



#633 Mineral Balancing With HTMA Is the Key to Detox | Matthew Coffman

Dr. Wendy Myers

Welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers, and on this show we talk about everything related to heavy metal and chemical toxicity. Today, we're gonna be talking about minerals, but we also talk about more advanced topics in health than you'll find on other podcasts. We talk about emotional trauma. We talk about bioenergetics and so many interesting topics, but today we're talking about minerals and mineral balancing with my colleague Matthew Coffman. He's an expert in detoxification and minerals. He has a company called Valence Nutraceuticals. He is gonna talk in depth about why we are mineral deficient, and why you need to not only supplement minerals, but you need to balance them.

We talk about a lot of the different reasons why we're nutrient and mineral deficient. We talk about Flint, Michigan, in depth as well, and the lead toxicity that happened in that incident. We'll talk about a lot of really interesting topics on the show today. Our guest today is Matt Kaufman. He's not your typical health influencer or biohacker. He was abruptly thrown into this space when his health collapsed in 2018. He's the founder of Valence Nutraceuticals, a groundbreaking company dedicated to blending the pioneering work of Dr. Hans Napier and Dr. Paul Eck.

By merging their insights and methodologies, Valence Nutraceuticals is revolutionizing mineral balancing for the 21st century, providing cutting-edge solutions to support optimal health and vitality. And as the host of the Integrative Thoughts Podcast, he shares his wealth of knowledge and insights with the global

audience, empowering countless individuals to reclaim their health and vitality. You can learn more about his work and get his supplement line at valencenutraceuticals.com. Matt, thank you so much for coming on the show.

Matthew Coffman

Thank you so much for having me. My pleasure.

Dr. Wendy Myers

You're very much all about mineral supplementation, educating people about minerals, hair mineral analysis, aka HTMA, and you have your own mineral supplement line as well. I'm gonna talk about all that stuff. So tell us, what are people missing the mark when it comes to minerals? It's something I've talked about a lot, that it's so important to replenish and balance your minerals, and that's the foundation of your health and detoxification. Can you dive into that?

Matthew Coffman

I would say the biggest critical piece is we're starting to see a resurgence of minerals, right? We're seeing Shilajit products and electrolyte powders, and people are taking one-offs. My wife and all her friends are taking zinc, and they're asking me questions about my zinc and what it's for. So you are starting to see that people are starting to actually understand that we are mineral-depleted and that we do need minerals. I think the missing piece is, as you would know, once you start to study hair tissue mineral analysis, you start to study the work of Dr. Paul Eck, and you know, Dr. Wilson and these people, you start to realize that for one, minerals are pleiotropic. That's why I love to use that term.

It's kind of a term that we stole from genetics. It basically means that when you are deficient in one mineral, then you can actually have a plethora of symptoms that arise, and then they all can look like different things. You have a zinc deficiency for one. Well, zinc is good for your immune system. It regulates your gut lining. It modulates different regions of the brain. It helps with different muscle tissue, and the list goes on. One deficiency can look like an enormous amount of different symptoms within a client or within yourself. So that was the one piece that people don't realize.

They're just like, I think that minerals are like, oh, magnesium's just for sleep. But it's magnesium's doing so many things in the body all at once. And when you have just that one deficiency, it can cause a bunch of different enzymes to malfunction and can cause symptomology across the entire board. So that's one piece. And the second piece is that we need to take into consideration that minerals work in an entire grid. They work in a system together. One explanation that I think is pretty easy, and it's also very common on HTMA that I like to give is a very common test, is of extremely high calcium, extremely high magnesium, and then lower sodium and lower potassium levels, right.

Someone would look at that with the average eye, who doesn't know, and they'd be like, oh, this person doesn't need any calcium or magnesium. They have a bunch here. When in reality we'd look at that as a bio unavailable, the body is not able to use either of those minerals, so you're basically wasting through those minerals and the need for replenishment. So we're actually gonna give you calcium, magnesium, and a supplement that is in the right ratio to one another, so you can help to balance out. Another step further is that we actually need the sodium and the potassium levels to come up on the hair test because sodium and potassium are your electrolytes. These are your fluids, and they have to be in the right ideal levels and also the right ratios to one another to help keep the calcium and the magnesium in ionic solution to be utilized by the body.

We also use zinc as the big fluid balancer in our HTMA protocol. We don't actually look at the zinc ideal level, and then that's how we tell people to supplement zinc, basically. So zinc will actually lower sodium and raise potassium. On the flip side, we have a supplement called N/AK UP, where we have zinc, copper, and manganese all in there because copper and manganese are those sodium synergists that're gonna help raise sodium and lower potassium. We also use nutrients, as well as P5P for instance, or B6 in general is also good at raising sodium or vitamin C and vitamin E can also raise sodium. So we call this program that we do mineral balancing, but it is actually minerals. It is nutrients, and it's also organ therapy.

With valence, we've added in some mitochondrial boosters and some other things that really enhance the program as well. But the missing piece, long story short, is that minerals work in a system, and they have to be treated as such because

supplementing one individual mineral without any idea of where your HTMA is or any kind of data, can cause imbalances in other systems.

Dr. Wendy Myers

Okay, great. I think that just drives on the point. I think people don't realize how important it is to focus on minerals for their supplementation. People get sidetracked by all these sexy marketing and doing these different greens powder and antioxidants and other things. But it's so important to focus on minerals, not just that, but balancing them as well. Can you talk about how using a hair mineral analysis assists in balancing the minerals?

Matthew Coffman

So for one instance, we don't ever just give calcium and magnesium in isolation. I kind of touched on that a little bit already, but I like Dr. Paul X's ratios. Some people argue that it could go a little bit higher. Dr. Paul X uses a 1.6 to one ratio, calcium to magnesium. A lot of supplements do two to one. There is some scientific literature that shows that maybe two to one's not so bad. Maybe that could be the case. I like to stick with Dr. Paul X 'cause it gives my clients a little bit of extra magnesium. Not a whole bunch, but a little bit. And I do find that that works well for them. Plus we just kind of built on the Dr. Paul X foundation anyway. So switching the ratio would've probably aggravated some practitioners in general.

But I like that ratio. I've done well on that. My clients have all done well on that. And so that's gonna help keep that calcium and magnesium in the right ratio in the supplemental form. And then we also, we have to work with that. It tends to be a lot when you get into it because when you're balancing out sodium, potassium, I kind of talked about the zinc and the N/AK UP, but then you also have like these desiccated organ blends that we give.

So when the potassium is really low, generally the client has really high calcium unless they're in a complete collapse stage, like a 4 lows pattern. But generally they have this hypothyroid going on. So you're also assisting on desiccated thyroid or they might be on desiccated adrenals. We're also given liver and kidney support, so we're using different nutrients and minerals in the right ratios to one another to help either

maybe speed someone up or you could be in a fast oxidation program where we're trying to slow you down a little bit and we're giving you a little bit more copper that way because copper will help boost up the calcium.

First, oxidizers generally have a low calcium with a little bit higher sodium and potassium. So when we give them supplements that have a little bit of extra copper, that copper's gonna help raise calcium. That's how we're doing this methodology where we're looking at everything and how it is all gonna relate to one another. And then we wanna get the ratios balanced because when the ratios are in balance, say you're just taking this isolated magnesium, not only does that sodium, which is your aldosterone output, which is your adrenal measurement. It also can skew the Cal Mag ratio. So when you have a really low calcium to magnesium ratio, we call it the blood sugar ratio.

The reason we do that is because they both really do tons of things in the body, like I was explaining earlier, but they really do help to modulate blood sugar in your insulin response. So calcium is actually needed at the level of the pancreas to make sure that you elicit a proper insulin signal. Magnesium in the right ratio to calcium is actually needed on the back end to make sure that the blood sugar doesn't get too low. Zinc can also help with insulin signaling, chromium, and vanadium. There's others but that marker on the hair test, I do see when clients have a really low or even a really elevated calcium to magnesium ratio, we're definitely usually looking at blood sugar issues. If it's really high, they're generally eating too many carbohydrates and we can kind of see that right on the test and tell them to calm down with that.

It can be some other issues that cause that high calcium as well. Emotional stuff and a lot of stuff that we work through with clients, but generally you can ask 'em if they're eating too many carbs and that usually checks out. And if it's really low, then generally I do find people have blood sugar related issues, so you gotta watch when they're eating carbs, maybe tell 'em to delay the carbs until later in the day. Or maybe cut the carbs back and lower 'em. On the flip side, we look at things like calcium to potassium as far as a ratio to balance out. And so this is gonna be your thyroid marker. Calcium actually deals a lot with cell permeability and how well things are getting in and entering out of the cell.

Potassium is actually needed to synthesize the thyroid hormone to the cell. So we're looking at that and we need to balance that out. When that's skewed, you can be in this severe hypothyroid or you can be in hyperthyroid. And then we get into oxidation rates and metabolic patterns after that. We're using not just the minerals, but also the nutrients people need specifically to help balance out those thyroid markers, the blood sugar issues and the adrenal response. And when we do that, and when we balance those four main electrolyte patterns like that, the body naturally begins to release all of these stored toxic heavy metals.

I would say molds, plastics, chemicals 'cause once you balance out the hair test like that and the physiology's working correctly, you're actually upregulating all of your natural detox pathways and natural detoxification enzymes. The glutathione, your antioxidant system, all of those are run on mineral dependent enzymes. But we also need to use nutrients and organs and liver and kidney support to get you back into balance as well.

Ads 12:13

And now a word from one of our sponsors. One day I was researching an article for toxins in protein powders, and I was so shocked what one research study found about the levels of heavy metals in protein powders. Most people don't realize that over two thirds of protein powders tested by consumer reports had lead above California's Prop 65 limits, some of them 10 times over the limit. And in another study, 47% of top-selling US protein powders exceeded the limits as well. 21% had more than double. It is just alarming what's in some of these products.

That's why I switched to Puori, grass-fed whey. It's an amazing tasting protein powder, and every batch is third party tested for 200 plus contaminants. Puori is the only supplement brand that publishes results online. So you can even scan a freak QR code on every bag and see what's in your batch. Each serving delivers 21 grams of whey protein from grass-fed cows. They also have six grams of branch chain amino acids, and it's made with totally clean ingredients. It's totally free of hormones, GMOs, and pesticides. They have amazing flavors. They have bourbon, vanilla made with real vanilla seeds from bourbon vanilla from Madagascar, which is the best in the world.

They also have dark chocolate with dark chocolate from organic cacao powder. Honestly, it just feels really good knowing exactly what you're getting, clean protein tested for safety and total transparency. You wanna use the code Wendy at puori.com. If you use the coupon code, you get 32% off the Puori grass-fed whey protein. And when you start a subscription, in addition, you get a free shaker worth \$25 on your first subscription order, which brings a total savings to \$49. So go to puori.com/wendy and use the code, Wendy, at checkout for this exclusive offer.

Dr. Wendy Myers

Why has calcium been so demonized? You just see articles everywhere, don't take calcium and it's gonna calcify your tissues. Can you just explain why that can't be further from the truth? It's really the form of the calcium that matters.

Matthew Coffman

This is one of my favorite topics actually. I post a lot and as the young kids would say, I always say calcium maxing on my post because I think it goes against, I'm like, I'm calcium maxing. I'm like raw milking, I'm calcium. I take a whole bunch of my CMAC fusion because there's a lot to break down. In the literature, in the white papers, you see calcium is definitely involved in all of these different deposition diseases and heart issues. That's why people get those CAC scores. They try to see how much calcium's in their arteries. The other deposition stuff is rheumatoid arthritis. When calcium isn't regulated and it's in the soft tissues, in places where it's not supposed to be, it does actually cause a plethora of diseases.

It causes so much, but that goes back to us working with the whole mineral grid at once because calcium actually is the most abundant mineral in the entire body. If you even just look at RDA, what the amount you need is so much higher just in the RDA is, which I don't really believe in too much, everything I prescribe is above the RDA. Calcium is by far the highest at like 1200 milligrams. I think they recommend these lower amounts of micrograms of iodine and milligrams of zinc. When you compare the amount, even the RDA recommends, it's quite high and that's for good a reason because you need so much calcium.

People just think it's like bones and structure, but calcium actually helps with the integrity of your gut lining. I think it's one of the bigger reasons that we have leaky gut because it does help to close up leaky gut. If you have those heavy metals in place of calcium in the gut, that's when it starts to open up. And now some of those food particles are getting out and you're getting that immune response. I could only tolerate five foods when I started mineral balancing and now you watch my stories, I'm posting pastas and different things. I've seen you like some of the cookies on Christmas. I can eat almost anything now. Most of my diet still is 95% meat and veggies, but I can have flexibility where I need it. I see that a lot in clients, but it's not just that calcium actually regulates your nervous system.

You want calcium and magnesium to calm down your nervous system. It modulates lots of different enzymes in the brain that are required for acetylcholine, for memory, and for thinking. It helps with the alkaline and acid base in the gut. Some people argue it should be more acidic or more alkaline. I think it should be balanced where it's supposed to be, not too acidic and not too alkaline. Calcium is the big modulator there that helps to keep that in check. We could go on and on about calcium, but the problem is, say the form is a big one. So we use the most bioavailable forms in our supplement, calcium CMAC fusion.

But also if you do say, that person that has that high calcium on that hair test and you just take a calcium supplement and it's a cheap form, you very well may be contributing to that calcification, because you're not working on the sodium, you're not working on the potassium, you're not really trying to balance the entire system out. So there is an argument to be made that maybe you shouldn't just be willy-nilly taking calcium supplements. You should be trying to work with someone who understands how they all interplay and interact with each other. But at the end of the day, it is definitely the most abundant mineral in the body. It's super important. I think that everybody should be on calcium and magnesium supplements instead of just isolated magnesium.

Dr. Wendy Myers

Thank you so much for explaining that because that's one of the biggest myths when it comes to minerals. I think that's very, very dangerous advice for women that are in

menopause, that may have osteoporosis or osteopenia. It's just very important to be cognizant of that and take your calcium in a balanced way. I think so many people are under so much stress today, and we lose minerals when we are under stress and we're under so many different types of stress, including EMF. People don't realize that. They don't realize how mineral deficient they are. Can you talk a little about the prevalence of mineral deficiencies?

Matthew Coffman

I didn't think it was as crazy as I really thought until I got into the HTMA space, to be honest. You start to see all sorts of deficiencies. I also do oligo scans. I'm not sure if you ever played around with that, but it's another mineral test. I have one of those at the house. I still use the HTMA for all the supplementation, but I get some other data from that. I'm a big on regenerative, grass fed meat. I did carnivore for a while when I was sick. I've been eating pounds of red meat for like six years, and it still took me like three or four years of zinc supplementation on top of that red meat to actually even get a good zinc level on my HTMA or on my oligo scan. And that was just one mineral. I think that pretty much everybody that comes across has crazy low chromium.

I think you see that, which chromium is, we give it to diabetics for blood sugar for a reason. It does help to break down carbohydrates and utilize those as fuel. So it actually helps with blood sugar, but it also helps to break down proteins and fats and has a bunch of other enzymes in the brain and things that it works on. So chromium is really low. Iodine is really, really low, I would say because of all of the halogen and the bromides and the chlorines and things that are just in tap water and normal sources. It really is the toxins in my opinion. EMFs is a big one that people don't take into consideration.

I have all sorts of different tools and things that I do with grounding mats and different quantum frequency things that I use for EMFs all around the house. But also it really comes down a lot, in my opinion, to we are just like four or five generations into a toxic soup of heavy metals. These heavy metals all antagonize your minerals. And so what they do is they're depleting things I believe. Dr. Robert Cek said on my show, there was the mercurial diuretic study from the 40s. They used to give mercury and some of this stuff as medicine, right?

They wanted to measure the amount of mercury getting urinated out by the kidneys after giving this mercury. What they found is that the body started excreting zinc at a thousand times faster than it was excreting the mercury. So it was like a thousand to one. But that was obviously an acute exposure that someone was just given the mercurial diuretic, but they started to realize how quickly it was rapidly depleting the beneficial nutrients. And so maybe you're not getting a mercurial diuretic as a pharmaceutical in 2026, but if you've had mercury fillings or your mom had mercury fillings, you do have these kind of small, subtle exposures that are sitting there stressing the nervous system day in and day out, and that's causing mass depletion.

The other issue is just that we have some of the worst farming practices of all time. We don't even have the same nutrients. People think about calcium for instance, just like raw milk and dairy products. But when you look at some of the charts, even things like cabbage and different vegetables, they used to have like 5, 10 times the amount of calcium than what they do today. So it wasn't all just about dairy. It's like we used to just get a lot of different minerals from a normal diet when people were eating food that was grown properly. And that's why I'm a big proponent of trying to buy regenerative meat when you can, if you can afford it 'cause they give them minerals and the soil has all the nutrients.

I go to this farm local to me, not everything, but it's probably 95% where everything is seasonally local. They're all picked the same week that I'm put that I'm getting them from the little farm on the weekend. So they're all only been outta the ground for a couple days. Not everyone has access to that, I get it or can afford it. It's a little bit more expensive, but at the end of the day it still shows the need for supplementation. There are a lot of people out here, like Nature does it best, or Ancestral diet.

I just really can't get down with that because the depletion is already too far gone. We're already decades or generations I would say into these mineral imbalances and deficiencies. And the only way to claw yourself back out, especially from a lot of clients who already have lyme or they have a condition going on, they're way past just trying to eat naturally and get all the nutrients that they need from this super depleted state.

But even some of these really high level biohackers and stuff that I know through the health community, they're pretty mind blown. I would say AF had all of the heavy metals and different toxins that I removed from them once they stay on the program, when they're already taking all these like high quality supplements and they're eating beef liver and all these organs and everything, I still see them. People release tons of metals as well. We're just a lot deeper in this kind of heavy metal, perfect storm we're in where the farming sucks. And then the metals are more prevalent than ever. And I think that it's really gotten to a bad situation.

Ads 24:15

I wanna take a minute to give a shout out to one of our sponsors, Tru Energy Skincare. They have an amazing serum that I am cuckoo about. I've been using their facial serum here for well over a year for a reason. This is just by far one of my favorite products. It's very, very light. It's just a serum you'll put on under your moisturizer. And the reason I use it is because it's a frequency-based skincare. They have frequencies imprinted on this serum that improve collagen, improve elastin. Collagen is that support matrix in your skin that makes it look firm and juicy and we lose that as we age. That accelerates rapidly after we hit menopause. You lose 30% of your collagen within two years after menopause. I'm using everything I can get to improve collagen. This has over 2000 frequencies imprinted on it for skin nutrition, to help the appearance of your skin, the fine lines, the age spots, and it will smooth out the texture of your skin as well.

This has been my secret weapon that I've been using to improve my skin, look and feel healthy, like I said, for well over a year. And so, I'm not promoting this because they're a podcast sponsor. I'm promoting this because this is one of my secret weapons. I love this product and I use it every single night under my moisturizer. This has no toxic ingredients in it whatsoever. It has lots of nutritive ingredients as well. It's got fruit, enzyme extracts. It's got oat kernel extract. It's got oat beta glucans. It's got beach bud extract and it's got algae and chlorella in it as well. It has lots of great nutrition in this as well as the frequency-enhancing aspects of it. Any old product can moisturize your skin. That doesn't impress me, but the results you get from this are bar none, and that is why I highly recommend it. They have a very good offer for

my listeners. Go to trytruenergy.com/wendy and get a very special deal for my listeners.

Dr. Wendy Myers

I was shocked because I thought I was super healthy when I first started detoxing. You assume when you take care of yourself and you've been eating relatively well your whole life and you've been exercising and you've been checking off all the boxes and taking a huge bag of supplements and high quality supplements, you just assume that you're healthy. I think a lot of people are checking all the boxes and then they have a downturn in their health or they get a cancer diagnosis, and they are just really surprised by their health taking a nose dive and that they weren't expecting it. And that's why I do this podcast.

I try to tell people those basic things are not enough. You need to add detoxification because of the prevalence of heavy metals and chemicals in our bodies. Even if you don't currently have any diagnoses, you've gotta address this that's gonna come back to bite you at some point. You have your own story as well with overcoming addiction through detoxification. Can you talk about that?

Matthew Coffman

It's interesting because I grew up in Flint, Michigan. If you wanna get into the whole lead story with that later, we can. But it's a very trauma ridden space and a lot of people don't have it. My father was never around. He was off like doing drugs. I always played sports and stayed active and worked out and I got into this space in college after I graduated college, where I was just completely addicted to pharmaceuticals and drugs. I actually thought a lot of it was just from trauma and the more I got into the physical healing space 'cause from the trauma I'll say I started trying psychedelic ceremonies when I got sober and I was meditating for an hour a day and I was doing yoga.

I was journaling and really trying to do all this talk therapy and stuff. And it really wasn't getting me where I needed to be. I started getting deeper into the physical stuff. I did a \$20,000 Lyme treatment with Dr. Minkoff here. I still felt pretty depleted after that, even though apparently the Lyme was no longer there. I still had tons of

parasites and metals and things like that. I had seen other bunch of genetic doctors, all these people. I've had tons of people on my podcast who I've talked to. So I was trying all these different things and once I got into the physical stuff, I started to remove some of these heavy metals and I started to really realize how it actually affects your neurotransmitters in such a way when you have some of these heavy metals.

For instance, I had a bunch of mercury fillings growing up as well, and I had them extracted improperly. I just went into the dentist when I was like, I think I was like 17 or 18. I was still in high school. And they were like, we don't use those anymore. We're just gonna replace 'em with the ones that are white. I was like, okay, cool. Obviously as a kid and you're in school trying to talk to the chick, you'd rather have the white fillings than the ugly mercury ones in your mouth anyways, so I just let 'em drill 'em out. I had no idea. Well, mercury can actually bind to the NMDA receptors and actually prohibit the reuptake from glutamate to gaba, which is one of your most natural calming neurotransmitters.

Well, what was my favorite thing to reach for? It was alcohol, which obviously works on GABA. I also realized, 'cause I was obviously when you're on drugs, you're around a lot of people on drugs, they all actually gravitate to different drugs a lot of times. Some people like uppers and some people like downers, some people like to smoke, some people like to drink. And that got me thinking as I healed more, what if each person was just gravitating towards this neurochemistry imbalance that they have due to some of these deficiencies and these toxicities some people enjoy, they needed a boost, they needed to be up.

Maybe they were downregulated in some way from a neurotransmitter function. Or some people like me might have had mercury and their gavel wasn't working correctly, so they used alcohol for the GABA. I really got to thinking and the more 'cause I went pretty sober. When I got sober, I moved to Tampa, getting sunshine. I was super sick so I couldn't really party anyways. I was like, if I had two drinks, I felt like I was dead for like four days. I just really didn't do any drinking, nothing. And then the more I heal now I can have a couple drinks on Christmas or when I'm out to eat or whatever it is.

It doesn't really affect me at all, which you actually do need pretty good zinc status to break down alcohol, by the way, if anyone wants to look into that. Tons of research about how zinc helps to break down alcohol and I actually think that might be a big reason Gen Z's turning away from alcohol. I'm not hating it. I'm just saying that there might be other reasons that people are turning away from alcohol. I just don't think they can process it like we used to be able to, and the livers are bombarded and stuff like that. I'm not telling anyone to go drink. I'm just saying that I don't like to feel called to any addictive pull to much of anything besides caffeine and a little bit of nicotine, which I've never really given those two up. Those were like my two things and my drugs too. I love those. I might just keep those. I'm not sure. I just kind of like gotta have something.

The crazy world we live in, I'm cool with those, but yeah, I can have a couple drinks. I started to think that maybe the guy who's reaching for cannabis is really just trying to regulate himself in a way, and it's not really all trauma. Now coming from Flint, I know a lot of it is trauma. It's a mixture, most likely. But I do see some people who don't have a lot of trauma or their family was pretty normal, and then they kinda get caught in adrift and they get in a bad way with certain drugs, or even if it's just alcohol or whatever, and you have to start to wonder like, what caused that?

If everything was fine at home and mom and dad were there, what's their issue? And maybe it's just some kind of neurochemistry imbalance from some form of heavy metal that they really don't feel normal. Unless they have whatever that is at the end of the night, maybe they make it through the day and they go to work and they're functioning, but they need something to calm down or on the weekends they have to let loose or whatever it is. I think that there's a big missing piece there where there's some heavy metal or some toxicity that's causing some stress on the nervous system, or some downregulation or upregulation maybe of neurotransmitter function that's causing the reach for whatever they want.

Ads 32:58

Let me ask you something a little bit personal. How do you get yourself out of a bad mood? It can be hard, really, really hard, and it only gets harder the longer that you're in that space. That's why I'm a big fan of today's podcast sponsor Organifi. They

made an amazing product called Happy Drops, and they're little gummies that are super tasty and they can help make your bad moods better and your good moods great. I'm sure I'm not telling you anything new when I say the world is really stressed out right now. You can see it everywhere. Stress and mood related visits to the doctor's office are skyrocketing along with various prescriptions to match. And so if you are anything like me, you're looking for a safe, natural approach to rebalancing your happiness and your stress chemicals without worrying about the side effects.

Well, Organifi has given us exactly that. They're called Happy Drops, and they're my favorite new supplement. These yummy little lemon gummies are made with ginger, with gouda cola, and passion flour, all of which are shown to have positive effects on mood and emotional wellbeing. Plus, they have a real powerhouse ingredient, which is saffron. So why is that so cool? The compounds in saffron are shown to help your brain modulate its levels of serotonin. Serotonin's one of your happy chemicals and saffron helps your brain enjoy it longer. Saffron also relaxes you. There's many cultures around the world that drink saffron tea before they go to bed 'cause it helps relax them and helps 'em go to sleep. Saffron also contains antioxidant properties, which can help you protect your brain from oxidative stress. That's great for detox. Best of all, there aren't any nasty side effects. There aren't any bad ingredients and it's safe to use every single day.

Saffron's traditionally very challenging to find in the supplement world. It's difficult to plant and to farm. It's even harder to harvest, and it's one of the most expensive ingredients on the planet. But now thanks to the super food geniuses at Organifi, we can all enjoy a real dose of real mood lifting organic saffron for less than a dollar a day. I'm excited for you to try them. I think that everyone should. I love their happy drops. Just go to organifi.com/myersdetox and get your happy drops today. When you use my discount code Myers Detox at checkout, you're gonna save an extra 20% off. Again, that's organifi.com/myersdetox.

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

Dr. Wendy Myers

I agree. Can you tell us about Flint, Michigan? Tell us that story and for anyone that doesn't know what was happening in Flint, Michigan, tell us what was going on there.

Matthew Coffman

I grew up there, so I already lived there. I moved away for college for like five years and lived in Saginaw, which isn't much better, but I went to college there and then I moved back after college and was there for a few years and I ended up buying a house there. Literally, like right after I bought the house, I was like a fixerupper. I was still flipping it up. I was still ripping the carpets up. I didn't even live in it yet. All of a sudden everyone's like posting these things online. Obviously I lived there. So all my friends are from Flint.

They're posting like brown water and crazy things. I'm like, what's going on? And my water wasn't brown like that. So I was like, what's happening here? Obviously when you live there, you gotta start looking into it. And from my perspective, it was another political disaster, which is all too common in today's world, especially with all the access we have, the information, seems like there was an argument between Flint and Detroit and there was a new waterway that was being built. The Flint River water was only supposed to be used ever as an emergency.

We got our water from Detroit and it came up. It was a cleaner source. It came from one of the Great Lakes and they were building a new pipeline and someone in there, I don't know if it was the governor or whoever, the mayor said, well, since they were in an argument politically wise, we're just gonna use the Flint River water until the new pipeline gets built. Well, that water's disgusting. If anybody lives there, we're all like, why are we gonna change the Flint River water? It's brown. They're probably dead bodies in there. I'm not really sure what's going on. Why would we use that as our drinking water? So we were all disturbed by it and from the beginning, but then it just started coming out.

Apparently they didn't use a pretty well-known chemical agent in the water as well. That would've stopped the lead pipes from leaching. I guess it's pretty common because there are lead pipes everywhere, so they know that they have to add in. I can't remember the name of it, because it's been so long, a certain chemical agent that goes in the water and it stops the lead pipes from leaching so there's not a

bunch of lead in your water because Flint's not the only old infrastructure that has lead. So they didn't do that, which was another weird thing that seems like a critical misstep. I don't know how you missed that almost seems like it was on purpose, maybe because it was just lower end poverty people, but it was crazy. From the beginning, I just didn't drink the water. I'm like, this sounds weird. Once it got national headlines, they had everyone out testing the water. I still had a bunch of lead in my water.

It wasn't as high as some other places, and it wasn't all brown. They had these spots set up all over the city and you had to drive through them and they would just ask you how many cases of water you wanted. So you were brushing your teeth with it, you were cooking with it. From a plastic standpoint, it was just an absolute nightmare how much plastic was wasted. But obviously you weren't gonna drink the lead water. I didn't really know back then because I was still in the mix of partying and not caring too much. I didn't know how much I probably inhaled from just showering in it. Had I known I would've bought a really good shower filter.

But I was thinking back then, as long as I'm not drinking it, I'm probably okay. And actually that right after I lived in that house, I moved when the lead crisis was still going on and got sober in Florida and that's when a lot of my health issues arise. So I do actually think that I was probably already pretty toxic from the partying, from the mercury fillings, from just modern life. That probably set me over the edge. It was a pretty wild time. There were lots of kids who were highly affected. They had this charity show that I went to that had a lot of celebrities and stuff that came in between the acts, the musicians and the poetry and everything.

They were bringing kids on stage who were like four. And they were literally talking into the microphone telling the audience how they don't know why they're always mad and why they're always angry. They basically could understand that a year prior to that they didn't get mad and now they get mad about everything. It was because of this lead exposure that was causing them to be so aggressive, which we know that lead is directly linked to aggressive and violent behavior. You're more prone to do whatever, do drugs, drug dealing, violent acts. All of those are related to having a toxic lead exposure.

I actually feel bad because a lot of people from back home know what I do, but a lot of them aren't really hip at trying a detox program, but I'm sure I could help a lot of them or their kids but no one ever really reaches out to me. I make posts, they're all on my Facebook, but no one's ever really said anything. But I feel bad because I think obviously they tore up all the pipes over the years and I think it's all fine now from a lead standpoint. But what about all the kids who just were already exposed and they're just from that young neurodevelopment stage. Some of 'em were probably not even one year old. Some of 'em were two, three, and it's not just gonna detox itself. It is just gonna live there until they do something about it.

Dr. Wendy Myers

It causes ADHD as well for a lot of kids. They have a lot of behavioral problems, learning disabilities, lower IQ as a result of that lead ingestion. It's a big problem throughout the United States and definitely the developing world as well. In the United States alone, we've lost 400 million IQ points over the last, I don't know how many years, decades, just from lead. So it's a huge problem and it's still in our soils. It's everywhere. People don't realize how much it's affecting their health.

Let's talk about manganese. This is a mineral a lot of people don't really think about. When I say manganese, I think about magnesium. I think I'm seeing magnesium, but I'm not. I'm saying manganese. So what's the connection between glyphosate, which is the most heavily used herbicide in our crops and 18 billion pounds have been produced? What's the connection between glyphosate, lime, and manganese?

Matthew Coffman

This is a connection that I just put together. There's no direct linking research, but it was just pattern recognition through different research that I had done and some research that one of my business partners posted. And it got me thinking one time. Manganese for starters is one of my favorite minerals. I actually think it is very overlooked. People just think about the toxic forms of manganese and think they should never supplement it. I think that that's false during certain patterns on HTMA. You definitely should have manganese, and it's really critical for different parts of the mitochondrial function.

Manganese superoxide dismutase is a very important enzyme that it runs. It actually helps to clear oxalates, which is a big issue. Having mercury in place of magnesium is also another big reason that you can't clear oxalates. But manganese is also needed to clear oxalates as well. So that's another big thing that everyone's tripping about oxalates, and I've realized that the more that I've balanced out. I'm not sensitive to oxidates or oxalates really at all. Manganese is really important. Now there are toxic forms of manganese that can be very disruptive to the body. The biggest exposure is from gasoline. So back to the lead, we used to use lead in gasoline and then they deemed it to be super toxic and then they started using manganese.

Well, manganese may be slightly less toxic, but still very toxic to the bodies. It builds up and a lot of people who come to me who live in LA or these bigger cities, they generally release more manganese because when they're walking around going to the subway or taking public transportation, they're out in the city where all these cars are. They actually have a lot more manganese built up in their system.

Dr. Wendy Myers

I see it in clients that drink well water that have lived that as well, especially in Texas. A lot of my clients in Texas have manganese as well.

Matthew Coffman

There are different exposures. It's not all car exhaust. I would say car exhaust is probably the biggest. But where I got into looking at manganese a little bit more is there's some pretty clear research, because I had the Lyme diagnosis. So I was just researching Lyme and how that affects everything. There's some really clear research that shows what we talk a lot about in the health space, how different pathogens use iron to evade the immune system. So when you have toxic forms of iron, you can have different parasites and things use that toxic iron to evade maybe some herbal protocol or something that you're trying to use to target it. They're smart and they use that as a defense system.

In the studies actually, it's shown that *Borrelia burgdorferi* uses manganese to evade the immune system. So when you have toxic manganese, then the Lyme evades the

immune system from different protocols and maybe practices that you're trying, the ozone and the herbs. If you have this manganese built up, you might not ever get to the root of that Lyme. Well, where the glyphosate came in is I started reading about glyphosate because it's just so disruptive and we just use billions of tons of it on everything. It's like almost if you eat organic, you're not even sure if it doesn't have glyphosate anymore. It's just crazy. The glyphosate itself actually shuts down a specific enzyme in the liver that helps with the biosynthesis and transport of manganese.

And when that enzyme is shut down, the manganese actually builds up in the brainstem and the vagus nerve. That's one of the most critical pieces of Lyme in the neurological stuff. I'm wondering the whole time as I keep healing, maybe this was just a manganese issue. And then the Lyme was using the manganese to hide behind it because, if the glyphosate is shutting down, the ability to transport manganese outta the bile, a lot of stuff is supposed to.

When your bile is working and flowing and everything's going, a lot of this stuff does get transported right out through the bile, through the feces, through the urine. That's copper. It's manganese, different toxins. But as we start to build everything up and everything starts to slow down, and some of these enzymes might get shut off by things like glyphosate or heavy metals, that's when it really starts to build up over a certain period of time.

And then once that bucket overflows as we use it, then people tend to shut down. But you have this introduction of glyphosate in the nineties. Then you see a rapid succession of Lyme cases. So there's a couple different reasons. I'm not totally saying it's glyphosate. I think one, we started testing for it more people were really searching out doctors and the internet was coming around in the nineties and everyone's talking and thinking that they have Lyme maybe.

So there was more testing for sure, but the cases I think went like triple or quadruple, something like that. I think it's triple and in the next 10 years after we introduced glyphosate and these other pesticides, they say that that's actually very under-reported because Lyme was still so new. It shot up so rapidly and a lot of people still didn't really know what Lyme was, so they weren't really asking their

doctor. They probably just got diagnosed with rheumatoid arthritis or chronic fatigue syndrome or something when it really should have been Lyme. So you have this connection here where you have glyphosate shutting down enzymes and making the manganese build up in the brainstem and the vagus nerve.

And then you have this *Borrelia*, this Lyme, which might be a bio weapon. I've read Kris Newbie's book, very compelling, but even so, it's using this manganese to evade the immune system. So for me it seems like it's a direct correlation there as far as the timeline goes. But either way, if you do have Lyme, generally there are heavy metals involved in that diagnosis. If your practitioner is not focused on some way, shape, or form to remove manganese, then I think you have a big issue there. I use mineral balancing and I also like the same foot bath that you recommend as well, the IonizeMe Maxx for anybody who has Lyme, because I do actually think that Dr. Klinghardt showed some pretty compelling stuff,

I kind of crap on detox programs sometimes 'cause they don't really focus on the toxic copper and the toxic manganese and the iron. It's like really only mineral balancing seems to be focused on not just the heavy metals but also those that are very disruptive. But Dr. Khar had some studies when he was doing the urine strips and other testing that was showing that from the foot bath, that he was seeing copper and manganese being released as well. So I like the foot bath for those clients as well. The foot bath is great by the way. I got that recommendation from you, the IonizeMe Maxx.

You want the minerals coming in as well because you don't wanna just be stripping everything out. You wanna put them, even Dr. Klinghardt was putting minerals back in. He just wasn't doing it in the strategic way that we do with HTMA.

Ads 49:05

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 want to 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. 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

I love the foot bath too. It's a definite part of my integral part of my protocol for detoxification. It's interesting whenever I step away from it, say I go on vacation for a month or whenever I'm traveling and I come back, my foot bath water is just black. You just pick up a lot of stuff in a very short period of time and it always continues to shock me even to this day but yeah, I love the foot baths. Let's talk about Dr. Hans Nieper. That's someone that was very influential in your work. Can you talk about him?

Matthew Coffman

Dr. Hans Nierper was a German physician. He did travel over to the US. He became very prominent in cancer research, probably one of the reasons that he's scrubbed and not a lot of people know about him, but what he did was very unconventional at the time. He was actually alive at the same time as Dr. Paul Lack. They both passed away in the nineties. I feel like if these two would've had the internet, what we did may have already come to life a while ago, at least. Maybe not exactly what we're doing 'cause we have a lot of other stuff that's newer in our formulas too. But some of the mineral chelates, they probably could have brainstormed and got together had they had more access to what we're doing right now, or the internet.

He was a German physician who, instead of using the traditional stuff that they were using to treat chemo at the time, or I dunno if it was chemo at the time or whatever, the cancer treatment was back in, he was born in the twenties and died in the nineties. But whatever they were using, he felt was very depleting and he felt like it wasn't working. So he thought that using minerals was actually better. But then the problem was he was getting a lot of people healthy using these different minerals, magnesium, calcium, and lithium. He had all these different minerals, kinda like what we're doing, not with the HTMA though, but using minerals to bring people back to vitality.

He started to realize that with some of his sicker clients, they weren't absorbing the minerals. It didn't get them as well as the other clients. So he actually set out to build his own mineral chelates. So, minerals, when you take 'em in supplement form, they are attached to different chelates and we actually can use those different chelates to target specific areas of the body. Calcium orotate is one of my favorites by him. The orotic acid actually, through simple diffusion, helps to penetrate the cell membrane because when you have the same charge, they'll repel. And so he uses the orotic acid, it can penetrate the cell membrane and get the calcium right into the mitochondria.

But then also he created calcium aspartate because you don't want all of the calcium inside of the mitochondria. Calcium is also good for cell membrane function, so the aspartate will actually target the outer cellular membrane where you want calcium there. And then we use all these other different mineral chelates based off of that new science that we have today, where even things like carnasine people know is really good for the gut. Well, zinc orotate is better for the brain. Different ones are better for the immune system. So he created these mineral chelates that I think are some of the strongest on the market, most particularly the orates and the aspartates.

What we did is we blended his mineral chelate work with the ratios of Dr. Paul Egg. And just the results that we see have been incredible compared to what we used to use before at Valence. Sometimes people, as you probably know, have been in this work a long time, sometimes it would take people a year or two to detox lead. It would take them long. The energy really had to build. I'm seeing lead eliminations, the first or second retest on almost everybody because of how potent and how bioavailable these calcium supplements are. And then we use that across the board for the copper, for the zinc, we use copper orotate, zinc orotate, and then we have a multi chelate formula for pretty much everything.

So if you look at the back of the bottle, you'll notice that we're using all of these different forms of minerals no matter which one it is. And that is for specific reasons to target different areas of the body.

Dr. Wendy Myers

For any practitioners out there that are listening, any mineral balancing practitioners, HTMA practitioners, Matt has a great line. The Valence Nutraceuticals can be used specifically for mineral balancing using an HTMA. So it might be something you wanna look into because talk about how they're an upgrade, say from the supplements used that have been around for decades by Endo Met that are used by Dr. Wilson. There's also the Trace Minerals Laboratories. They're all mineral supplements as well, but I always felt like they just weren't quite as good a quality as you could get. So, as a practitioner, as a supplement snob, I just felt like, God, there's gotta be something better that we can be using.

I had stepped away from using those product lines many, many years ago for that reason. I just felt like they were in pill form and that they have cheap binders that prevent absorption. Can you talk a little bit about your line?

Matthew Coffman

The origin story really came from some people who thought of some of the products that they were using from Endo specifically because we all followed Dr. Pollock, but then there's other ways to approach HTMA. I'm not here to say who's right or wrong. I like Dr. Pollock's work and Dr. Wilson. A lot of people were saying that they thought that some of their symptoms were not coming from detoxification. It was actually coming from B6 toxicity. And that actually makes a lot of sense because if you actually don't have really good zinc status, you can't actually convert the paradox into P5P. And also, if we have P5P available, why aren't we just using P5P anyways? It's already the active form.

And so we set out in the beginning to just redo the supplements that had the high doses of paradox in it to see if people just got better results. Our first formulas were not quite as complex as they are now. They were a few better forms. Let's just change out the inactive forms of vitamins and just see. And just instantly everyone felt better. The sodium potassium ratio was flipping a lot faster because that P5P really does help to raise sodium really well. Zinc also helps to boost up magnesium. So the P5P was really the big catalyst to the entire thing.

After that we said, well, how good can they get? What if we just use all of it? If we look at the research and what are the most bioavailable forms of everything, we keep

obviously the basis of Dr. Paul X's ratios and how we supplement it, we keep it in that manner, how much more effective will it be? Also at the same time, we made sure all of the organs were grass fed to the industry standard. We made sure there were no weird excipients. Everything was in capsule form. Capsule was really a good move in general, especially for kids because people were having to grind up these pills and the old pills we were using, you had to like grind them up.

You couldn't just break 'em. They were tough. They were old school pills. So now they're in an encapsulated form where you can just open 'em up, put it in yogurt, things like that. So for kids it's been a lot easier as well. So we just set out to say how good of a detox program can we make this? If we use the most bioavailable forms of nutrients, the most bioavailable forms of all the minerals, get rid of the excipients, make everything grass fed. And then we've also added in some cool things that I think are good. For slow oxidizers, we have certain different mitochondrial boosters. We have some stuff that may help calm them down a little bit better. The old thyroid mixture we used to use was just like glandular.

So we have some low dose herbs in there. We made sure they were clean. And we post all those COAs for every product on our website for full transparency on heavy metal levels. So we really went with this, how clean can we make it while also making it still on the foundation of Dr. Paul X's work? So we can still do the HTMA program the way we want to, and the eliminations that we get with clients are just absolutely remarkable. I'm pretty sure there's not a single person who hasn't noticed it. You have to actually dose it so low in the beginning for some clients. It's quite remarkable.

The patterns still move in the way that you want to. But from a dosage standpoint, you're like, this can't even be real. Some people are taking such a low dose of some of this stuff or taking one dose every two days type of thing because they're starting, those are our more sensitive clients, but they still move along quite well and they eliminate lots of heavy metals just with super low doses of valence. So it's been good for people who don't like to take a lot of capsules as well. They can take less and still get what they need. So I think it's been great. Anybody who's switched over to us has been really happy.

Dr. Wendy Myers

What is your website?

Matthew Coffman

Site.valencenutraceuticals.com. If you just type in valencenutraceuticals.com, you can get it there. If you want to put this in the show notes, I'll give you free access or whatever, if you wanna just check it out first to take a look at it. But a lot of this stuff is getting broken down into a little course. It's gonna be like a few hundred bucks. But it's basically for people who are already practitioners, but may be wondering who we are. There's lots of different science around mineral chelates in there, how we dose things, some case studies. So if anybody's listening who's already an HTMA practitioner who wants to learn more about Valence before just switching over and using them, we just dropped a little mini course as well. So if you wanna check that out, maybe you can put that in the show notes as well.

Ads 01:02:43

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

Okay, great. I will do that. Well, Matt, thank you so much for coming on the Myers Detox Podcast. I love having practitioners like yourself come on and the founders of supplement companies to explain all this stuff in detail and really drive 'em the importance of mineral supplementation and detoxification and why it's so important for your health. It is so foundational. So thanks for coming on the show.

Matthew Coffman

Awesome. Thanks so much. I also have a podcast called Integrative Thoughts, where I dive a lot deeper on a lot of this mineral balancing stuff. I'm kind of like you, I talk about a lot of other stuff as well. But I do have a lot of cool mineral balancing

episodes on there if anybody wants to hear more about minerals and heavy metals and detoxification. It's called Integrative Thoughts.

Dr. Wendy Myers

Okay, fantastic. Everyone, thanks so much for tuning in. I'm Dr. Wendy Myers. I just love doing this show every week and bringing you lots of insights and hopefully making some distinctions for you so that you can achieve the health that you deserve. So thanks for tuning in every week.

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