



#625 The Red Light Therapy for Detox, Weight Loss, and Cellular Repair with Jonathan Otto

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. We talk about health issues caused by various toxins and more advanced topics in health. We talk about biohacking, emotional trauma, and my favorite topic, bioenergetics. Today, we have my friend Jonathan Otto on the show talking about red light therapy. There are so many shocking benefits to red light therapy. So we're gonna be talking about how to charge up your mitochondria, pain management, and reducing inflammation in the body, how you can improve mood, decrease depression, improve wound healing, and microcirculation blood vessel regeneration, which is important for diabetics.

We talk about muscle atrophy and improvements in osteoporosis and osteopenia. We talk about improvement in neurological conditions, how you can improve skin conditions, hair regrowth, rosacea, and various skin disorders, and so many comprehensive benefits, not to mention improvement in cancer, killing cancer cells, and an improvement in long COVID as well in almost 100% of the people in the study. So we're gonna go over all kinds of research to back up everything that Jonathan is saying in this show. You gotta tune in because there's really nothing more comprehensive to improve your health than red light therapy. This is something I've been incorporating into my health for many, many years and definitely goes a long way to anti-aging. It helps with detoxification, improving energy production and so many other benefits. You've gotta listen to this show.

Our guest today, Jonathan Otto, is a multiple award-winning filmmaker. He's an investigative medical journalist and humanitarian. His acclaimed docuseries and educational documentary series, including *The Truth About Cancer*, *Cancer Secrets*, and *Autoimmune Secrets*, have reached hundreds of millions globally, providing free access to healing protocols for cancer, autoimmune disease, dementia, and other chronic conditions. He collaborates with hundreds of leading medical experts, scientists, researchers, attorneys, and activists to challenge the status quo and deliver natural regenerative solutions that save lives. Jonathan advises top holistic health leaders who apply the protocols he develops and distributes. He also leads humanitarian missions, famine relief, and sustainable development through a foundation he founded in Sub-Saharan Africa and works to combat human trafficking in partnership with Tim Tebow and The Tim Tebow Foundation, Eagle Freedom Fund, and others.

Jonathan also frequently appears on top social platforms and hosts prominent thought leaders, including RFK Junior, Ben Greenfield, Del Bigtree, Dr. Daniel Alman, and Nobel Prize-nominated and winning experts. You can learn more about Jonathan's work and get his red light therapy devices at myredlight.com. Jonathan, thanks so much for joining the show.

Jonathan Otto

You are welcome, Wendy. It's nice to be with you.

Dr. Wendy Myers

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

Jonathan Otto

I am an investigative journalist. I love getting to the bottom of things. I have an insatiable desire to get to the bottom of something, find out the truth, and use that to be restorative in the world. I love seeing people happy. Healthy health for me is really more of a humanitarian issue than it is a biohacking issue for me. That's why I care about it so much. I want to see people happy and healthy, and often those answers I found to be hidden. My background, I found myself after completing some degrees

that had more of an emphasis in investigative journalism with a double major there, and then coming over to education with my postgraduate degree, my skillset was in investigation. I did a lot of work in the developing world that people call the third world, Africa, Asia, Tanzania, Mozambique, Kenya, even from my late teen years, and then especially my early twenties, fighting things from human trafficking to global development. So my passion has really been a dedication to ending human suffering.

That is really important to me. It is fundamental to me. If I can find something that can do that, then I'm gonna do everything I can to innovate, develop, use the best minds in the world to make that clear for people so that people can have answers and get solutions. So that's a little bit about me. Today, which is really cool with colleagues of ours, I get used frequently to help with leading either medical doctors or functional medicine doctors or naturopathic doctors to be a resource to them personally in helping them understand tools, technologies and protocols, therapies that include red light, PMF, but also other therapies. I get used as a resource for them, either personally or for their clinics or for their patients.

My resources and films get used by lay people and physicians alike. I'm really honored by that. I'm also honored that that's a two-way street. I learn a lot from you but I love being a contributor to brilliant minds that are treating patients. That's a little bit about me.

Dr. Wendy Myers

Why I wanted to have you on the show is we did a webinar about red light therapy and I was just completely blown away by all the benefits of red light therapy and your knowledge on that and all the research. So I wanted to share this on the podcast. Why don't you tell us what red light therapy is exactly?

Jonathan Otto

I love that. Thank you, Wendy. I appreciate it. I have a tremendous amount of respect for you and how you understand things. We even had a conversation about something that for me was an odd thing. I said, look, tell me more because you might be the only person that could convince me on this, Wendy, because I trust you. Let

me reconsider my position on this. So, I think that anyone listening to this knows that they're really dealing with somebody who gets it. When you tell me something, I take it super seriously. So, I love that. Red light therapy is known in the medical world as photo biomodulation. Even when the Pope gave credit to red light therapy for being able to get out of a wheelchair and being able to walk with a walker and like just a cane instead of being in the wheelchair, he accredited that to what we would call red light therapy or the lay people called red light therapy. He used the medical name, which is photo biomodulation, which is photo light and biolife modulation to change.

Dr. Wendy Myers

That's amazing. The pope is using this therapy.

Jonathan Otto

Yeah, I know, right? I deal with this research into the underbelly of things. And so I often wonder whether some of these players, these world superpowers, what role they play and do they play nefarious roles in the world? I don't know, but sometimes I wonder

Dr. Wendy Myers

Well, they need therapy too.

Jonathan Otto

There you go. I've always said that actually if I had the opportunity to help somebody that people would say, well, this is not a good person. And by the way, if there's Catholic people watching, I don't know. I'm just having fun with this. But, I just believe in health and healing. That's the thing that we can all agree on. I love seeing people happy and healthy and so the Pope did get better on red light and he loved it. And that was a great story. You could look it up. It's very public. The changing of life through light is a great concept and it's heavily documented. What we see in this realm is that you can actually shift the processes of the body through light and arguably better than anything else.

I think we could start activating the sci-fi part of our brain, which was science fiction, but this is science fact, which is if you had an issue in your heart, then you'd have to go and open up the chest and you'd have to go, cut and work on it. But if you had this thesis that the body wanted to heal itself and actually knew what to do but couldn't, and there's some reason why it couldn't, and let's say that reason is toxins, and toxins are impeding those functions or whatever it might be, but if you could just go straight to it, and if you could actually holographically go through the body and mystically recalibrate and be the architect inside and the sculptor, you could just fix it by just getting through it without having to cut.

Light actually has this mysterious property that it is heavily documented to do this, which people are going to think is absolutely crazy. But I happen to mention that I didn't plan to bring this study up. This was Tel Aviv University. They did a study on heart muscle scarring, which is the hardest part of any heart related issue 'cause the scar tissue's so thick. You're a massive heart attack risk. It's known to be completely irreversible in a short period of time. In a clinical study, they had 80% reduction in heart muscle scarring with red light therapy.

So yes it did. Straight through the heart disclaimer, they did also use stem cells in that study. That being said, we could argue that fasting, while you're doing red light therapy, is going to activate more stem cells and red light is gonna activate more stem cells. As you know, Dr. Myers, pulse electromagnetic field therapy is incredibly effective at creating mesenchymal stromal stem cells in the bones and in the body. I am fascinated by this science. Those are some examples of what it is, the mechanism, how it works, and I think that when people then naturally try to work out then what can they use it for or who is it good for and who's it not good for. I don't know, but I'm curious on where you wanna go with this.

Ads 10:22

A word from one of our sponsors. Two of the most powerful supplements for women's health are whey protein and creatine. Studies show that women have about 70 to 80% lower natural creatine stores than men, which impacts our muscle function, muscle recovery, our brain functioning, and even our mood. Pouri Creatine Plus

combines pure creatine monohydrate with trine to support muscle strength, performance, muscle recovery, faster workout recovery, and cognitive health as well.

I love the results of taking creatine. I honestly had never taken creatine in my life before I started taking the Pouri Creatine, and I absolutely love its effect on my mental clarity. It's also especially beneficial for both pre and postmenopausal women as well. It's shown in research to support bone health, improve cortisol response, support thyroid function, and so much more.

And like everything that Pouri makes sure each batch of Creatine Plus is third-party tested for over 200 harmful contaminants. It's clean and certified by the Clean Label Project as well, so you're only getting clean, safe ingredients and the test results are published online for complete transparency. All you have to do is scan the QR code on the bottle.

Now let's talk about whey protein. Protein is essential for women. A lot of people are not getting enough protein and many protein powders on the market are loaded with toxins and heavy metals and harmful contaminants, but the Clean Label Project reviewed over 160 top selling protein powders in the US and found that 47% exceeded California Prop 65 safety limits for lead with 21 containing double the acceptable. That's horrifying when you think about it. How many people are drinking protein shakes daily, believing that they're doing something healthy?

That's why I use and trust Pouri's PW1 Whey Protein. I absolutely love the vanilla flavor. It tastes incredible. I love the dark chocolate also. It tastes like a fancy chocolate milk, but it's clean and safe, not like a lot of other cacaos and chocolate products on the market. My daughter Winter loves the vanilla flavor. She loves making smoothies. And recently, Vogue also named Pouri PW1 Whey Protein, the best whey protein powder and for all the right reasons if you ask me. Like I said, my daughter's making smoothies daily and I have peace of mind knowing that she's using this protein powder that's clean, pure, and safe. It's been tested for purity.

Here's how I use the PW1 and creatine. Every morning I make a shake with coconut water, a scoop of the PW1 protein and the Creatine Plus. I add berries, maybe a banana, some dates, a little pinch of salt and that helps me stay strong, focused and energized throughout the day. I know that I feel good knowing that I'm fueling my

body with truly clean supplements. So go feel the difference for yourself. Taste the difference. Go to puori.com/wendy and use code Wendy at checkout for 20% off. That code even works on your already discounted subscriptions, giving you almost a third off of the regular price. So don't wait. Go try the PW1 and the Creatine Plus today. Clean science backed supplements that you can actually trust. Again, go to puori.com/wendy and use coupon code Wendy.

Dr. Wendy Myers

Well, tell us about the benefits 'cause there's so many different applications, number one being pain. I've used it for years for pain. I take a little red light pad with me traveling. If I'm ever walking, it's 15,000 steps a day traveling and I can put it on my lower back or it just relieves pain. It makes such a huge difference. But there are so many other applications. What are they?

Jonathan Otto

I'm glad you know the one about pain. My sister and I, Sarah Otto, were doing a web webinar last night and she brought up a great point 'cause she's pretty obsessed with gut health in a good way. And she was bringing up the fact that you take chronic pain medications, you're gonna wreck your gut and there's the trade off. So it's a key example of a therapy that actually does work, and I'm glad it worked for you for chronic pain. It is very likely that it could work for a whole range of pain related conditions. This is a red light belt here next to me. I had a woman, Didi. She had a nine outta 10 pain score, sciatica back pain, not making any claims here. This was a particular case study and she used this, which for those that listen to audio, it's basically the size of my forearm to my bicep or my finger to my bicep.

It's maybe about 30 centimeters wide or three quarters of a foot wide. And she went to a zero outta 10 pain score and reclaimed a \$48,000 a year salary as a part-time massage therapist with something so simple and so cheap, right? It was high quality, but cost effective, like a couple hundred dollars. There's this turnaround. So chronic pain, absolutely. We've seen so many cases, and it could be all different causes of that pain. But more importantly, the pain is a symptom. Pain is connected to inflammation. Inflammation is connected to the body's attempt to heal itself is actually a good thing.

Inflammation is good, but people perceive it as bad, and I can understand why, because the fire is raging too hot. There's too much of a fire to put out. So red light is gonna do two things. It's gonna work on the inflammation. That would be the immediate potential, pain relief or something else. The swelling, things that you visibly see quite immediately in a lot of cases. And then on the other side, it's getting to the root of what is driving this. If it's a whole set of toxins, it's gonna charge the cells so they can go after whatever is damaging their function. It's going to shoot straight through the mitochondria, the powerhouses of the cells that surround the nucleus and cause them to be able to generate energy for the cells in the form of adenosine tri phosphate, ATP.

Then we have this magic that is not only working during the time you're on it, more importantly, it's working after. It's literally like putting your phone in a charger or your car if you have an electric one into a charger. And now once it's done, now you've got a certain amount of time until you'll need a charge again. It could go as long as weeks or months. If there's been a structural change with a more rigorous therapy over time, and then these changes last, but the conditions along reaching from Hashimoto's thyroiditis to lupus, the whole spectrum of autoimmune diseases are peri arthritis or osteoarthritis or you come into chronic skin conditions like psoriasis or rosacea, eczema, heavily proven and things you wouldn't expect with even skin cancers, melanomas, various types of skin cancers when they're tracked 300 tumors and to see in skin cancer, will this affect the growth of the cancer considering that this has been understood to be caused by sunlight?

Red light is replicating the sunlight. So why would you do more of something that caused it? In the study I'm referencing in all 300 cases, it did not make it worse. The rats in this study displayed more normal behavior and they looked healthier. These were the outcomes of that study. So then you go into even aggressive brain cancer, bone cancer, lung unresectable lung cancer. One of the studies showed an 87% overall response rate to unresectable lung cancer, which means you can't perform surgery on the lung cancer, you go into glioblastomas. It's extending the survival of people with glioblastomas 'cause it's preventing the mechanism. One of the key things is helping prevent the glioblastoma from returning if people perform surgeries.

That's the thing that you cannot typically beat in the typical system, which is therefore about a 12 months expectancy on a glioblastoma case, or anywhere between 9 and 15 months or something like that. So we've got so many great truths or understanding resources there to give us such a profound understanding of the broad reaching applications to all different types of cancer specifically. And not only through, but photodynamic therapy, which is activating with photo sensitive components like methylene blue and others, and then just red light in and of itself, and then through the whole autoimmune spectrum to anti-aging, to improving every organ function, which is heavily proven. So I don't know, it's a little limitless, so it's a hard one to answer.

Dr. Wendy Myers

That sounds great, but I just use it on my skin. It's great for skin and improves the appearance of your skin and vasodilation and, and all the other different benefits as well.

Jonathan Otto

I'm glad you bring those ones up, like the hair follicles, the hair growth, not where you don't want it. So girls, you're not gonna grow a beard. But you will grow more hair on top of your head too, based on clinical studies that statistically you're very likely to. But, I've got a funny joke. It's not that funny, so don't laugh because it's not gonna be funny, but maybe you'll find this funny. So think about the fact that most people know of red light for their faces. So what do you think is gonna happen in the future when people only use red light on their faces, not on the rest of their bodies? Are we gonna see like these little baby faces on old bodies?

Dr. Wendy Myers

Yeah, like with Botox, people have old wrinkly bodies, but Botox faces and no wrinkles.

Jonathan Otto

You might look like you've had Botox, but you haven't. You're just doing a red light, but only on your face. A lot of women care about their necks, but then they start caring about everything. And then you start thinking, why am I just doing this on my face?

Dr. Wendy Myers

You need the whole blanket to do your whole body.

Jonathan Otto

Yeah, exactly. It is quite a thought. I'm getting outta my son's shark cop here

Ads 20:55

And now a word from one of our sponsors at the Myers Detox Podcast. I wanna tell you about a lip peptide treatment that I've been using and I've gotten amazing results. It was created to help you restore smoothness, fullness, and lasting hydration to your lips while protecting against visible signs of aging and environmental stress. And what I love most about this lip peptide treatment is that it contains true energies and signature proprietary bio photon frequencies to enhance cellular communication, optimize ingredient absorption, support collagen production, and helps lips maintain their smooth, fuller appearance over time. It's something I'm really into right now at age 53, and honestly, I can't ever see myself using any kind of skincare unless it has frequencies in it that enhance its effectiveness and sends new information to your skin into your lips to improve their appearance.

This Tru Energy peptide contains plant-based botanical oils, vegan moisture, ceiling waxes, and a collagen boosting clinically studied peptide infuses the Tru Energy signature frequencies to condition, smooth and energized lips for a healthier, more youthful appearance. Each ingredient is also sourced to meet high purity standards and doesn't contain any synthetic fragrances, parabens, toxic ingredients, or harsh petrochemicals. So if you're ready to smooth away the look of fine lines around your lips, maintain lasting softness and hydration without stickiness, enhance natural lip volume and contour, protect against dryness, flaking, and environmental damage, and energize your own lips, repair and renewal cycles, Tru Energy is offering a BOGO special so you can get buy one get one free for a limited time for my listeners only.

Go to trytruenergy.com/wendy3 to buy one, get one offer. This is something that I use every single night. I absolutely love this product. I highly recommend it.

Dr. Wendy Myers

It's so important to do things that create more energy in the body 'cause that's most people's complaint. They have fatigue or they feel like they're run down or there's a lot of things working against energy production in our body. So doing something like red light therapy, it helps to make more ATP, which is the energy currency of the body and the cells. I think this is such an important way to start creating more energy in the body 'cause you need energy for healing, for recovery, for whatever you want to do in your life.

Jonathan Otto

We have this ability to not just do one thing and, in this sense, you can have your cake and eat it too. If you really think about it, a lot of the best things in life are the simplest. They're enjoyable. You think about how we came into the world through one pleasurable night or morning from our parents, and that was like a beautiful and pleasurable experience, hopefully, that brought us into existence and it's so sad that the way that we perceive health as arduous and, oh, I just diet blah, blah. But whole foods are delicious when you don't have an indoctrinated set of taste buds and you gotta un-indoctrinate them if you're addicted to bad foods and not to good foods.

Light therapy is, you put them on the body and all of a sudden you feel like, why do I feel so good? And why do I enjoy doing this? That's if you're conscious, but if you're not conscious and you're not thinking, then you're like, what am I doing this for? And you end up taking it for granted. What incredible opportunities? Think about the fact that UCL University studied eyesight with eyes open for three minutes and it had to be the mornings. But if they did that within that same 24 hour period testing the eyesight, it was on average 17% immediately that they had an improvement in their eyesight. And if they did three minutes or 45 minutes, there wasn't a difference, which meant that you could just do so little and get such a great result.

And think about where you look at that in nature. What happens when there's a beautiful sunset? What do you want to do? Look at it. Why? Because your body knows that it will improve its eyesight, its brain chemistry by getting red light into the body, into the brain. And so pleasurable. You look at the Bible, Garden of Eden Translates Garden of Pleasure. I've made for joy and beautiful and pleasurable experiences in

life. These are things that we're missing the boat and the opportunities to have healing in ways that are actually comfortable versus painful cutting, burning poisoning, photodynamic therapy versus chemo or cold therapy. Y

Dr. Wendy Myers

I red light is like cold therapy

Jonathan Otto

Tough, isn't it?

Dr. Wendy Myers

It's not doing that. But you know, red light therapy is so easy to do. You just get in the blanket or put on the belt and it's very simple. You can do it while you're doing other things, but it also helps with your mood and with depression.

Jonathan Otto

Yeah, some of the studies on depression are fascinating because they'll test people one hour after they've done the red light, score them on their depression scores and there's an improvement from a single hour before. And then they'll test the second hour, and then there's another improvement that's a step up again. And it's showing what is happening with the mitochondria, that it's getting to work and all these things are starting to fire. It's a stacking effect because mitochondria are all through your organ cells and they're especially in such high quantities in each and every brain cell. And certain cells in the brain have up to hundreds of thousands of mitochondria. So the brain, anything brain related arguably, would be the easiest because you got a straight gateway through your eyes, which is part of your brain that's exposed.

It's interesting why there's a Bible verse that says, the eyes are the light of the body. And if the light in you is dim, then how great is the darkness? If your eyes are whole or healthy, then how great is the light that is within your body? And so it's a pathway to lighting up the body. That's why arguably sunglasses are an issue. I can see that now after more research and consideration, they are blocking us from things that we need.

Dr. Wendy Myers

With the red light, it helps with circadian rhythm management. 'A lot of people don't get enough natural light. They don't get the morning light or the sunset light, which sets your circadian rhythm, sets you up for good sleep that night. So doing this type of photo biomodulation is super helpful, especially if you're living in an area where you're not getting any sun or you don't have time to go outside. This can work as a substitute, because it can mimic some of the sun's frequencies and the wavelength.

Jonathan Otto

I'll give you an interesting comparison with sunlight. You look at a Hashimoto's thyroiditis study that came out in 2025. There were 98 people, 97 completed. All women in the large thyroid with Hashimoto's thyroiditis, 96% over the 12 months study go into complete remission of an enlarged thyroid. So they have a normal sized thyroid, at the follow-up. And it's interesting to think about this considering that this is one area, the thyroid, the throat, thyroid that is continually exposed and most people would get 30 minutes of sunlight, maybe like 15 minutes. Some people, even if they're just walking to their car before and after work, they're gonna get some light on their body.

Why was it such a dramatic result with the red light that they used? The answer is irradiance. The most healing frequencies of the sun, that of sunrise and sunset, but then times the power by as much as 40 based on research on a radiance, and which is independently verifiable through meters holding the off against the sun against the device. That study showed that it was 200 and 200 milliwatts exactly at eight 10 nanometers that was beneficial in this case for the thyroid to that extent. The following study that I just presented last night was that it, because they used selenium and vitamin D by the way, in that study and the next one they used vitamin D, selenium and iron. But when they added the red light, they found that it was 70 times more effective, 770, and then 15 times better at reducing medication needs.

So there's a compounding effect and it's to do with coming back to the irradiance. The reason why the studies are outperforming what we see in nature is because you have a much higher power delivery. That's one thing to keep in mind. That being said,

if you were out in the sun a lot, you would certainly improve your health dramatically. I want people to kind of hold both of those truths in tandem.

Dr. Wendy Myers

Talk about bone density, because that is a big problem for a lot of people with malnutrition or just people that are at risk for that. Red light holds promise for osteoporosis and osteopenia.

Jonathan Otto

Absolutely, and sarcopenia, the muscle loss, whether it's bone loss, muscle loss, what we're dealing with here is because of how the body generates stem cells and the fact that stem cells are still dependent on the mitochondria in the stem cells. So now we're getting to the root of what creates bone density, which is the new cells that are formed and the quality by which the body can produce these because they're getting generated in the bones. When you increase bone density, you are doing arguably the best thing for your body.

That's why red light therapy and pulse electromagnetic field therapy are kind of neck and neck almost in a boxing match as to which one is better. But it's not really better, because look at a tree, which is continually getting both sunlight and pulse electro field or a form that's not as intense. It's thousands or even up to a million times less of the amplitude. That's why the sessions are so powerful in a PMF session. But these therapies are absolutely working for sarcopenia. The whole host of bone related conditions, whether it's rheumatoid arthritis or osteoporosis with how we're losing the density of our bones, which creates a brittleness to the bones, which is a problem in earlier age with. It has a ripple effect to other areas, arguably everything related to health. And then in the older years it's fatal, because you have a fall. And then that's what took out mom and grandma. These are the things that we need to prevent and we can prevent.

I love the command in the Bible that says, honor your mother and father. I really believe that we have this knowledge to give to our parents that are alive if we have parents that are alive. The other thing is, I was flying two days ago with Dr. Ed group and we were coming from Silver City, New Mexico, and we were sitting in different

seats. So I had an opportunity to help these older ladies. One was trying to put a sock on. I said, I can help you. I'll put it on for you. I put a sock on for her, and then I just engaged them. And they would be just over the moon, happy to find out their solutions that they could have for their health. My grandma, I got her to age 98, wise and God did it, but I helped support her health in those fragile years. I don't have her with me now. But I do have everyone else, right? I have these other people that just come into your life. And so this knowledge, those questions you're asking are so relevant to very important people in a lot of people's lives right now. It could mean the difference between another 10 or 20 years.

Ads 33:05

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

It's not only good for your hair, skin, and nails, but it helps to support your gut and metabolic health, immune system, cardiovascular strength, and all of your muscles and moving parts too. Collagen is nothing new. It's one of the oldest supplements out there. Collagen supplements have been around for quite a while now. But what makes Organifi so special is it's all about the quality. The non-organic collagen scare 16 me. They're really problematic because they can be full of glyphosate, pesticides and other chemicals that you do not wanna be taking on a daily basis. Not all collagens are the same. It can come from many different sources and the source can drastically impact its potency and effectiveness as well.

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

In the supplement world these days, that kind of honesty and transparency is getting harder to come by. So, if you've never tried collagen, now is a great time to start. And if you're already taking it, now is a great time to switch to a better brand. Upgrade what you're doing right now so you and your entire body is gonna love Organifi Collagen. It is something that I take on a daily basis. It's been a part of my supplement routine for the past five years, since I went into menopause, and so I can't recommend it highly enough.

Now let's talk about saving you some cash as well. Here's what you do. Go to organifi.com/myersdetox and put in coupon code Myers detox to get 20% off. Go to organifi.com/myersdetox and don't forget the Myers detox coupon code as well. You'll save an extra 20% off by putting in my special coupon code Myers detox. So, like I said, collagen's one of those things that I take every single day. It's one of the most important parts of my anti-aging protocol, the things I'm doing to fight off the clock. So for me, taking clean collagen is really important. It's hard to find, so I highly, highly recommend Organifi collagen.

Dr. Wendy Myers

My mother is 80 and she just hurt her knee. I've been doing red light therapy with her and it's helped so much. When our elders inevitably go to their medical doctor with pain and injuries and things like that, they are just not given any options for healing. They're just given pain medicine or let's do an MRI and then a surgery and there's maybe physical therapy, but there are so many options out there and a doctor, you would almost never hear of them recommending red light therapies. So it's really

important if you're listening to this podcast to recommend these types of therapies for anyone that's in pain or an athlete or your loved one to help them get over it in a natural way.

Jonathan Otto

Yeah, it's so true. You're right that a lot of doctors won't recommend it. I just get so upset. Like, I'll try to watch some education I'm trying to watch on YouTube and a St. Jude's hospital ad will come up and I just get so emotional and sad and angry and every emotion because these children are getting tortured and we could say, okay, well they're doing the best they can. And interestingly enough, St. Jude's Hospital is using red light therapy, but what are they using it for? The side effects of chemo, not as photodynamic therapy. To my knowledge from my research, they're not using it to actually kill the cancer cells, look at the Lancet Oncology study on prostate cancer where 49% go into remission.

The red light group, 13.5% in the control group that aren't taking red light. That's almost a four times difference of 400%. It was 360%. 6% need to get surgery in the red light group, 30% in the non red light group and 9 out of 10 in the conventional therapies will become impotent or have erectile dysfunction. Once these invasive therapies are performed, you're done. And yes, you can regenerate though, by the way, guys, anyone going through that issue, I would argue the red light is the best thing for erectile dysfunction, period. Even as from this issue because of nitric oxide and cytochrome oxidase signaling, these are the same things that make your eyes work. And why this study with 6,400 children with myopia and over the 141 clinical trials found that red light was the number one thing that stopped vision worsening in children and stopped the eyeball from elongating too quickly and abnormal growths in the eyes.

It's the same thing, whether it is for the strength in an erection, people are gonna say, okay, that's funny. Well, substitute the need for either Viagra, for whether it's for performance or because of impotence. But it's the same thing that's causing the eyes to be able to see, because it's to do with oxygenation of the cells. The studies will keep saying the same thing. Nitric oxide signaling nitric producing nitric oxide through electromagnetic waves, stimulating the mitochondria, causing them to

produce ATP, the energy production and how it's helping complete the electron transport chain and create this important gas nitric oxide, so that all these functions then happen as a result.

Dr. Wendy Myers

Yeah, it makes sense that red light therapy would improve people with cancer because a requirement of having cancer is you have a low energy body. You have these grosses because your immune system doesn't have the energy to function properly. You have a low energy body and so these gross tumors, benign or malignant are allowed to proliferate 'cause the body doesn't have the resources to fight them. Same thing with chronic fatigue or anyone who's chronically ill, you've got to power up the body. That's the number one foundational thing that you have to do.

Jonathan Otto

I love that you're talking about that. Look at voltage, look at the charge of your cells, and then that's where you're determining your health from. We've got the massive issue with deficiency in nutrients in the food, which is because of soil mineral deficiency. The one bowl of spinach from the 1950s. How many would you have to eat today? I don't know if you know the number.

Dr. Wendy Myers

I could tell you, no, I don't wanna know. I don't like spinach.

Jonathan Otto

40 to 43. So how are we gonna get around this? Someone will say, well, that's the reason why you need supplements. I say, yeah, that's a fair call. I'll agree with that, but it's still like throwing a toothpick at a T-Rex that's coming at you when you need maybe something a little more substantial, I would say. I dunno where that analogy came from, but I've got kids. They're always obsessing over dinosaurs. So I guess that's why I was top of mind. But I think that what people really need to think about is electromagnetic charges in the body because this is how cells function and carry the signal.

So when you have such a limited nutrient supply that does exist in our world, I'm saying you could, this is where I would say this is an interesting biohack that you're getting around the issue by restoring the charge of the cells because you're getting straight to the issue. And the other thing is, imagine you've got a gut issue, so you can't absorb what you need to absorb anyway at that point. So you're taking supplements that actually don't work for you because your gut is wrecked and you have a leaky gut. So what do you do? Go straight in the cells. This is one thing. And then I get really annoyed if anyone's saying, well, you gotta see if red light is for you because maybe your uniqueness doesn't mean that red light is good for you.

Imagine a plant saying that maybe I don't need sunlight. And then they just all die when they don't get sunlight. It's clear that everyone is made for sunlight. What people are talking about unique DNA expression has to do with toxins and issues that are impeding normal function, that mean that people are allergic to the things that they need, but they actually become the solution. Like people with lupus can't get in sunlight very easily or rosacea, but guess what red light does to 'em? Fixes the issue. So often the problem is still the solution, but you've gotta do it in a way that your body can tolerate it. And if you were doing it straight in nature, if you had lupus, you would go for sunrises and sunsets and you would seek ways in the day to amplify that and do things that supported your body. You'd get off seed oils and you'd do whatever you needed to do to make your body more able to tolerate the sun. So anyway, a bit of a detour.

Dr. Wendy Myers

I like what you said about people not absorbing nutrition or they're getting poor nutrition. They're absorbing the supplements that they're taking 'cause our digestion is a very energy intensive, ATP dependent function in our body. For many people that are obese, it's really just a state of malnutrition. So doing red light therapy would be a great way to just power up your digestion, power up your ability to absorb nutrients so that you're not having all these constant cravings because you're just not absorbing the food that you're consuming.

Jonathan Otto

Yes, exactly. That's great. And then you've the mechanism for weight loss with red light is called photonic lipolysis, and it's shooting through the body into the fat cells, piercing these fat cells and draining them is so cool. It's a form of liposuction that is natural that people are used to losing in clinical settings between typically one to three inches in single sittings. There's a reason for that. It's to do with edema and swelling. There is a study on the bot ops aspect, snake and veneration that the red light would cause the people that were in this case poisoned by a snake bite to reduce their myo toxicity, the toxicity that was in the muscles, and the edema and this swelling.

And so we don't really realize that what we're dealing with a lot of this weight gain is to do with water retention. That is really another issue that we're perceiving in a blanket term of weight loss as a toxin related issue. We've gotta actually treat our body like we've been bitten by a snake or poisoned because we've been poisoned. You use therapies that can inherently detoxify it of themselves, like red light will detoxify your cells without binders. That's so crazy and cool. You look at the thyroid studies specifically, why were they effective? It was because the red light was charging the mitochondria so that the cells had energy to detoxify, bromine, halogens and fluoride.

Then they also then had the energy to produce the thyroid hormones. And that's why in a five week study, 38% went to get off their medication completely at a nine month follow up. There's only five weeks left. I think that the result could have been way better if they kept going for more than five weeks and didn't wait a whole nine months after the study started. They're off red life for eight months practically, and then they get tested and it's still effective. It's crazy that that even lasted that long. So there are these mechanisms that we could deal with all these problems and all the thyroid studies that I've seen all show massive improvements in body mass index, hip to waist circumference, waist to hips ratio, the major measurements checking out and it's giving people confidence. And that's what I love.

I was talking to someone from my team, Megan. Last night I was talking to her and she's going back over her notes and I was waiting. I was like, I'll talk about something else. Why are you finding the number? She's like 35 pounds. I feel really confident. I was asking her how her love life was going and she's married, right? It is not a normal

conversation to have with your employee. I think that we can have adult conversations and we can really care about what matters to each other. The confidence was way up because of this major growth hack that she had or health transformation that she had had.

Ads 46:57

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

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

Dr. Wendy Myers

I've seen the ads on Instagram for red light therapy and pads around your arms to lose fat on your arms. And I'm like, I don't know about that, but I was just really curious 'cause it sounds like it probably will work.

Jonathan Otto

I think it'll work.

Dr. Wendy Myers

It's very appealing but it's interesting that you say that the red light therapy causes lipolysis and destruction of the fat cells. And so that makes sense. Since we have so many toxins in our fat cells that would also facilitate detox, releasing those toxins from the fat cells.

Jonathan Otto

That's a great mechanism. Thanks for sharing that with me. That actually makes a lot of sense. I didn't quite connect that dot. There's not a lot of dots getting connected there. They're these silos of, isn't this interesting? But there's all this overlap, which you just pointed out. Once you work out that, 'cause nobody can do everything, if Wendy has like 50 guests over the next year and they all talk about something different, chances are you're not gonna be able to do every one of the 50. But you know which ones are the ones that you could do. And if this one doesn't score, I don't know what does. Tell me what you think is better and I'll consider it as a universal tool for your own life to tick either most or all categories of health. Show me something that you think would be better for your daily regime that is more accessible and more affordable. I don't know of one.

Dr. Wendy Myers

And it's so easy to do and so relaxing and pleasurable as well. It's so comprehensive and we talked about so many different health issues and conditions. One of the things that I love about it is it helps with micro circulation because I think a lot of people are not getting enough exercise. They're not walking, their lymphatics aren't flowing. And so when you're sitting in front of a red light, you're heating up your body, stimulating that vasodilation. That microcirculation helps get nutrients and oxygen to every area of your skin, every area of your body. That's so important for healing, and preventing aging as well. The red light therapy is shown to help increase blood vessel growth and for wound healing as well. Can you talk about that?

Jonathan Otto

You're right about increasing blood vessel growth and new tissues regeneration 'cause we're a factory of new and old cells. This turnover is the critical aspect, which is both processes, the birth of new cells with stem cells and by virtue of this new blood vessels and this vascular endothelial growth factor, then you've got all these mechanisms to then shut down the bad cells, which would be autophagy, apoptosis, and mitophagy, which is the shutting down of unhealthy mitochondria, senescent mitochondria. Those are the cells that stop multiplying, but they don't die right away. So they need to go, but they're staying in the body.

If you are sick and tired, guess what? Your cells are sick and tired, meaning they're like zombies and you feel like a zombie. It's 'cause they do and they actually are. And so it will complete these processes and undergo apoptosis. That's one of the most proven mechanisms of red light and autophagy. Same thing with the mitochondria, shutting down the unhealthy mitochondria. And then guess where your energy is now going? To the new ones that are springing up, and then the maturation. So two areas of it, both the proliferation, which is the creation of these new cells, and then the differentiation, which is the maturing of that stem cell into a normal healthy cell, whether it's an eye cell or a heart cell.

It's all the same mechanism whether it's wound healing, a bone that needs more density, or if the bone is severed and it needs to repair and to fuse or if it's a wound that is open that needs to heal, or if it's bacteria that is in an open wound or like a diabetic foot ulcer, which by the way was proven to be 90 to a hundred percent effective in a red light study for diabetic foot ulcers. Both LEDs and lasers were testing those studies, very comparable results to one another. Those mechanisms are very well proven. You may have a cut or something like that. It is very good for bruising or spraining your ankle. So it's there for those emergency issues.

My 4-year-old was at school and they were looking at a tree, this branch hit him in the eye and he's got this blood eye. I gave him code names. At that time, we were looking for rocks and he kept finding limestones and on this app on the phone. So he had a limestone blood eye. My son has terrible teeth. Sorry, I can't remember. I think terrible teeth pyrite. We just came up with these funny names. But anyway, I put the red light on his eye and there just went from this blood eye. We did have to take him

to the hospital just to double check, but then it was fine. He's in a lot of pain. With the red light, the swelling went down.

So there's all these acute issues that you can deal with, but then you come into these other categories. It's really cool to think about the fact that you get a red light off your head. You're stimulating the hair follicles. I don't know of anyone that doesn't want less hair on their head.

Dr. Wendy Myers

Maybe they don't wanna shave it and they like, do I need less hair?

Jonathan Otto

Yeah, no, really? You just got

Dr. Wendy Myers

No, really, I'm joking.

Jonathan Otto

No, I get it

Dr. Wendy Myers

I've always had too much hair.

Jonathan Otto

Oh yeah. Your hair is amazing. You are hitting the cognitive issues with oxygen in the brain and therefore, executive function memory recall. The long COVID study specifically had 62 people and all 62 after four sessions. By the way, this was acute and long COVID and they had a hundred percent success. It was four sessions. It was 64 minute long to 84 minute long sessions. It was an executive function. 60 of the 62 got better in a single week. This is a European Society of Medicine. Use all the keywords I'm saying. Everything I'm saying is completely verifiable and peer reviewed, documented, most often randomized controlled trials. They had resolution of executive function, memory recall, executive function restored digestive issues,

resolved oxygen above 97% in the blood dyes apnea resolved, which is shortness of breath.

So it's interesting what it's doing in correcting oxygen. Everyone, think about this for a second. How much do you need to eat? How long could you live without eating? What do you think, Wendy? Y

Dr. Wendy Myers

Oh, 30 days or longer.

Jonathan Otto

Yeah, exactly, depending on whether you're sickly or whether you were morbidly obese. Maybe you'd last several months, right? You see some cases like that? Apparently, I don't know enough about it. But then you have water. How long could you go without water?

Dr. Wendy Myers

About seven days.

Jonathan Otto

And then how long would it be without oxygen.

Dr. Wendy Myers

Four minutes.

Jonathan Otto

Yeah, if you're lucky, right?

Dr. Wendy Myers

Oh I passed the test.

Jonathan Otto

Oh, look, I'll go with any number, but just that interval is giving you clues, real obvious clues for what your cells need the most and the priority. So what is the most important thing for you? Oxygen, right? Wendy, I was in New Mexico with Dr. Edglove and we were literally looking for treasure. Of course that's what you do. I was going to go into what I found out that the National Geographic cave divers tried to go into these areas and they started going hypothermic. I had a seven minute oxygen tank, these small ones, and I had two of them. I had a wetsuit. It was extra large and I'm a medium, and I literally had my jeans underneath it. I had my jacket

Dr. Wendy Myers

Sounds fun.

Jonathan Otto

Yeah, I was trying to work out what was gonna die. Edglove had this string that was tied to me so that if I went limp underwater, he could pull me back in. What do you think is my number one concern in that whole scenario? Whether I'm gonna be able to breathe, whether when I get in this cave, whether I run outta oxygen because I'm breathing too much because I'm so cold. I got in the water and we had to call it off because we didn't have the right equipment. Obviously I didn't have the right size and we would go hypothermic. We're gonna go with the right equipment. I'm not gonna risk my life guys, but I nearly did. That's how critical oxygen is. If you go without oxygen for a few minutes, you're wrecked.

What red light is doing is it's correcting how your cells go through cellular respiration, which is the breathing of cells. Yes, your cells breathe and that's why you need oxygen so bad because it's all part of the cellular function with everything that they do. And so why light then? Because then wouldn't it be somebody who would think logically, well then shouldn't I just like to get in a hyperbaric chamber and because then that's oxygen, it's more direct. But red light is producing all different forms of oxygen inherently within the cells, involving and including reactive oxygen species like singlet oxygen, which is by the way so powerful that it's used in military settings. Not always, but it has been to shoot airborne missiles and your body just produces it.

So what do you think that does to cancer cells? Destroys them, and that's what's heavily proven in almost all the cancer studies. They outline singlet oxygen as being the key component. So you are causing your body to produce these forms of oxygen that are so highly reactive and powerful in positive ways in selectively targeting disease cells. But then just the whole process, nitric oxide is a gas, these are part of how your cells go through cellular respiration. And so when your cells can breathe, then you can have great health. Through the light you're correcting how your cells go about that whole process. That's why you talk about the electron transport chain 'cause you're talking about how the cells can complete that whole cycle of respiration once you've got that resolved, arguably that's the holy grail. That's the holy grail of all health. You can fix, by God's grace, potentially anything maybe.

Ads 59:21

For anyone listening who really wants to detox their body, go to heavymetalsquiz.com. I created a quiz for you. It only takes a couple of seconds and it's based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at heavymetalsquiz.com

Dr. Wendy Myers

Yeah, it's so powerful and this is why I've been using red light therapy for many years,, in many different ways as well or beauty, injury, pain, what we were talking about, prevention of health issues and energy production as well. It's such an essential component of my health regime that I do as well. So why don't you tell us where people can get your red lights. You started a red light company a couple of years ago and you want to make the best red lights, the highest quality, because there's a lot of garbage out there on Amazon, a lot of garbage from China and Alibaba. I recommend avoiding them. Why don't you tell us what your website is?

Jonathan Otto

I'd love to look. We just are so committed to our success. I look at some of my colleagues that I respect the most, like people like Dr. Brian Artis. His whole team uses our red light for their own health. Dr. Henry Ely uses and loves our red light. You've got

Dr. Sherry Tenpenny who is using the PMF mat and coming into a red light. Dr. Lee Merri swears by it for herself and her little animals. Seth Hol house, Tom Rands with his wife, who is an attorney, and she had late stage breast cancer. Not saying that that was the only thing, but she saw a dramatic improvement once she added it to her regime. You've got people like Dr. Tony Hemenez rolled it out at the Hope Cancer Center clinically and with the patients with the follow up. So it helps for people to know that there's others that have done that vetting. Dr. Dan Poer uses it for himself and his health and his wife Marylyn. It's in their bathroom.

They love it. They've done all the toxicity testing on it as well. Put all the meters on it with their kind of in-house research team to make sure that all their products are safe. That's his thing. I've got the videos where they sent it to me and it tests very high in all the key categories and then also with the non-toxic factor. If Wendy you can see this. For those that are listening, I've got a zero reading on the meter when up against the light. And then if I put it up against the computer or the phone, you'll start to see it really jump up in its numbers and start to beep, which we'll find it happening here once it picks up the signal

So you've got a zero EMF reading, and then you've got dual light emitting diodes. The difference here with a very poor LED is what you often see in the homes where they have high flicker rates and that is causing damage to health. But these light emitting diodes, LEDs, do not have any flicker. They are heavily studied. All the studies that I'm referencing are only one or two things, lasers or LEDs and more commonly now LEDs. What's the difference? Very little. They're neck and neck. And what's great about that is you really can't use lasers full body. You can't really use 'em at home. They're about 20 to 30 times the expense.

Like the long COVID study I just mentioned, when they tested scan scanning lasers versus the LEDs, these LEDs delivered high flux, which is the amount of power delivered. So we actually are seeing as a whole, a superior result overall by far, because of the systemic and whole body use of a red light panel. For example, one that's behind me, which is gonna cover all your organs from head to groin area. So that's all your organs. So that would be considered whole organ or full bodied for photobiomodulation. It's super affordable. We used nine of the most proven wavelengths, and I'll tell you what they are: 485, 96, 36, 66, 78, 10, 8 30, 8 50, and 10 60.

So that's all the way from blue to red to near infrared, up to the highest point of near infrared, which is the deepest level, which would go all the way through the bone into the center of the bones and the brain. So you've got all of those key factors.

You've got AAFDA Class two certified and approved. And then you've got the other aspect, which is with 50,000 rated lifespan hours, which at 30 minutes a day does go into over a century. That sounds unrealistic, but with a whole family using it, you can expect it to last a whole lifetime based on the factory qualifications of the engineer. It's cast iron, very hard and sturdy. I remember Mike Adams, when he got it from me, he said, I was blown away. He is like, I've never seen anything like this before in terms of the quality in the manufacturer. So we're really proud of that. That's really simple.

The place to go is myredlight.com and to use the code Myers 25 for individual items and Myers 30. During this recording, we are having like a Black Friday special, but when this is airing, we will make sure that that's valid. And so you, if you're listening to this right now, that sale and everything is active and you're covered. We wanna take care of you and bless you with that 25 and 30% off discount. I'm so excited. You got a 60 day money back guarantee. You got a three year warranty on the panels and one year warranty on the precision devices.

We have the best support in our community. If you learn more about red light from me than you had from anyone else right now, then that's a good sign and I can help you know how to use it and give more support than I've seen any other company give and the motivation to follow through with it. And so that's why we do group calls where people can ask questions and we exhibit great case studies and everyone gets motivated to do it. I just wanted people to do it. My dad, I spent about \$30,000 on stem cells for his knees. Nothing worked and it was always. One, it was sad seeing him in pain when he'd get it, 'cause it hurts to get it.

Second, it was like in four months' time when he'd have to say, John, I'm sorry it didn't work 'cause I was spending the money and the red light did fix his issue. It cost nothing in comparison. We have a knee device on the site, we got those red light belts. You got payment plans as well over, paying in four or six, 12 or 20 or so months. You can look at that with PayPal by now, pay later. And then just to put that in perspective, what does it cost for you for one \$50 supplement for the year? Well,

that'll cost what, \$600? Now what does that cost? If I were using that for my whole family of four, that's \$2,400 just for one supplement.

You could spend that on a great red light system; you'd now own it. Now, the next 10 years on that supplement's gonna cost you \$24,000. The next 10 years on this is gonna cost you nothing like a very minimal electricity bill, 'cause the LEDs are so power efficient. You would waste way more energy on a \$10 chicken lamp because their power consumption is so much greater. It becomes basically a free ride at that point. I'm just really thrilled to see that people finally have a way to regenerate in their homes. I'm excited to be part of the revolution.

Dr. Wendy Myers

Well, Jonathan, thank you so much. You're such an amazing speaker, and thank you so much for just lining all that out, all the research, and all the benefits. There are many comprehensive benefits to this simple therapy. So check out myredlight.com. Everyone, thanks so much for tuning into the Myers Detox Podcast. I'm Dr. Wendy Meyers, and just so thrilled that you've taken your valuable time to tune in and listen to the end. I love bringing all these excerpts around the world to help you upgrade your health because you deserve to feel good.

Jonathan Otto

Thank you so much. And guys, remember it is Myers 25 for single items and Myers 30 for bundled items at myredlight.com. So check it out and make a decision for your health that would change your life forever. I'm excited about it. Thanks so much.

Dr. Wendy Myers

Thank you, Jonathan.

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