



#646 Medical Monopoly: How The Medical System Keeps You Sick | Kevin Reese

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, the health issues caused by toxins, and more advanced topics than you'll hear on other shows. Today, we have Dr. Kevin Reese on the show, and he's going to be talking about the medical monopoly and why the system manages symptoms versus removing the causes. It's such a good show. He's written a book called Medical Monopol. We talk about all of the issues, like the main drugs that are being sold to people that are not necessary at all, that are destroying their health, namely statins and the proton pump inhibitors that lower your stomach acid.

We also talk about all of the issues when it comes to a lack of nutrition training for doctors and how most health conditions are caused by poor nutrition. And so if you're interested in any kind of topic like that, tune in to the show. It's really, really good. Dr. Reese is so knowledgeable about this topic and passionate about educating people about why they want to perhaps not listen to their medical doctor when it comes to long-term chronic health issues.

So our guest today is Dr. Kevin Reese. He's the creator of Head to Toe Healing, which is a complete wellness system that's inspired millions around the world to live pain-free and drug-free. With over 30 published books, ten albums, and two life-changing programs. Dr. Reese's revolutionary approach has produced more healing results

captured on video than any method in history. He holds a PhD in nutrition and extensive certifications across multiple modalities.

The true foundation of the head-to-toe healing program came from Dr. Reese's relentless self-study. He experienced a breakthrough realization that people aren't truly healing because the traditional schools teach body parts in isolation. Guided by this epiphany, he immersed himself in understanding the brain, the spine, the pelvis, the gut, the blood, the lymphatic system, the eyes, the feet, and more. By uncovering how these systems interact as one unified organism, he made the entire human body his specialty and developed a new paradigm of health care known as Head-To-Toe Healing.

He's had remarkable success. It's made him a target. And over the years, he's been banned from social media platforms, had banking relationships terminated, and endured threats as well. Critics frequently try to discredit him, calling him a charlatan or a quack. But despite the controversies, his devoted fans routinely travel long distances to hear him speak in person. You can join his online healing program as well, called Head to Toe Healing. You can learn more about that and learn more about Dr. Reese's work at drkevinreese.com.

Dr. Reese, thank you so much for coming on the show.

Dr. Kevin Reese

Thank you for having me.

Dr. Wendy Myers

Why don't you tell us a little bit about yourself and your activism? I watch all your social media clips and just really like your message and what you have to say. I wanted to have you come on the show.

Dr. Kevin Reese

Well, I'm just a guy trying to help, that's all.

Dr. Wendy Myers

So, how did you get into health, and just trying to communicate your message to your audience?

Dr. Kevin Reese

Well, it starts out the same way every healer does. They have to heal themselves first. So that happened to me in my late 20s and I ended up switching careers. It is a whole new journey.

Dr. Wendy Myers

You talk a lot about the problem with modern medicine and how it focuses more on diagnosis and symptom management than on actual healing. Can you expand on that a little bit?

Dr. Kevin Reese

Yeah, I wrote a whole book on it: The Red Book. It's all about how the medical monopoly, as I call them, practices defensive medicine. So that means they over-test, which leads to over-diagnosis, which leads to over-treatment. And that's why they don't get lawsuits. As soon as a medical doctor gets a claim, their insurance goes up. Now, this isn't the only scam. I mean, there are lots of scams within their monopoly. Obviously, there are all the legal drugs that are making all the legal money, and there are the injections and the surgeries and about 85 to 90% of all of it is not needed at all.

Ads 04:22

This show is brought to you by Bon Charge, and I wanna take a minute to tell you about one of their amazing products that I'm absolutely in love with. There's something I've been doing for about 10 minutes a day, and it's wearing a face mask, but it's not just any face mask. It's this Bon Charge red light face mask, and it's essential to my nightly skincare routine now. Believe me, red light therapy really works. It's well established in the research to improve the appearance of your skin. How it does that is it penetrates deep into the skin to boost collagen production. It reduces the size of your pores, reduces inflammation, and eases the signs of aging.

Bon Charge's red light face mask makes it so easy to take care of your skin. It's like a mini spa session every night that I'm doing. It can be used easily at home. There's no cord, so you can wear it while you're doing other tasks. Plus, the mask is totally painless, and it doesn't heat up. Unlike some other beauty and anti-aging treatments, Bon Charge's red light face mask has been a game-changer. It's part of my everyday skincare routine now, and I'm seeing such great results already from using this mask. My skin is clearer, it seems more plump, fresh, and juicy, and my redness and dark blemishes are fading.

There's a very special offer for all of my listeners right now. My listeners get 15% off when they order from boncharge.com and use my promo code, Wendy at checkout. This discount applies sitewide, and you'll also get free shipping and a 12-month warranty. Go now to get this exclusive offer. That's boncharge.com, and with promo code Wendy, you get 15% off. This is one of my secrets to super healthy, young-looking skin. I'm trying to reverse the clock. I'm trying to do everything I can to anti-age, and this is one of the secrets in my toolkit.

Dr. Kevin Reese

I salute the emergency room and the medics on the ambulance. But when it comes to chronic, this is if you go to a medical professional, you're heading in the wrong direction.

Dr. Wendy Myers

Yeah, it's a very abysmal management of chronic health issues. My father was a victim of this as well. Getting on statins, the cholesterol-lowering medication, on occasion, which then led to diabetes and weak muscles. He couldn't care for himself and went to a nursing home. Then cancer is the same story. A lot of people have a lot of people and loved ones who are suffering from it. They don't realize it's a problem with the medications, the care, and the lack of care of alternative health options that they have out there that they're not being made aware of.

Dr. Kevin Reese

Yeah, my dad as well, many, many people out there locked up in a medical prison and suffering a hell on earth existence because the medical system, with all their fancy machines and such, will keep you alive until you're 85, 90 years old. But you will suffer from about 60 to 85. And they're going to milk that Medicare money.

Dr. Wendy Myers

My dad's medical bill last year was 2 million.

Dr. Kevin Reese

Wow! So now take every other elderly person, and take that 2 million and times it by however many people are doing Medicare. They're making astronomical money.

Dr. Wendy Myers

I was reading a stat yesterday, just the medications alone, the pharmaceutical companies that are making over \$600 billion a year. And the number one profit generator is cancer.

Dr. Kevin Reese

Yep. Statins are a little over 20 billion a year. Proton pump inhibitors, same thing. Antidepressants and Ozempic are up there now. And yeah, the sea monster, as I call it. They rush you off to the chemical factory, and they get a pretty penny there.

Dr. Wendy Myers

For sure. I'm in Houston. There is a huge medical center here in the United States. And they're building a massive cancer center. And I just drove by it, and this darkness just came over me. It just gives me the chills because of all the turbo cancers that we're now seeing over the next few years and just the greed and the even amount of money that's going to be made from that is just astronomical.

Dr. Kevin Reese

Oh yeah. And then every time a well-known person, a celebrity gets it, they go on a whole promotion campaign. You know, it just happened with an actor who just

passed away from the sea monster of the colon. And now that's being promoted. And so now everyone's all scared. Oh the biggest killer before 50. While they're eating their fried chicken and French fries.

Dr. Wendy Myers

Let's talk about some of the top two drugs that stop the body from healing. So what are they and why are they so dangerous?

Dr. Kevin Reese

There are statin drugs and proton pump inhibitors. The reason why I encourage every human being to get off these two drugs is because they bring down the two things you need to heal: cholesterol and stomach acid. So it's just insanity when you know how healing cholesterol is and that it's just such a scam that everyone is being pushed to get on cholesterol-lowering medications. It is the biggest scam in medicine. These two drugs go against the healing mechanisms of the body. We need cholesterol to heal all our soft tissue. And we need stomach acid in order to break down our food properly, not only to fight off parasites, but also to prevent getting H. Pylori and things like this. We need stomach acid.

These two drugs, I call them the toxic two drugs, are mandatory. We won't even take people if they're after all these drugs.

Dr. Wendy Myers

Can you expand on that? A little bit about why we need cholesterol and some of the stats? Because the higher your cholesterol, the longer your longevity, the lower your cholesterol, the more likely you are to have a heart attack. People are not told that. But that's what the research bears out. Can you expand on that and explain why we need cholesterol?

Dr. Kevin Reese

Cholesterol is a very important nutrient for soft tissue. That's our brains, our eyes, our organs, our glands, our skin, and our muscles. And when we lower our cholesterol, we put ourselves into a deficit. And this is why people on statins have muscle cramps.

They're also shrinking their brains. That's why we have a huge spike in dementia and brain conditions in general are huge. I think the biggest epidemic in the world right now is brain conditions.

A lot of it has to do with low cholesterol. We need cholesterol. It's important to know that the standard in the medical industry used to be 300. So you didn't have high cholesterol unless you scored 301. Now they brought it down to or they're trying to bring it down to 180. It just keeps getting lower and lower. It keeps getting lower and lower. And statin drug sales keep going up and up because they convinced us through heavy marketing and such that cholesterol creates heart attacks. And that's the boogeyman in the closet.

They did this in the 1950s when they came out with Crisco. The whole scam is to sell oils, which we now know are horrible for you at least the holistic health community is saying seed oils are bad. I'm saying all oils are bad, but they're saying seed oils are bad. And the first seed oil was Crisco. They call it vegetable oil. It came out in the 1950s because Procter and Gamble had leftover oil from submarines, and they needed to do something with it. So they sold it off as edible oil, and they cut a deal with the American Medical Association. So it says on the Crisco can, because they used to come in a can.

We have one here at the office. It says edible oil right on it. So if it says edible oil, that tells you they had to actually convince the people in the 1950s. Hey, this is edible because common sense back then was for machines, oil is for machines. It's common sense. Get oil changed in your car. Submarines need oil. Planes need oil machines need oil. But they flipped it and they started putting it on humans. And they did that by demonizing cholesterol. We're slowly but surely unattached from this theory. That's very wrong.

Ads 13:00

Now a word for one of our sponsors. So I'm a huge, huge fan of Tru Energy Skincare. This is a bioenergetic skincare line that I've been using for almost two years now, and it's what I use exclusively. It's so good. They have a new product out called the Bio Adaptive Hydration Oil. This is really, really key for protecting your skin from dry winter weather because when you have cold weather plus wind, plus indoor heating, that's

gonna equal dry, irritated skin. So hydration is really, really key to protect your skin barrier and, you know, preserve your skin.

Why does this matter? It's because dehydrated skin can look dull, tight, and have more fine lines and wrinkles. Supporting your skin during winter helps it stay resilient and healthy. As I mentioned, I love Tru Energy Skincare, and they have this bio-adaptive formulation designed to boost hydration and nourish the skin. It's a bioactive, nourishing skin oil, and so it's infused with frequencies. There are dozens and dozens of frequencies imprinted on their energy-optimized blue bead that's in all of their products. It's imprinted, actually, with not hundreds, but thousands of frequencies to support cellular repair, improve collagen production, and increase regeneration of your skin.

This is what I'm using at 53 to get the best skin that I can possibly get. This is one of the secret weapons that I personally use. This bio-adaptive hydration oil uses nutrient-rich skin-supportive and clean ingredients as well. All you do is add one to two drops to your face cream or Tru Energy products like their serums or their lotion, and it just increases that hydration. I also use it 'cause I do face yoga every night. I use hydration oil. I put it all over my skin, and massage, and I'll do guha and other things. It's part of my nightly routine. So there are a lot of different uses for it, including increasing the hydration and the effectiveness of the products you already have. Try it for yourself. Go to trytruenergy.com/wendy5

Dr. Wendy Myers

And for menopausal women, typically their cholesterol starts increasing and gets up to 250 or more. And that's totally natural. There's nothing wrong with that. It's just associated with a lowering of hormones. The cholesterol goes up. You have lower thyroid functioning. The cholesterol will go up. It's just completely normal. We see in all the tribes, where, the Western Prize Foundation and the founder has done lots of different research. They found that women in these tribal communities have high cholesterol and over 250 and they do not have any diseases.

They do not have cancer. They don't have heart disease. They don't have any health problems associated with this so-called high cholesterol. I would rather have a cholesterol score of 500 than 100. Low cholesterol is very, very dangerous. I go out of

my way to eat cholesterol. I eat fish eggs, I drown my food in butter, and I eat steaks. I'm thinking about it. How can I get more cholesterol in my body? How can I optimize my liver functioning to produce more cholesterol? Just think about it for two seconds. Our brain is, what, 60, 75% cholesterol, and if you're lowering that, your brain is not going to function.

Dr. Kevin Reese

Not only that, but then the myelin sheath, which covers the neurons, is protecting us. You know, it's like the plastic coating on a wire and that's made of cholesterol. And if that starts deteriorating, then we're going to short-circuit, because ultimately, there is a computer in our skull and we need cholesterol to fuel it. And that myelin sheath, if it starts deteriorating, we're in trouble. And that's how people are getting M.S. and ALS. It's not just dementia. Parkinson's is up there too.

It's an epidemic. Men are getting Parkinson's. Women are getting MS. And a whole lot of elderly people are getting dementia, whether it's Alzheimer's, FTD, Lewy Body, and they go into these memory care units and then these nursing homes. And if you go look at their sheets, you'll see statin, statin, statin, statin stands. It's a very sad situation. I really believe that brain conditions are an epidemic. It's not heart disease. It's not the sea monster. It's brain conditions because when someone gets a brain condition, you're flipping a family upside down, dealing with a loved one with dementia or even M.S. or Parkinson's, it's life-changing.

Dr. Wendy Myers

And not to mention the pain syndromes people have because their nerves aren't coded properly with the myelin sheath, the neuropathy, the tingling, the numbness and all these things that go haywire when you don't have enough cholesterol and fat. And it's sad. I saw my father deteriorate; he was on statins for about ten years. He just wanted to do everything the doctor said. And over those ten years, I watched a brilliant man slowly decline to the point where he was just sitting in his chair watching soap operas, which he would never do.

He just turned slowly into a vegetable on statins. And so that's why shows like this are really, really important because this is affecting hundreds of millions of people who

have bought into this, and the drugs that are being peddled for things that are not needed.

Dr. Kevin Reese

Ultimately, it's because we were brainwashed into listening to these white coats. We were brainwashed through the television shows. When I was a teenager, it was E.R., and when E.R. went off the air with Chicago and when Chicago went off the air, it was Gray's Anatomy. And then came House M.D. and now there's probably three other shows on TV that I don't even know about. We are constantly being programmed to listen to these people. There's a very interesting fact underneath it all too. And that is that all of these shows are almost always emergency rooms.

There's no show about primary care. So in people's minds, they just associate a medical doctor as a medical doctor, not understanding that the primary care physician is so worthless, and the medical doctor in the emergency room is very needed. There's a difference between the two. This is chapter one in my red book, Medical Monopoly. The difference is so important to understand because if somebody doesn't understand the difference, they're going to get themselves in a position like your poor father. You don't listen to these people when it comes to chronic nagging and long-lasting symptoms.

They literally will leave you in darkness and hopelessness. America has the best emergency care in the world, bar none. They're going to stabilize you and send you home, but that's what you need them for at that moment. It's two separate entities to me. One is fruits, one is vegetables, but it's not apples and oranges, if that makes any sense.

Dr. Wendy Myers

Let's talk about nutritional deficiencies. So nutrition is something that doctors have little to no training in. Luckily, RFK Jr has mandated nutrition training in medical schools, so that just makes perfect common sense. But that's not what's happening right now. There's no attention being paid to nutrition. So, why is this rarely discussed in medicine?

Dr. Kevin Reese

Well, I think that if nutritional deficiency were fixed, they'd lose a lot of money. It's very evident that you need nutrition because the farmers fixed the livestock. Livestock used to get diseases. They used to have birth defects, but they rarely do anymore because the farmers give them nutritional supplements. And so it's been proven that it works, and humans just haven't caught on yet. But there's 90 essential nutrients. Each one can cause up to ten symptoms if you're missing it. So that's 900 symptoms, and it's a lot of money.

Dr. Wendy Myers

Yes, that's a lot of money. A lot of mental health issues are just a handful of nutrient deficiencies that cause anxiety and pressure, such as the B vitamins. Mental health is another thing that's being promoted heavily right now. Everywhere you go, mental health awareness, mental health, mental health, mental health. I'm old enough to know that that wasn't talked about when I was younger for sure. It's just another moneymaking thing. The talk therapists are raking in the dough right now. And the psychiatrist, that's another legal drug dealer and it's so wrong.

Let's talk about the four foods that you recommend that people remove. You need to eat proper nutrition. I recommend a paleo-type diet that's ideal for most people. But what do you recommend removing? What are they and why are they so harmful?

Dr. Kevin Reese

Yeah, we have people healing all over the world by just telling them to get off what I call the poor four foods: that's gluten, bottled oils, fried food, and fake food. It's really simple. And then I wrote ten cookbooks to help people stay off those foods. I don't really promote a diet. I just tell people to get off those foods, and it works. And then the next step I would say is to go get a blood test to see what you're allergic to, see what you're sensitive to. Somebody could be allergic to soy, and they're eating soy every day. Somebody could be sensitive to dairy and they're drinking milk every day. You don't know what you don't know. But getting off those four foods it step one

Ads 23:13

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 also 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 that it's all about the quality. The non-organic collagen scare 16 me. They're really problematic because they can be full of glyphosate, pesticides, and other chemicals that you do not wanna be taking on a daily basis. Not all collagens are the same. It can come from many different sources, and the source can drastically impact its potency and effectiveness as well.

Some manufacturers just go with the cheapest stuff that they can find and then add fillers and artificial flavors, and they still charge you a lot of money for that. Organifi always goes the extra mile to ensure its 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 and 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 the 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

Can you talk about gluten and the problem with it?

Dr. Kevin Reese

We used to be able to handle gluten, probably 2000 years ago. We were fine, but our microbiome was stronger. We hung out with animals. We were outside more. We weren't invaded by over ultra processed foods and fried foods. Our microbiomes are very weak now. So when we put glue, which is essentially what it is, glue, we have trouble breaking it down. It cakes up in our small intestine, and it blocks the nutrition. I talk about it like it's a seven-foot center in the NBA. It's there to block your shot.

Dr. Wendy Myers

I like that.

Dr. Kevin Reese

Not to mention the glyphosate that's killing your whole gut microbiome as well. And these are things we didn't have to deal with 2000 years ago, which is why we were okay with gluten back then. But now, things have changed.

Dr. Wendy Myers

You mentioned doing some blood testing. What role do blood tests and imaging actually play in health? And where do they fail people? Because people love to go to their doctor or their functional doctor and do all these tests. And there are a lot of tests that give you false negatives and false positives. They're not as reliable as people think that they are.

Dr. Kevin Reese

Well, if you go to your primary care physician and get lab work, it's going to be very limited. They're going to check maybe 3 or 4 nutrients, and then they're going to check for function. For example, like liver enzymes or something like that. They're looking for problems and that's not what I would recommend. You need to check your nutrition because it's the nutrition that creates those symptoms in the first place.

So if you have high liver enzymes, that could be from a nutritional deficiency. But the medical systems are going to treat the high enzymes. So it's backward. I think lab work is important. But it has to be done correctly. And you can't get that from your primary care physician. You have to do it yourself. They don't have nutrition tests. They don't have a neuter eval. They don't even check your vitamin C, the most famous vitamin of all. And sometimes they don't check your vitamin D anymore because the insurance company has them handcuffed. There's too much money involved.

Dr. Wendy Myers

It's interesting that in the past, I have gone to conventional medical doctors and asked for certain tests. Oh, I want a thyroid test, I want to test thyroid antibodies. And there was a refusal because there were no symptoms that warranted that test being done. I thought, well, it should not just be the standard test and see how your thyroid is functioning, or if you have autoimmune thyroid issues? These ACRs, of course, are testing your cholesterol so they can put you on a drug, trying to get those revenue streams.

What about imaging? A lot of people are doing imaging, getting gadolinium toxicity from contrast from images that require contrast dyes and people don't realize how sick that can make them.

Dr. Kevin Reese

Well, I mean, big devices are big business. And the medical monopoly, just like drugs, the big device companies come into the medical offices, they do the same thing as the drug companies do with their credit card. They buy everyone lunch. And we're going to be using these new machines, and they'll teach everyone how to use them. And, these are 2, \$3 million machines, and they need their return on investment. So they need to keep checking people. So we're like cattle and we're just going through the mammas, the colonoscopies, and the list goes on. Again, if it was just in the emergency room, thumbs up.

Somebody needs an MRI, okay. But going through your primary and your specialists, you're just going to go in the wrong direction here because they have to make the money back from the drugs and the devices. And the other thing with the devices in the scans is that they're going to find something. It's just a matter of time. So if you keep getting tested, you are going to get hit with a diagnosis. It is inevitable. Every single human being. And the reason why is that our body goes through cycles of abnormalities all the time. Somebody watching this right now could have the cluster, and their body could heal in two months, and they would never even know that they had it.

It's kind of the same thing with tumors and nodules. This is your body just protecting itself. Little cocoons that are just oh, toxicity. Let's get it all into a ball. It hardened it up. We don't want it. We don't want that to spread. If you keep getting scans, you're going to find something you can call the false positive if you want. But the body just goes through abnormalities.

Dr. Wendy Myers

That's such a good point and a really, really good point. I tell people to get rid of the symptoms. Do you have symptoms? Are you bleeding from your anus right now? Does it hurt to go to the bathroom okay? Get a colonoscopy. But if you're going just

because you're 47 years old, it makes no sense just because of your age. It's really wild. Yeah, I agree, I've never had a mammogram. I've never had a colonoscopy. I stopped getting pap smears many, many, many years ago. Because there are better ways to do testing. I do everything with the bioenergetics software, which I think is far more accurate and can be done at home.

But for people who want to be proactive, maybe they do have symptoms, what do you recommend to them? Or they're just being proactive. They want to just make sure that they're in good health and nothing's going wrong.

Dr. Kevin Reese

Well, you've got to make sure your nutrition is where it needs to be. You have to make sure your body is in alignment as well. This is what we typically call posture, and this is the missing link of health from my viewpoint. Your vehicle needs to be in alignment. If you hit a pothole or you're in trouble and it causes way more symptoms than people realize. So you have to make sure that your musculoskeletal system is in alignment, which is basically your pelvis. Your pelvis controls your whole posture

And then your mental health. We'll call it mental health. I call it mindfulness. But you have a computer in your skull, and it connects to the rest of your body, to your spine. So if you have a pain in your left foot, could it be coming from your mind? So if somebody wants to be proactive, get those three categories in order: the nutrition, the posture, and the mental and the whole body will be taken care of. And that's what we do inside our membership. That's what I call head-to-toe healing. It has my method and it works. We're having a lot of success.

Dr. Wendy Myers

So yeah, let's talk more about skeletal alignment because I wholeheartedly agree. I've been going to chiropractors since I was a teenager. My cousin's a chiropractor, and he does this amazing technique called TRT. It's almost like a neurological resetting, a bioenergetic shot of energy to go to where your vertebrae may be out of alignment. And it's unbelievable. I've never felt better. I do it about every two weeks, and it's just amazing how easily and how quickly you can get your body out of alignment, all types of bones. I'm constantly adjusting my bone, and then my coccyx bone, and

then the hips kind of get out of alignment and shift, and it just throws your whole body off.

And that's when people, as they get older, get injured more easily. I found that I was constantly getting injured when I was exercising, and I don't anymore because I found this TRT chiropractic, it's so effective.

Dr. Kevin Reese

We do postural alignment therapy. We get the muscles in order because the muscles move the bones. So there's no physical manipulation at all. And we help people get in alignment all over the world, right through a Zoom connection. Just like that. And, you know, it's really all about the pelvis. If the pelvis tips forward, power is going to change the tips backward; the body's going to change. If one side's up and one side down, everything's going to change. And it's not just injuries to its compressed nerves.

Somebody can have a heart condition, and it's coming from your spine. Somebody could have an eye condition. It's coming from their spine. Two of the biggest conditions we get rid of inside our membership are tinnitus and vertigo, because we just put the body back into alignment. It was just a compressed nerve the whole time. And so the muscle needed to reverse itself. And then the nerve gets space and circulation. Musculoskeletal alignment is extremely important and chiropractors certainly can help.

Ads 35:42

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 well-being. 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 are 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 is 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 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. Kevin Reese

We don't have to touch anyone. That's the beauty of it, and that's why we're worldwide. We have people in our membership from Australia, New Zealand, and Nigeria. I mean, it's really crazy.

Dr. Wendy Myers

What technique are you using that you can do remote postural alignment therapy?

Dr. Kevin Reese

It's just gentle exercises that are formatted in a protocol. And once you learn how muscles work, you can assign that protocol to release them. So if somebody had a headache, I could give you three exercises to do that, to get rid of that headache, or at least rule out that it's not dehydrated. Because a headache comes from seven different sources. You can be dehydrated, you can have a compressed nerve, there are so many things you can rule that out.

Dr. Wendy Myers

Can you talk about how the symptoms are really just the body's way of communicating to you that it needs some things, not necessarily a disease? Can you expound on that a little bit?

Dr. Kevin Reese

Symptoms are like the light going off in the car, it's a little alarm saying hey, I think maybe you need to change something. That's really always ignored. Sometimes they ignore the fatigue, they ignore the brain, but they just think they're getting older, that's the pitfall there; ignoring it. Age is not a disease you know. Symptoms are just telling you they're just warning you, telling you to change. And people don't like change. That's why the medical system takes advantage of those people. They give you the magic pill and then they advertise it on television with actors. At what point does somebody sit there watching a legal drug commercial, not realizing those are actors smiling and laughing, saying, " This drug helped my arthritis.

They're in the kitchen and vegetables and then at the end, it's this drug that may cause organ failure, bleeding from the anus, go ahead, buy it. And then people go to their medical doctor, their primary, and they say, oh, I saw this drug. Could this be what helps me? Give me this medicine. And the primary goes, yes, easy sale. People are just asleep and I believe that they're really taking advantage of the elderly. That's really where it's happening. Let's just say anyone over the age of 60 is being taken advantage of.

Dr. Wendy Myers

And they're trained just like my father and my mother and many other people; if they're doctors, they don't question them. They do what they say blindly. They don't get a second opinion.

Dr. Kevin Reese

And they love personalities, a urinalysis. Other people love a doctor who can tell a joke at the family barbecues. So-and-so is like, oh, my doctor is so funny. He's so cool. He's so awesome. It's like, what? Did he help you? Or did he just make you laugh?

Dr. Wendy Myers

You still have the symptoms. You still have the disease. And it just amazes me, and that's why I do this podcast. I've been doing it for almost 15 years because I want to get that message across. You want to look at the underlying root cause so you can get rid of it forever. I want to manage the symptom forever beyond the drug for life. And so many people are told, oh, you have to be on this drug for life once you start it, you don't get off of that. It doesn't change the dosage. It's a lifetime subscription plan.

Dr. Kevin Reese

People are being taken advantage of at a very, very high level for sure.

Dr. Wendy Myers

Let's talk about your book, Medical Monopoly. So let's talk about what people can learn from now and then talk about your membership program also

Dr. Kevin Reese

The Red book, as it's called, Around the World, it completely exposes the medical system from A to Z, the whole thing, all the way down to lingo because they have their own lingo behind the scenes. SLK is a funny-looking kid. Gomer, get out of my emergency room. There's this whole culture behind the scenes that people don't know about. It's like a club and we're not in it. The Red book exposes all of this. The

pharmaceutical companies, the big device companies, the primary care physician scam, the FDA, the medical trials, you know, everything gets approved.

And then, we're lab rats. All the people who buy into it are lab rats. They'll take a drug off the shelf for ten years and be like, oh, our bad. Everything was working well. Meanwhile, millions of people have used it for ten years. So this is all revealed in the Red book. It's short and sweet 200 pages. It's meant to wake people up, and it's meant to be passed around. So, for example, you know, all this stuff, but you might have five loved ones who are very asleep to all this, and you keep doing this and they're like, yeah, okay. She's nuts. Right? Because that's what they do. They're like, okay.

So I encourage people to just make me the bad guy and say, read this book. It's only 200 pages. This book will wake you up, and there are no other books out there like that. I mean, you might be able to find a few, but they're in this deck. I condensed it down to 200 pages, almost a pamphlet, and it's teaching people how they're being scammed. And they've been scammed all the way back into the 1800s, when medical doctors were bloodletting. They would come to your house on horses and they would detox you essentially by taking your blood. And they just replace that with drugs and devices. That's all that happened. It's the same scam. It's time for people to start waking up and tell us what they're doing and stuff.

Dr. Wendy Myers

You have a membership program to help people heal, that's head-to-toe healing. Can you talk about it?

Dr. Kevin Reese

I have a method called head-to-toe healing. I needed to get it to people. At first we had a virtual clinic, and we were taking one-on-ones, and I was getting attacked too much, so I had to abandon that style. So I said, you know what? Let's go to a membership and teach people how to heal themselves. And so we had this membership. There's a mobile app and a huge community. People can DM each other and we're live twice a day. It's very much set up like Alcoholics Anonymous. You

can always catch a meeting. You gotta get off that oil. That's right. And one day I used to be an oil addict. Yeah, that's it.

We bring people in and we show them how to heal themselves. It's a new style. People aren't used to it. They're used to sitting down with the doctor and having the doctor tell them what to do. And instead, we're doing it a different way. It's challenging because our audience is older, and so we have to train them to use this technology and use the style. But for those who go through with it, they get better.

And we have it all on video. We capture it on video on zoom calls just like that. We have many, many, many people reversing their conditions and their pain all through this beautiful membership. I designed it so that it doesn't need me. So at this point, I'm just a spokesman for something that I created. But it doesn't need me. They can go on without me.

Dr. Wendy Myers

This is so important because people have to take responsibility for their own health. You're not going to get some amazing results with 5 or 10 minutes with your doctor and outsourcing your health to somebody else who doesn't really care. I mean, some of them are well-meaning. Some of the doctors are very well-meaning and trying to help. But ultimately, it's up to you. You're going to have to take responsibility. You're going to have to look at alternative ways of healing yourself, functional medicine or supplements. Like, there's a lot to learn. It's a lot to unpack.

But just like I did, you start with the basics, and you build one step at a time and just take away the top four bad things you're talking about. Stop drinking soda and whatnot and a few years later, you're in a much different place than you were when you began. But I understand people can feel overwhelmed by the amount of things that they have to change in their life and health as a full-time job. I know people listening to this podcast are health enthusiasts and love to find new ways to improve their health. But yeah, I see where it can be daunting, but ultimately, there's no way around it. You have to take responsibility for your own health.

Dr. Kevin Reese

It's really just the brain conditioning that's hard because they're used to another way. And so it's getting people off of snail mail and getting them on email. You know that didn't happen that long ago, 25 years ago, 30 years ago. It's getting people to put the newspaper down and look at their news feed on Facebook or Instagram. It's just a changing of the guard. And so it's a challenge to say, hey, if you want to get better, you have to do it this way. It's a little different because they just want to go see their doctor. I have an appointment this Thursday with my doctor who makes jokes while he's giving me illegal drugs. That way is old. It's outdated. It doesn't work.

It's obvious it doesn't work because we're a very sick culture. We are the best in the world, and the so-called most advanced medical care in the world, right? It's time to wake up. That's what I hope my book does for decades. I have 30 books. It's very impressive. The Red book is the one and you know what I mean is the one. I could get rid of the other 19 and just have this one book. It is that important. I truly believe, and I'm not being biased. I think this is the most important book of this generation.

It needs to be read by as many people as possible. Even if they don't come with me, they go with some other natural path or a chiropractor or whatever they need to wake up. And this book is what can do it.

Ads 48:31

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

So where can people find out about your work? What is your website and social media?

Dr. Kevin Reese

drkevinreese.com As far as social media it's just Dr Reese or Dr. Kevin Reese. Look for the blue checks. There are scam artists out there using my name.

Dr. Kevin Reese

It's really crazy. I've noticed something. I've noticed that whenever there are scammers out there, they're always going after people over the age of 60. I've seen it across the board, and they're doing it with my name because they see my audience. So they go and they create fake accounts. I've had people scammed. The doctor said that he wanted me to come to his vacation resort in Jamaica to send him five grand.

This is not me. These are scammers creating ways to make money off of my audience. And 20, 30% of the time it's working because that older audience is just not in tune with this internet. My whole point is that the medical monopoly is doing the same thing. And we just talked about some time ago, ten minutes ago or whatever, that it's the older people who are falling for the legal drug commercials. And falling for the charismatic doctor who makes a bunch of jokes. It's not the 30-year-old. It's the 60-year-old. The 70-year-old.

This is just a human thing that I just noticed in my life. My own mother has been scammed a bunch of times. I haven't, who is scammed and something unrelated, but still, it's just like the scammers know that the older folks are a little naive to all this technology, and that they're looking for money. I have an older family member who almost gave someone \$25,000, \$25,000, and at the last second we were like, no, don't do it. It's a scam. They're like, "What do you mean it's a scam? Like they're really lost. And it's the same people going to the medical system, the same people. They are stuck. They're stuck in this belief system that, oh, this is the person who helps me.

Dr. Wendy Myers

And they don't question what they're being told. They don't question the surgery. They don't get a second opinion. And like I said yeah, they don't question the drug. They don't look it up; look up the side effects, look up the interactions with the other drugs that they're on. And it just amazes me that also my father, he was on ten medications at the end of his life, and the doctors weren't even using software to look at the interactions; they weren't looking at the chart of what other doctors had prescribed. It's no surprise that most of our elderly loved ones are on so many medications and so sick and so terrible and it's just criminal. It really is.

Dr. Kevin Reese

My dad is on about 15 drugs. He's towards the end. I got him off Stanton's caramel soda. I got him about 80% off gluten. He still gets here now, but, yeah, he's living a hell on earth existence, 61 and 130 pounds skin balls. He used to be 200 pounds and bent over, stuck, and this is what you get for listening to the white codes. They literally drag you down to hell on earth.

Dr. Wendy Myers

It's sad because, like yourself, I am very knowledgeable, constantly communicating to our parents what they can do, alternatives, supplements, what have you. But, you know, ultimately, someone has to go through their own journey. They have to. It's their body, their life, their decisions. But it's sad when you know how someone can dramatically improve the quality of life, and get far better treatment for what they're dealing with, versus the conventional medical model. But it's hard because people have to walk their journey.

Dr. Kevin Reese

It is. And I bet, you know, that's why I wrote the Red book again. That's it. Pass it around like a pamphlet, that's it. I'll be the bad guy. They can call me a quack, a charlatan. Snake oil grifters, my favorite grifters. I make videos now where I'm like, hey, it's your favorite grifter. It's okay. Just pass the book around. That's it.

Dr. Wendy Myers

Well, Dr. Reese, thanks so much for coming on the show. I really appreciate your work and your passion for this, and helping to inform people of and how to avoid the pitfalls in health and the mainstream medical system. Everyone, I'm Dr. Wendy Myers. Thanks so much for tuning in to the Myers Detox podcast every week. I appreciate your presence here with me every single week. My goal for this show is simply to give you those extra little pieces of the puzzle, help you with some discernment, so that you can make better decisions for your health. So thanks for tuning in.

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