



#643 The Dark Side of Detox Culture: Healing Across Physical, Emotional & Energetic Bodies | Eva Hooft

Dr. Wendy Myers

Welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers, and on this show, we talk about everything related to heavy metal and chemical detoxification, the health issues caused by toxins, and how to detox them. We talk about more advanced topics than you'll hear on other shows. We talk about bioenergetics and emotional trauma. And that's exactly what we're going to talk about today with Eva Hooft.

She is a detox expert and has a really interesting approach with clients. She uses hair tissue mineral analysis with her clients to guide their detox journey, but also is very much in the emotional realm, helping people to reduce stress, heal and calm down their vagus nerve, improve and release their emotional trauma, and even helping them on their karmic journey using medical astrology. It's really, really an interesting conversation we're going to have on the show today. It's a totally different perspective on detox and foundational things that you need to do before you're ready to detox. Eva talks about some of the different steps that you need to take and the foundational steps you need to take before you're even ready to detox. So it is a really good show today.

Our guest Eva Hooft is a holistic detox guide, medical intuitive, and spiritual teacher known for helping people to break free from chronic symptoms, especially when

nothing else has worked. After years of depression, infertility, gut issues, and a near-death experience triggered by extreme detoxing, Eva discovered what most healing models miss: lasting health isn't created through protocols alone, but through alignment across the physical, emotional, mental, and energetic bodies.

Through her signature realignment method, Eva weaves advanced detox work and mineral balancing with trauma-informed nervous system regulation, emotional and subconscious healing, psychosomatic and intuitive energy work. Her approach reframes symptoms as intelligent signals and healing as a process of restoring safety, coherence, and self-trust within the body. You can learn more about her work at evahooft.com. Eva, thank you so much for joining the show.

Eva Hooft

Thank you so much for having me.

Dr. Wendy Myers

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

Eva Hooft

Just like many of your other guests on here and probably your own journey as well, I feel like I just had to go through a crazy journey myself. As a kid, I was always having tons of allergies, always going from doctor to doctor, having a stomach ache, and then having some chronic viral infection, and then having to be home from school for two years straight. I feel like that started off this whole journey of trying to figure out what was, quote unquote, wrong with me my entire life. As a child, I was also dealing with crazy PMS symptoms. I was put on hormonal birth control at 11, sadly. And just like dealing with lots of learning disabilities, never being able to keep up with the system, but also not being able to get the ADHD or the ADD diagnosis.

It was never quite fitting in the box, and my parents were just trying to figure out, what can we do to make her life a little bit better? Fast forward, I ended up getting into the modeling industry, which in and of itself is quite a toxic industry, between going from dieting to eating low-fat all the time, and then of course, bombarding yourself with tons of toxins between the makeup and the hair sprays and traveling all

the time. That is the whole cascade of that, combined with all of the toxins that I was exposed to early on in life, which really led to this cascade of symptoms that I ended up dealing with chronic gut issues for six years. I was diagnosed with IBS, with SIBO, and I had massive candida overgrowth.

I also was exposed to a lot of mold growing up. I had mold toxicity. And of course, as a model, choosing low-fat foods, I was eating about a ton of candy every single day. So, I wasn't making my life easier. At the time, I was 18 years old, living in New York, surviving on three cups of coffee a day, multiple workouts, and a low-fat diet. My system just crashed so hard that I just had to find answers. And it really pushed me to find my own answers because I was going to functional doctors and being put on these anti-parasitic protocols and the gut healing protocols that ended up not working for me. And so thankfully, through my own research and journey, I ended up finding Margaret Platt's detoxification.

I really gently found my way into that world. And I was just so surprised that when I was going to all these doctors, they couldn't tell me that my gut issues might be related to liver congestion, or it could have something to do with my chronic use of painkillers, alcohol, and all these other medications and birth control. I just found that fascinating and really went into their whole research. And sadly, I also kind of fell into the whole holistic health biohacking trap. I was doing all of the experiments on myself and did that a little bit too intensely, and ended up in the air after doing a cold plunge.

Dr. Wendy Myers

I'm not into the cold plunges. Oh, no. I'm just gonna have to die early. No, I'm not doing that.

Ads 06:27

And now a word from one of our sponsors. So for women in their forties and their fifties, protein isn't just a fitness thing. It's one of the most practical tools you have for supporting your lean muscle, your strength, and steady energy as your body changes. It can also make it much easier to meet your daily protein needs when you're not busy, not that hungry at breakfast, or simply not getting enough from food

alone. But I'll be honest, I don't take chances with protein powder. There are a lot of contaminants and heavy metals in most protein powders. And if it's something I'm going to use daily and suggest to clients, I want it to be clean, tested, and from a company that's willing to prove what's in it and what's not in it.

That's why I use and recommend PW1 Puori grass-fed whey protein powder. This is so delicious. It's Madagascan. Vanilla ingredients in this protein powder are of such high quality. Puori is the only brand that has earned the Clean Label Project's transparency certificate because a third party tests every single batch against more than 200 contaminants and makes all the results available on the QR code, on the label. So all you have to do is scan this QR code and you can see the testing for your batch of protein powder. If you wanna get 32% off, just use the coupon code, Wendy20, and that's gonna give you 32% off your first order of Puori protein powder. And you also get a free shaker worth \$25 when you start a subscription puori.com/wendy20.

Puori PW1 grass-fed whey protein is third-party tested for 200 plus contaminants and heavy metals guaranteed free from hormones, pesticide, and GMOs, and it's Clean Label Project-certified. Every single serving has 21 grams of high quality grass-fed whey protein powder sourced from pasture-raised cows, and it's got 12 grams of essential amino acids. Six grams are BCAAs or branch chain amino acids and three grams of leucine per serving is key for supporting muscle protein synthesis as you get older. Protein also supports healthy detoxes. Your body uses amino acids to help bind and eliminate toxins. And yes, it tastes amazing. My daughter loves the taste as well.

This is my go-to protein powder. It's made with real bourbon vanilla from Madagascar, which is the best vanilla in the world. I have at least one serving daily. I actually look forward to it because it tastes really, really good. It's super high quality. It meets my standards for taste and quality. So try today and save 32% off your first order and get a free shaker bottle worth \$25 when you start a protein subscription with my personal code, Wendy, 20. Go to puori.com/wendy20.

Eva Hooft

I almost died early because of where I am, so it definitely wasn't a great decision at the time. Also, I was fasting all the time. I was on some sort of weird heavy metal detox spray that some influencers sold me. The combination of that plus a 32-degree ice bath, my whole system was like, okay, like this is enough. That small incident led me to have two years of ongoing panic attacks and anxiety. I ended up having methyl activation syndrome parts and all sorts of mystery symptoms that no one could really tell me about, which put me on the path of, okay, how do I deal with complex PTSD like this? And how do I really work with my nervous system and work with the fear that's in my system and other repressed emotions that I haven't been able to feel for all these years?

That kind of brought together the different pillars that I bring into my practice today. Because I just get so many clients that are doing all the work physically, but they just don't really focus on the nervous system, the emotional piece, even the beliefs that they have about certain foods or about their lifestyle and things like that. And so, yeah, it's been a long journey, but I'm so grateful for all the ups and downs.

Dr. Wendy Myers

And it's tough. As you know, a lot of people that are perfectionists and I certainly am perfectionist too, people can really get themselves into trouble when they're doing protocols and doing what I do perfectly and not listening to their body and working on their health during their detox. It can become like a form of self punishment, almost, rather than coming from a place of self-love.

Eva Hooft

Even for me, because I had such a history of eating disorders, there was always such a pushing, like a punishment energy behind everything that I was doing, which I see so much in my clients, where it's either coming from total fear. It's kind of like I need to get all the toxins out right now, or it's coming from this energy, like something's wrong with my body. I need to just push through and punish myself. And if I reach whatever the goal is, if it's losing weight, if it's becoming healthier, if I reach that goal, then I'll be healthy. And it creates this whole rat race in the whole detox, where all this is kind of what I see.

Dr. Wendy Myers

That's why I always say, detox is a lifestyle. It's not really like there's not an endpoint, unfortunately.

Eva Hooft

Sadly.

Dr. Wendy Myers

All the things you do for detoxification are also very healthy in other ways. Infrared sauna, liver care, and other things we can do have other health benefits besides just detoxification. But for a lot of people, they want to detox. They know that they need to detox, but they're not ready, or they're too ill, or they're chronically fatigued, have complex chronic illness, or just something is going on. What foundations do you believe that people need to have in place before starting a detox protocol?

Eva Hooft

I think this is one of the things that most people overlook a lot. I get so many people in my DMs. Sometimes I post cereal and I get like 100 DMs of people who are in such a chronically ill state. And they're like, "How do I detox my liver? Right? How do I just jump into a parasite cleanse? And it's like we always are so conditioned to believe that there's like a pill that we take and then we get healthy, or we just do one thing and we can skip all these steps. But, if there's one thing that I've learned in my journey by trying to skip those steps and really failing is that when that foundation isn't in place, which I like to tell my clients, those are things such as, how's your relationship to your parents?

How's your relationship to your own body? What do you do? What's your life? Do you scroll at night every single night? Do you like working 9 to 5? Do you hustle all the time? Are you in this chronic fight or flight state with the life that you're living? And how is your nervous system responding to its environment? This goes back to a lot of early developmental patterns. It is what I see a lot. If people grow up in environments

where they don't feel safe or where they were bullied as a kid, all of these things play out later in life. And I find that if those things are not addressed, then typically the body is in this danger response.

There's a whole theory about, as I'm sure you talk about it on the podcast as well, the cell danger response. I find that so fascinating that our brain doesn't really see an actual physical threat, different from like a threat that's in the mind or that's stuck in the body in the nervous system. And so if there is this chronic belief that there's no safety to be found in the body or in the world, a lot of these chronic symptoms just start developing. I typically will just have my clients like to learn to create safety in their body. And that can be through certain nervous system regulating exercises, but also the nervous system in order to feel safe.

We have to look at certain mineral imbalances. We have to look at it like, are they eating enough food because if you're constantly under-eating, of course, you're not going to feel safe in your body. So I would say nutrition, circadian rhythm, are you going outside? Are you getting sunlight? Are you getting into that ventral vagal state when you're connecting with your friends, your family, or are you completely isolating yourself, getting the foundations of having a healthy life. When those are in place, I'll have my clients go from being chronically ill, having super crazy mystery symptoms to feeling so much better just by focusing on like the very bare minimum without ever even touching a supplement. And yeah, of course, we might start to throw in some gut healers and some binders to just like, take off a little bit of the edge of what the body is dealing with. But yeah, I definitely don't put people through intense detoxes early on.

Ads 15:30

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 who 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

Yeah, I agree. I think so many people are holding on to trauma. We live in a very, very stressful world as it is. And then people have their own trauma. And then there is intergenerational trauma. There are a lot of things that are stressing the nervous system, many of which are unconscious. That's why I love using bioenergetics software to kind of pinpoint what traumas people have that they may not be aware of and release them and it makes such a huge impact, such a huge, huge difference, way beyond detoxification. But yeah, it's very foundational like you said. So, are you a medical intuitive?

Eva Hooft

I would say so. That started for me even before I dove into the whole detox world. Even as a child, I was like 7 or 8 years old, and my parents would sit there and I had this little stick, literally like a little witchy stick. I would point them exactly to where my parents were having pain in their body and start working on it and removing it. So, I was working a lot with the body, even with animals when I was young. I would feel when an animal would pass away, closely after, or if they were dealing with something they obviously can't communicate.

And so yeah, I really would say I started developing that skill when I started healing my own body because of course, the way that I always look at intuition is that if our entire body is full of toxins and it's full of messages, and we're on our phone all the time, we can't even hear our intuition. When I really started silencing the noise and analyzing my body and sometimes doing these intentional fasting practices or sitting with the subtle energy and the subtle energy body. And then I started getting a lot of information about what my clients are feeling. And I think everyone has that ability and that skill if we just start developing it.

Dr. Wendy Myers

Yeah, absolutely. I feel like your intuition is God speaking to you or speaking through you to help others. I definitely agree along with that train of thought, what does it look like to be in a relationship with the body rather than in control of it? Because I know so many people can get into a space where they just want to control their body and control their food and the supplements they're taking. People can get very regimented. I see this working with patients and with clients how a lot of people can be very Type-A and they just want to get where they're getting to feeling better. They can really kind of trip themselves up and be very controlling about their bodies.

Eva Hooft

I can speak to this because I used to be so controlling of my body, and it took me a long time to get to really start to learn to listen to my body because it gets so mixed up and if you haven't really developed that relationship, whatever you hear is what you think is true, right? If you're like, oh, I should do these things, whether it's like programming that we learn, like you have to finish your plate. If that's something that your parents told you when you were a child, it's like so deeply programmed that we just think that it's our intuition that we're still hungry. But it's sometimes just this deprogramming of the media or what we are told that we need to eat that's healthy or unhealthy. How I typically work trying to get my intuition more clear and just learn to listen to my body more, is to really create space for stillness.

I think that so many people forget the importance of that, because even in the whole health and healing world right now, it's like we're taught, oh, listen to these transcendental meditations, try to get out of the body, quiet the mind, there's always some type of stimulus going on or some type of goal. We rarely ever just sit in absolute stillness, nothingness and just observe. I would find that there were times where I would take 2 to 3 hours out of my day to literally just listen to the subtle shifts in my body. And that could be something like, oh, I feel like a nerve twitch in my left arm.

What would happen if I just focus my awareness there and then the body will take me into like, oh, suddenly, I feel a tingling sensation in my leg and it would literally start to kind of unwind and unravel itself and then bring up certain memories or

certain truths would come true and so the way that I typically teach people to start working with this is to stop creating some sort of goal. Even with meditation, it's not about getting the mind to a quiet place. It's not about, you know, doing the 20 minutes, setting the timer, checking it off your to-do list. It's like, how often do you actually have space to listen to the body? And of course, we can work with certain muscle testing techniques, really start to work with like, oh, what does my body actually want and not want?

Although sometimes when my clients are really ill, I find that even if it's like, how can you really trust the intuition if the body is still in a place where a lot of what we call intuition is driven by fear? I remember when I would ask my body, oh, do you want to take the supplement? But I had a fear of supplements because I would get panic attacks all the time. And then of course, my body's going to say no, right? So sometimes, I typically will just see everything as of God. Like a supplement is as much as of God as healing food. And I think sometimes in the spiritual community or in holistic healing, sometimes we will demonize certain things because they are not quote unquote, natural.

I think that everything just has a place. And the more that people listen to what's really being asked of them in this moment, including sometimes if you're getting some infection, you do need to take an antibiotic, right? It's like we can't just say, oh, my body has this intuition. I don't want to take that or something. So, it's a tricky one. I think for people, the more stillness the better, the more that they can really start to tune in with the subtleties of the body and sometimes also learning to trust that whoever is right in front of them, whatever practitioner they're working with, that's also God. We can also trust God in others the same way that we can learn to trust God in ourselves.

Ads 25:40

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. 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 think you also attract people like you. You attract the teacher that you need. You attract the practitioner that you need, or you see something in them. You're attracted to their energy, their soul, or what have you. You find the little pieces of the puzzle that

you need in each person. And so just go with the people that you're attracted to that speak to you, for you, for your healing. So let's talk about detoxification. Your specialty is detoxification. But, what's your approach to that? What are some of the things that you do with your client base?

Eva Hooft

The way that I look at detoxification is that it's a natural process that happens in the body. And I know there are a lot of practitioners that will say, well, we need all these intense cleanses and tons of chelation things, and we need to just push detox. I think that all of those tools have their place in time. But first and foremost, we have to understand why your body is in a state that it can't do what it's naturally designed to do. That can be because of the toxic load just being way higher than what your body can put out at this moment. But it's also, again, coming back to the nervous system piece that everybody is in fight or flight all the time, a lot of those natural detox processes and our recent digestive system shuts off, right?

We're literally in fight or flight. Our body is not designed to focus on detoxification. So the way that I kind of bring my clients through is we kind of look at their whole picture. So I do pretty in-depth intake processes where it's not like, hey, what symptoms are you experiencing, but also like, what's your relationship to food, what do you eat, and why do you believe that you need to eat that way? Because if my client comes to me and they're like, well, I don't eat animal protein because we're not designed to eat animal protein, I can start to see all the layers of belief systems that are kind of fueling whatever they're experiencing at this moment.

We will also address those at the same time. So, my clients' relationships with their emotions, my clients relationships with their parents. How is that growing up? Do they have a lot of attachment trauma? How are they with their relationships? Because that's also going to inform, right? If people are in super codependent relationships, I see it all the time. We try to work on the physical body and nothing really gives. And then they end the relationship, and everything just resolves. So yeah, I get a really good global picture of my clients. And then typically, I go through the phases and really honor the natural order of drainage.

So we are focusing on the gut first, sealing the gut lining, detoxing the gut, and working with targeted binders. I will also have my client go through certain energetic and emotional release practices that are really associated with those organs. And so potentially this looks like if someone has constipation their entire life, understanding and journaling about grief in their life or things that they've been holding on to for many years. I know this from my own story, because I was having a lot of constipation, and I was always holding on to this one relationship I couldn't let go of. And when I actually learned to let go, my body finally started to feel safe to have regular bowel movements again. We teach a lot of the clients to do that type of work with themselves.

And then from there, I always run tests. So if I get an inmate back early on and they're in for lows or they're in sympathetic dominance, they are in complete burnout, then of course, I will layer in some mineral balancing supplements, because I believe and I know that you work with mineral balancing as well. A lot of the tools that we use that are a little bit more intense require energy to actually effectively go through them. I don't really feel comfortable personally pushing clients through six rounds of liver flushes, if they're in for loss. It just doesn't really make sense to me. So I typically try to rebuild the system to a place where it's able to tolerate and actually go through a good and healthy stress response.

We start to layer things like the infrared sauna, liver flushes, other deep drainage work, maybe working with the lymphatics, sometimes doing parasite work, but not typically. Not until we're deep, deep in the program, if at all. And then some immune modulation and things like that. So, yeah, we start similarly with most clients, and then it's kind of like a choose-your-own-adventure based on where they are at.

Dr. Wendy Myers

I agree, it's really important to do all this foundational work before you get people into major detoxes. I mean, people can really get themselves into trouble. And because they know that toxins are bad, they know that they're affecting their hormones or affecting their immunity, their brain, and aging them and things like that. But people have to be patient and do this step-by-step process. I really like your approach to that. Karmic imprints play a role. That's something you do in your

practice, looking at people's karmic imprints and the role that they play in the healing journey. Can you talk about that?

Eva Hooft

I really love the field of medical astrology. If your listeners haven't heard of this, I would highly recommend looking into it. I started working with an incredible mentor. His name is Alec Verkuilen from the geometry of Grace a couple of years ago. He really brings the human design system, the Vedic system, and the Western system together when it comes to looking at people's charts and really understanding their unique makeup. So when we're able to look at that, not only are we giving people a lot of insight as to how they are in the world, how they operate, why they're constantly attracting the things that they're attracting, but also to really teach people the tools that they need to then actually face what's coming to them.

I think that people who don't really have a lot of that information about themselves, who know thyself, as they say, the more that you do, the more that you are able to not be in a victim mentality. Because let's say that you're going through a phase in which you're going through a breakup or a divorce and you're losing your job and your health completely declines. It's so easy for us as humans to be like, oh my gosh, all of this is happening to me. I find that when we are able to grab someone's chart and we literally see the planetary influences that are happening at that time, and that's what's so fascinating to me, because I can, without a client even telling me, mention, oh, this is probably what's happening in your relationships because it's probably a really challenging time.

And they're like, wow, I just went through a breakup, right? And so we start to see these influences. The way that I look at the birth chart is that it's literally an imprint of our karma. It's what we take from our last life into this life, and what we are here to resolve and to learn from and to grow from and if there's anything that I've learned in my journey, is that every single quote-unquote challenge in my chart or in my life has become the biggest blessing through what I've learned through it, especially if you're working with clients who are very, very ill, who are struggling for five, six years, they are just giving up hope to be able to present them something where you're like,

look, you are actually literally on the path of becoming a teacher in this field. The reason that you're going through these struggles is to learn from them.

You're going to be sharing this with so many people because it's literally your destiny here. I've seen it really give people hope when we're able to give them that path. And of course, I know a lot of people think astrology woo woo. I don't like to use it in the way of like, oh, on April 5th, you're going to meet your soulmate. It's not like a fortune-telling kind of situation, but it's very much helpful to see just themes and patterns and to understand correlations between why they are experiencing a certain system or symptom and what they might be learning from it.

Ads 37:05

Now a word from one of our sponsors. Like many of you guys, I'm trying to eat super, super healthy, and that's why I love really good quality olive oil. And by good I mean fresh. Olive oil packs some of the most flavorful and healthiest nutrients like antioxidants when it's fresh from the farm. That's the problem with store-bought olive oil. They're not fresh. They can sit on the shelves for months, growing stale and losing that antioxidant punch. That's why I get my olive oils directly from small award-winning farms, thanks to a fellow named TJ Robinson, who's also known as the olive oil hunter.

So when I tasted TJ's farm fresh olive oil, I fell in love with the vibrant grassy flavors. They're incredible on salad, veggies, pasta, meat, fish, you name it. I use it on everything. Everything I cook, I'm using this olive oil. As an introduction to his fresh-pressed olive oil club, TJ is willing to send you a \$39 full-size bottle of olive oil for only \$1. It's one of the world's finest artisanal olive oils. It's fresh from the new harvest, and it's just \$1 to help 'em cover the shipping. There's no commitment to buy anything now, or ever. Get your free \$39 bottle for just \$1 shipping and taste the difference that freshness makes. Just go to getfreshwendy.com to take advantage of this offer and get a full-sized \$39 bottle for just \$1

Dr. Wendy Myers

I like getting into astrology more and more and more. I think it's so fascinating. But I think people don't realize how powerful they are in their own healing, in focusing on

prayer and their relationship with God, and asking to be healed and commanding their body to be healed. People just naturally look outside of themselves, look to an expert, medical doctor, or what have you, to heal them because in that field, they have a vast amount of knowledge. But I think it's really important for people to think about sovereignty and how they really have a lot of power within themselves to heal their bodies.

People need to believe that and practice that. And that does entail being still and slowing down and saying no to all this stuff and saying no to your phone and regulating your nervous system. Can you talk about that? How can you help people just calm down and regulate their nervous system, their state of being, so they can have a more positive effect on their physical or their physiology?

Eva Hooft

Yeah, absolutely. There's so much information out there about how to regulate the nervous system. I would kind of go back to what you were mentioning about the stillness and prayer and coming in relationship with the forces that are so much bigger than us. And to really get out of this idea of, oh, I'm the victim of this life, right? There's nothing that I can do, and I'm dependent on whatever the doctors are telling me. It's like we're constantly outsourcing our power. It's that saying, wherever our attention goes, our energy flows. And the more that we actually put our attention towards our own body, towards our soul, to the relationship that we have with God or source, however people relate to something that's bigger than us.

I have literally seen people have a complete, I wouldn't say as far as a spontaneous remission, but close enough to that where it's like, oh, they actually slowed down enough to start to create a relationship where they don't feel like they have to carry the burden of everything. Even just the idea that you need to do it all by yourself, you need to figure everything out. It's all on you. Imagine the stress and the weight that that puts on you and your nervous system, it's constantly in the back of your mind, right? It's like, okay, I need to do this whole laundry list. I need to take all these supplements. I need to eat healthier. We place so much conditionality on our healing.

It's like, if I do all these things perfectly, if I get all the toxins out, if I release the parasites, then I'm going to be healthy, right? And I really tell people to be careful with

how we speak. Our words are literally spells and how we talk to others about our healing journey and what we need in order to be our best self or healthy, because if we simply command, as you mentioned in this moment, my body is literally 100% healthy with the conditions that it's in right now, which it always is, right?

If you are full of metals, it is literally operating at 100% capacity, with potentially having some pathogens there and some physical symptoms that you yourself don't enjoy. But your body is literally perfectly healthy. And how can we start to trust that there is this bigger force, bigger energy that's moving through us with an intelligence and that's guiding us to literally put whatever we need right in front of us at all times. It's really easy for me to give people that idea of, okay, when in your life has it not worked out? Even if you didn't enjoy the process, it's always worked out. Even if you felt like you lost everything there was always something on the other side of that.

The more that we can learn to trust in that power, and the more that we actually let go of the idea that we need to do anything at all and that we have any say in it at all, the more that we are actually in flow and the more regulated our nervous system is, because we are not constantly fighting against some invisible force. That's not even there. Even those practices of letting go, practices of going into the body, of releasing stuck emotions, of releasing conditions and patterns, and all of those things, which is easier said than done, especially if we don't have a relationship to our emotions.

When you start to open Pandora's box, it's definitely not a great thing to be like, oh, now there's suddenly all this anger that I have to sit with. I feel frustrated all the time and it takes work and dedication. But what's on the other side? Every single time, it's like wish I could just give people a glimpse of what it is on the other side and how worth it is to go through that process of really being in relationship to life and to God in that way. And then of course, we can use all of the actual practical practices, like the breathwork and the meditation and vagus nerve exercises and limbic retraining, all of those are super powerful to do while we actually work on establishing a greater sense of trust and really trusting the unfolding of the journey.

Dr. Wendy Myers

Even if someone doesn't believe in God, you can still tell your body what you want it to do. You could still say, I want to thank you so much for my thyroid being at full

capacity and on my front, fat burning machine or whatever you want it to do. You can say that with gratitude and thank your body for its highest level of functioning and whatever you want to do, you can say it. And if you even feel like you can't meditate or you can't get quiet, because in the past I found that really, really challenging. I think a lot of people do it because their minds are just so stimulated with such high cortisol and food sensitivities that release cortisol, and a lot of people have trouble quieting their mind to meditate.

And so even when you're doing that for many years, you can just sit and talk to yourself and talk to the universe, or just tell your body what you want it to do. It doesn't have to be any specific practice with God or what have you. That's not your thing. But if you're doubtful, you can always read *Conversations with God* by Neil Donald Walsh. That really helped me a lot with a lot of doubts that I had.

Why don't you tell everyone where they can find your work and find you on social media? I really enjoy all of your social media videos, and they're really, really good. So where can people find you and learn how to work with you?

Eva Hooft

Social media is just my first and last name. Super easy. I share tons of free resources there. I'll have free masterclasses and tons of free training that I do often. And then my website is also on the link in my bio. Just my first and last name.com. We run certain group programs. I do have one-on-one practice as well. And as we talked about previously, Kyle was an awesome practitioner and I just started launching practitioner training as well. So we're going to be doing those multiple times a year for anyone who's interested in actually becoming a practitioner in this field. Thank you so much for having me on.

Ads 46:21

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

Well, Eva, thank you so much for coming on the show. Everyone, I'm Dr. Wendy Myers. Thanks so much for tuning in to the Myers Detox Podcast every week. I love doing the show. I just feel so privileged to be able to do this and have this educational platform to give the tools and the pieces of the puzzle that you need to upgrade your life and your health. So thanks so much for tuning in every week.

Disclaimer

The Myers Detox Podcast is created and hosted by Wendy Myers. This podcast is for information purposes only. Statements and views expressed on this podcast are not medical advice. This podcast, including Wendy Myers and the producers, disclaims responsibility for any possible adverse effects from the use of information contained herein. The opinions of guests are their own, and this podcast does not endorse or accept responsibility for statements made by guests. This podcast does not make any representations or warranties about guest qualifications or credibility. Individuals on this podcast may have a direct or indirect financial interest in products or services referred to herein. If you think you have a medical problem, consult a licensed physician.