it.

### **Dr. Wendy Myers**

I started with the patches and then at some point I was like, I think right now I want a bigger brain boost. And then I would do a lozenge and just get what I wanted. I love it. But I recommend against the target or some of the off-brand patches. I would use those and get too much released really quickly and they'd make me dizzy. So you want to do a company that's focused on that and so their patches are better quality.

### **Dr. Bryan Ardis**

I actually have a couple companies that I only recommend. I have them in the book too. I name them, show you their websites or URLs where you can get 'em, but I do not have an affiliation with any nicotine company. This I find funny, Dr. Wendy, because of all of the views and clicks around the world about nicotine topics. There's hundreds of millions of views of me talking about nicotine all over social media. Many people are starting to say the only way he could have this reach with this information, he must be being paid by big pharma. Dr. Ardis must be getting paid by either big pharma or by nicotine companies to spread this narrative.

Well, I just want everybody to know I've never been approached by a pharmaceutical company and I would never take a dime from them. That industry killed my father-in-law, and I take it very personal. I'm not ever taking a dime from you guys. However, if there's a company out there that makes nicotine patches, nicotine gum, nicotine agents, and you would like to sponsor The Dr. Ardis Show, I'm 100% open to

you because I love your stuff, man. Bring it up. I love it too. Bring it on. I'm ready. I'm ready. I've never had that happen, and that's okay. I don't care. This isn't about trying to sell something. It's trying to keep you safe so you don't fall victim like my father-in-law did or members of my family did.

How many of us now know people now have cancer because they succumbed to the narrative about the COVID 19 damn shots and how many more young turbo cancers do you have to see in university aged students in America before you realize something was wrong here? How many kids with myocarditis or how many adults are now diagnosed with SARS? You died while you were asleep, all of a sudden within a few hours of getting your COVID 19 vaccine.

### **Dr. Wendy Myers**

That disappeared during COVID when no one was going for their baby visits. The SIDS almost completely disappeared.

### **Dr. Bryan Ardis**

Dr. Wendy, 90% of all pregnant women in Canada lost their babies during pregnancy who got the COVID to 19 vaccines How many more lives have to be affected negatively. I do not have to profit off of telling you about nicotine. You just need to know life is gonna be better if you're not sick. And I want more people not succumbing or beholdng to needing a prescription or a vaccine that's unproven, safe and effective anyway, so you can stay home and be safe. Just like me and all my family, I figured out how to do it. What are some other recommendations? Lemme give some other ones real quick here about nicotine. I recommend, 'cause people ask me, do you recommend these nicotine patches for kids? And I go, yeah, between two years old and 12 years old, I would do a one milligram nicotine patch and nothing more.

Please do not call Dr. Wendy's. Don't write in and comment to her that you would never give your kid nicotine. I've already dispelled the fact that yes, you would give him nicotine, and yes, you absolutely are okay giving your kids addictive products. If I see you at the donut shop, or I see you buying Pop Tarts or Gatorade or Dr. Pepper for your kids one more time and you complain about nicotine, I would never give my kids

nicotine. It's an addictive substance. You're giving your kids an addictive substance every day. You're giving them something with sugar. So please stop saying you wouldn't give your kids an addictive substance. You are making them addicts every day. You give 'em that stuff. Just know you're already giving 'em nicotine, you're already giving 'em addictive products. Don't worry about the nicotine. It's less addictive than sugar. You just don't know that. I'm telling you, and we're educating you. So a one milligram nicotine patch is all I ever recommend for two year olds to 12 year olds.

I do think it's very often highly useful and beneficial to just do a one milligram patch starting at 12 years old, all the way to adulthood, no matter how old you are. Start it with one milligram for a week, then go up to three milligram size nicotine patches. Oh, who should never try nicotine agents. There is a group of you that should never take a nicotine gum pouch, suck it, or a sticker or patch. It's on the boxes. You'll see it too. And it's very true. I've seen people try it anyway. Those who have seizures, grand mal seizures, petty mal seizures. You should not take nicotine. It's on the box. But some people were like, but I trust Dr. Ardis enough. I'm just gonna try it. And their grandma mal seizures actually became more intense for a couple days. Just don't do it if you've been diagnosed with seizures and just follow The Dr Ardis Show. I've already done many shows on how to reverse epileptic seizures, gram mal seizures, pet mal seizures. What you're not gonna be told by your neurologist that we use all over the world. There's other plants that are proven to cure people of those seizures. Pretty amazing, right?

### **Dr. Wendy Myers**

Let's talk about vapes. I'm sure there's some vapers out there that are looking for an excuse to keep using them. But they're extremely toxic. They have a lot of various issues with them. Can you talk about that?

### **Dr. Bryan Ardis**

I'll just tell you, vapes appear to be very addictive for a lot of people. What did Harvard publish in 2016 is what? Tobacco companies are allowed to add to their nicotine product called tobacco. It's called pyrazine. Pyrazines are also used in vape products, and I would be very leery that you're all becoming addicts to something

that's actually gonna be more detrimental. And who knows all the chemicals and flavoring agents they're putting inside of that stuff. I do not recommend that people vape nicotine products or cartridges.

I just don't know enough about those products or those companies to know what chemicals they're adding in there. But if you like vaping, I would go look at what chemicals they list as ingredients in their products. And there are many of them that I would be very concerned with. I just recommend the nicotine patches stay safe and do that. I haven't done enough research into vapes. I just know that they're using chemicals to change the aroma. And I have to say something here. The pyrazines that the FDA started in 1970, Harvard wrote in their research study the reason and the excuse that chemists gave the tobacco giants to use them in 1970.

They said this, if you want to sell more cigarettes and more tobacco products, all you have to do is add these chemicals called pyrazines that are commonly used to add aromas to products. And it makes those things addictive aromas. What's the taste? The scent that you're getting out of vaping products. They're like cotton candy flavored and popsicle flavored. Those are pyrazines they're using most likely to create all of those flavoring, aroma agents that are very addictive to humans that consume them. So I don't trust vapes. I would never trust vapes because I know they're using aromas as a selling point for all of you. I know they use pyrazines as an addictive substance to provide those aromas that you will be so heightened and addicted to. So, I don't recommend the vapes.

### **Dr. Wendy Myers**

My brother's wife was smoking for many, many, many years, switched to vapes thinking they were healthier and dead within four years of doing that. I'll say this, major inflammation, permanent lung damage, sorry, loss of oxygen exchange, and even teens are needing lung transplants, getting popcorn lung from just a few years of vaping.

### **Dr. Bryan Ardis**

I would be very leery if the FDA has allowed 599 different manmade chemicals that you can't name and you don't know what's wrong with them, maybe, or what they're

published to do inside of you, and you don't know what those 599 things are. How many things do you think the FDA allows to be added to vape products you don't know? You didn't even know there's 599 compounds. Those watching at home, you didn't know there's that many things added to tobacco products. It's not tobacco. They bastardized it. They adulterated it with manmade chemicals and made it more toxic than told you it was.

God's created tobacco that's causing all this problem. So ban it and start putting warning labels on all. It's the same thing hospitals do around the world. When people stood all over the world and said, Hey, I don't wanna get remdesivir. I want vitamin C. Do you wanna know what the hospitals told every person who demanded they wanted vitamin C infusions that are proven to beat coronaviruses and pneumonias? You know what they all said? There's not enough research supporting that Vitamin C would work. Really? I invite all of you to go to pubmed.gov and type in any drug name in the search engine and see how many studies have been done on that drug. I don't care what it is. Type in lisinopril, and you will see 3,600 some odd numbered research studies done and published.

I don't care what the drug is, type the name and see how many research studies the totals below the search tab on pubmed.gov. It'll tell you how many studies have been done on this drug or this chemical, and they're in the thousands usually. And then I want you to type in vitamin C in the search engine and hit enter. You'll see over two and a half million research studies have been conducted, yet every medical doctor will look at you and go, there's not enough research done on vitamin C that even proves it's safe or effective for any condition. What? There's nothing that's been studied more than vitamin C. There's a reason why the drug companies want you to believe vitamin C is unproven.

It doesn't work because they wanna sell you something more expensive that they created. Prescriptions, not that our interview's over, but I'd like to have all your audience who's now listening. Hopefully you've been captivated by this conversation. I have been captivated by you, Dr. Wendy. I love your perspective in the way you interview and listen and ask questions. But I would like to ask a question to all of you at home. I want you to think of every symptom the human body can create. Dr. Wendy, I would like to invite you to now name a few symptoms that a human body

can experience while living that all of us have ever had or will confront. Name a few symptoms.

**Dr. Wendy Myers**

The human body can have allergies, histamine reactions.

**Dr. Bryan Ardis**

Very good. What else?

**Dr. Wendy Myers**

Headaches.

**Dr. Bryan Ardis**

Good. What else?

**Dr. Wendy Myers**

People can have other symptoms like autoimmune issues.

**Dr. Bryan Ardis**

Very good. What comes with autoimmune?

**Dr. Wendy Myers**

Fatigue.

**Dr. Bryan Ardis**

Let's talk about that. What's a symptom of a lot of autoimmune diseases?

**Dr. Wendy Myers**

Pain

**Dr. Bryan Ardis**

Histamine joint pain is a symptom. Fever is a symptom. Diarrhea is a symptom. Dehydration is a symptom. Headaches are symptoms. Rashes are symptoms, blisters are symptoms. These are all symptoms. Everybody at home, listen to me in your head. Answer this question. I want you to think for yourself now of all the symptoms we just named or if we didn't name it, can you come up with one name, A single symptom that human body can ever experience ever that is caused by a prescription drug deficiency? Zero. Dr. Wendy, has anyone ever developed a fever, which is a symptom because they were low on Motrin? No. Have they ever had a fever because they were low on Tylenol? Aspirin?

My question for you, doctor Wendy, is this, if that's not what causes a fever, how come all of our medical professionals tell us that when a fever starts, we have to give that kid Motrin, Tylenol or Advil or aspirin? If that's not what's causing the fever, can you name a single disease, a single symptom that any human ever had that is caused by a prescription drug deficiency? And if that is not true for you and you can't come up with one, I'm still waiting. I do this at medical conventions all the time. Hey, medical doctors, name one symptom that your patients come to you for, that is caused by the lack of a drug. And then my question for you is this. If it's not a lack of a drug that's causing you to have your pain, your suffering, your gout, your psoriasis rash, if it's not that, then why do you keep going to your medical doctor for a prescription to go to CVS to fill your body up with that drug?

However, what causes fevers Dr. Wendy? If it's not a lack of Motrin or Advil or Tylenol, what does cause a fever? Your body's trying to kill an infection. Your body has a bacteria, a fungus, or a parasite or a poison, and it wants to neutralize it and kill it, so your body raises it. The hypothalamus of your brain draws up magnesium when it detects a parasite, bacteria, fungus in your body and your hypothalamus of your brain starts heating up your body using that magnesium. It has to have magnesium to do this, by the way. In fact, the only reason why you would ever get a fever too high of a fever is if you're deficient in magnesium. So magnesium is what keeps the hypothalamus able to regulate your core body temperature, and it will go out of regulation if you're lacking magnesium.

Alright, so the fever starts kicking up. When you recognize there's a bacteria virus or parasite or fungus in your body, the virus being a poison or venom, the body's gonna

heat up its temperature because the temperature will kill the bacteria fungus or parasite at some point. So the body is watching it go up to 99, 100, 100, 102, and the immune system is actually watching at what temperature does the bacteria and virus fungus parasite die or start being removed from the body. And that's when the body's fever spikes, meaning it shuts off, it's reached its peak, and then it turns off. But what are you told by your medical professionals? Fevers are bad and you've gotta shut it off with Motrin, Tylenol, aspirin, whatever. No, it isn't bad. That's how God designed the human body to kill bugs that are inside of you causing illness.

So as long as you let the body run its fever in its course, it's got the nutrients that it needs, it won't go out of those normal parameters to like 107.5 degrees where you might start getting some neurological damage. Just so y'all know, 99 degrees is not scary. Y'all a hundred degrees is not scary. Y'all, even in a baby or newborn, 101 is not scary. 103 is not scary. 105 is not scary. To Dr. Brian Ardis who's had kids at 105, you just keep giving them magnesium during those periods, and I'm not joking, you can watch it, go, go, go, go, go, feed it, give it magnesium, let it run, let it run, let it run, and then it will spike. It never has reached 106 or 107. It always shuts off before that. But if you don't have enough magnesium, some of those kids will get really hot. They'll get up to 107 and then guess what the measure would've been if it was in my home, I would've put 'em in an ice bath just like your hospital would've.

You called 9 1 1 just to cool 'em off, to drop it down, then I would start feeding them magnesium. But these are just some of the basic principles. You've all been told you need a drug. The drug needs to manage your symptoms when in fact, every symptom you've ever had in your whole life is the result of a vitamin or mineral deficiency, just like I mentioned with magnesium. Then the question becomes what has caused that vitamin or mineral deficiency in you? And that's where people like you, Dr. Wendy, and I Dr. Bryan Ardis, educate you on what causes mineral and vitamin deficiencies like parasites, for example, that everybody's been learning about in the last several years.

Parasites destroy mineral and vitamin loads in the body, and then you start developing diseases of all kinds that you're then told are genetic called autoimmune diseases, and you just have a deficiency in prednisone that you really need for the rest of your life really. Well, I guess if you never did your investigative work or became

a detective as a medical doctor to look for the underlying cause of your patient's suffering, you can easily sell them drugs for the rest of their life, benefiting big pharma, not necessarily benefiting the medical doctor in most cases.

**Dr. Wendy Myers**

Yeah, and that's why I've been talking on this podcast for 12 years, talking about minerals. The number one focus of your supplementation should be minerals or the spark plugs of the body. They push out heavy metals, they make your body work. It doesn't work without them. What's your favorite magnesium? I take four different kinds of magnesium. If you have a really active brain, you probably need more magnesium than the other folks. But yeah, and I put tons of salt on my water. There's a big blob of salt in this.

**Dr. Bryan Ardis**

Hey, Dr. Wendy, salt is bad for you.

**Dr. Wendy Myers**

Oh gosh. I know. Oh, so horrible. It causes high blood pressure. I dunno if you've ever seen a presentation being sarcastic there.

**Dr. Bryan Ardis**

I love the salt topic. Now, all of you at home watching, I'm sure Dr. Wendy's taking you through this. I love Dr. Wendy because she loves minerals. All of you were presented with a chart you had to memorize when you were a kid, either in homeschool or in science class. It was called the periodic table of elements. Do y'all remember what the periodic table of elements represented? Supposedly what science has determined makes up all the elements that make up life in the universe, including the human body. What is the majority of the periodic table of elements? Minerals, and you'll see on the left hand side hydrogen's, the first one. That's a gas, not necessarily a mineral, but then you'll see sodium. Sodium is salt. That's on the periodic table of elements. It makes up all of life, including your human body life.

In fact, every mammal on earth requires salt. In fact, it's so well known that they need salt to stay healthy, that every animal we consume in America. What does the rancher and the farmer put in the field to make sure it can always access anytime it wants? Salt licks, big old blocks of salt. They all need to lick salt all day long to stay healthy and not develop heart disease and cancers. But yet human beings manipulate each other and lie to each other and tell them you don't need salt.

**Dr. Wendy Myers**

I think the biggest lie in medicine is to reduce your salt intake. It's the most detrimental and it's the biggest lie.

**Dr. Bryan Ardis**

I wanna do a whole show with you on salt. Can we do that one day?

**Dr. Wendy Myers**

Yeah, we can. For sure. And we're not talking about sodium, we're not talking about table salt. We're talking about sea salt having the full spectrum, 80 to a hundred minerals.

**Dr. Bryan Ardis**

What other minerals do you love? Dr. Wendy?

**Dr. Wendy Myers**

I love taking selenium. It's super important for your thyroid to work, make thyroid hormones, and prevent viral replication. I think that's my second favorite. Selenium. We need to take zinc, we need to take calcium. A lot of people are calcium deficient.

**Dr. Bryan Ardis**

Did you know all of those are on the periodic table of elements, Dr. Wendy? Hey, do you know what's not on the periodic table of elements? Prednisone, aspirin, Tylenol, Motrin, remdesivir, mRNA vaccines. Your whole body's made up of those elements on

that chart. I find it funny that they want to tell you, don't trust those mineral supplements. They could cause side effects. What? Oh my God. Seriously?

**Dr. Wendy Myers**

Our life requires this stuff.

**Dr. Bryan Ardis**

Yeah. It's amazing.

**Dr. Wendy Myers**

I love iodine. We need iodine. Most people are iodine deficient. All these things magically make you feel so much better sleep, better calm your nervous system, calm your anxiety, and all these other little weird symptoms that you have.

It's just amazing the changes that take place when you simply mineralize your body. It's not very sexy though. People like selling you antioxidants and this and that, and all these things are great, but you need minerals. That's the basic focus of your supplementation. I like taking spirulina too. Spirulina is awesome. Get lots of big flush of minerals and freshly pressed juices. Big concentration of minerals too.

**Dr. Bryan Ardis**

I love it. Yeah. This whole thing about salt you and I are like two peas in a pod here. I've been talking about salt for like 25 years now. I cannot believe the lengths at which the medical profession and federal health agencies have been told to condition all of us to believe that salt in any form is bad for us.

**Dr. Wendy Myers**

People that show off like, oh, I'm reducing the salt in my diet. I've been eating less salt. I'm like, no, that's the exact opposite of what you should be doing. And one thing I watched was one video of you where you talked about when people have high blood pressure, they call 9 1 1. What's the first thing that they get when they get into that ambulance to remedy their life-threatening high blood pressure?

**Dr. Bryan Ardis**

Oh, even better. High blood pressure at stroke level, you call 9 1 1, you're passed out or you have a heart attack and your heart stops. When the EMT shows up and they use an ED device and start your heart, the very next thing they do, no matter if you have stroke level, high blood pressure, or you just had a heart attack. The very first thing they do without consulting a medical doctor ever is to inject inside your vein and your arm a tube that's attached to a bigger bag that's full of salt water called saline sodium chloride.

Now, what's amazing about this is it's the very first thing they're gonna give anybody with a heart attack and a stroke. However, what do they tell you? All of us, if you eat salt, this increases your risk factor for what? High blood pressure, and heart attacks and strokes. But if you're having that, the first thing you do is inject them with salt. This is amazing, and every one of those bags you can think of that they're gonna inject you with salt water. There's 9,000 milligrams of salt in there. 9,000 milligrams immediately is what everybody gets when they have a heart attack or have stroke level high blood pressure. It's what the American Heart Association says is the upper limit daily for salt? You increase your risk of heart attacks and strokes if you have more than this amount. Do you know what it is? 1300 milligrams. Your medical profession injects 9,000 milligrams at a time.

From the time you mention you've had a heart attack, have high blood pressure, or they determine you have, they will pump 9,000 milligrams of salt inside of you, which is actually four times more than the FDA says that you can have. It's supposed to be 2300 is the max you should get in a given day, or they say you might have an increased risk for heart attack or stroke. However, my 92-year-old mother-in-law two years ago got the flu vaccine, ended up in the hospital after passing out, and within an hour hit her head, had to be taken to the ER. She lives in an assisted living place. When she's in there, her blood pressure is 250 over 170, taken by ambulance. Do you know what the first thing they did at midnight to this lady?

It wasn't midnight yet. It was like seven o'clock at night. You know what they did to her? The medical doctor tells the nurse in the ER, make sure you give her two bags of fluids and do a push. Dr. Wendy, that's 18,000 milligrams of salt. 18,000 grams in less

than an hour. And guess what happened to her blood pressure? I'm watching it on the screen. Two bags are just dumped inside of her. Guess what her blood pressure started doing? It started coming down an hour before the medical doctor even came into the room. Isn't that amazing?

Oh, now close your eyes. Everybody at home. Picture every hospital room in the world with someone in a hospital bed. It doesn't matter if they've had cancer, they're in there for a headache. They're in there for a pregnancy, they're going through labor. It doesn't matter if it's a heat stroke, it doesn't matter if they've got food poisoning. It doesn't matter. A hundred percent of them only have one thing going inside their body from a bag hanging on a stand. A hundred percent of all people sick on earth being treated by medical professionals are only being given one thing the whole time they're in there. 9,000 milligrams of salt per day, bare minimum.

### **Ads 1:30:42**

For anyone listening who really wants to detox their body, go to [heavymetalsquiz.com](http://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](http://heavymetalsquiz.com)

### **Dr. Wendy Myers**

The high blood pressure pills that people are giving the diuretics, those are salt also.

### **Dr. Bryan Ardis**

Oh, Lasix hydrochlorothiazide that's made to your blood pressure drugs known as diuretics to lower your blood pressure. You're buying synthetic salt for hundreds of dollars a month from CVS and Walgreens. They just told you not to eat the cheap salt in your food that you can sprinkle on there from Himalayan sea salt, Celtic sea salt, you name. No, they don't want you using that. They want you buying their really expensive salt. Your kidneys have what are called salt potassium pumps. Guess what happens when you tell a whole society to restrict your salt intake? You shut down

their kidneys function, you start retaining water, water backs up to the heart. You develop hypertension, high blood pressure, and then guess what?

They're gonna sell you. Oh, you need hydrochlorothiazide or Lasix. You make sure you urinate more and you bought it hook, line and sink or, and then you know what else they told you? Your problem is genetic. Did your mom and dad have high blood pressure? You must have inherited those genes from your mom and dad. No, you've been told to avoid the one thing your kidneys need every day, your whole life, so that they can sell you a more expensive version. Once you realize there's now a problem physiologically in your body by the symptoms you're gonna experience from high blood pressure, starting with migraines, cluster headaches, dizziness, chest pain you name it.

### **Dr. Wendy Myers**

And just listening to all this, just know that there are so many lies you have been told that you need to deprogram yourself. There are so many things we've been told by doctors or testing that we're doing, and yearly exams that we're doing and all these things that seem like the normal standard of care. You just need to question everything because that's gonna pay dividends. It can be a lot of information to wade through, but that's why we do this podcast to give you those distinctions so you can make better choices for your health.

Dr. Ardis, thank you so much for coming on the show. That was so, so good. Tell us where we can get your book and watch your podcast. I highly, highly recommend tuning into your podcast and doing a brain dump of all the wealth of information that you have to offer.

### **Dr. Bryan Ardis**

Thank you very much. My book, supplements, educational material, if you go to the resources tab of [thedrardisshow.com](http://thedrardisshow.com), you can actually download all my PowerPoints for free. I actually lay out all the research studies for you at the end. I summarize all the findings in those reports. If you'd like to download something on. Parkinson's, MS, ADD, ADHD. I just did some presentations on that. Menopause, everything your

medical profession's gonna tell you. And then what the truth is, that's what all these presentations are, I show you all the research so you have it.

So The Doctor Ardis Show is where you get my book, those products. Amazon.com has the audible version of my book. It's a New York, an Amazon bestseller right now. Number one.

**Dr. Wendy Myers**

Congratulations. Well deserved.

**Dr. Bryan Ardis**

Thanks. It's pretty awesome. I read the whole thing. So if you like my sarcasm, you're gonna read it, you're gonna hear it in every word I say when I read that book. It's also in print. There is also a Spanish version for print to order on Amazon if you'd like. There's also gonna be a French version coming out soon because the whole world was lied to. So we're gonna do every language. It'll be fun. There are just things you don't know. And then [healingfortheages.com](http://healingfortheages.com). I also recommend that you stay tuned to Dr. Wendy. I'll show up every once in a while. We'll do some things together. I'll be excited.

**Dr. Wendy Myers**

Well, Dr. Ardis, thank you so much for coming on the show. I was looking forward to this because this is such important information. There are so many hundreds of millions of people suffering from the effects of the jabs. More and more researchers are coming out every day. Thankfully, so many people are waking up, and they need solutions. They need answers to ameliorate their symptoms. So, thanks so much for the work that you're doing. I know there's probably under a lot of fire because there's so much suppression of this information. So many people trying to help others and get the truth out have been silenced, harmed, and targeted. Thank you so much for the work that you do.

**Dr. Bryan Ardis**

You're very welcome, and I'm very excited about the next three years as censorship drops a little during this administrative period. We have three years to dump as much truth as we can on these people before the next regime comes in. So I'm very excited for the future.

### **Dr. Wendy Myers**

Everyone, I'm Dr. Wendy Myers. Thanks so much for tuning in every week to the Myers Detox Podcast. I do this show because I want you to hear the truth. I want you to hear the answers and maybe information that you're not getting from your doctor, 'cause maybe they just don't know they're being misdirected. Their education is based on Big Pharma. So, I wanna give you the tips and the things that you need to get the health that you deserve to meet your health goals. Thanks for tuning in every week.

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