



## **#651 Parasites, Minerals, and the Real Cause of Low Energy With Drew Canole**

### **Dr. Wendy Myers**

Hello, I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast. On this show, we talk about everything related to chemical and heavy-metal toxicity and the health issues caused by toxins. We also talk about anti-aging. One of my favorite topics is bioenergetics, but today we're gonna be talking about pain and specifically sciatic pain, the top underlying root causes of pain, and how to address it successfully using a tic detox developed by Dr. Lee Cowden. He has a whole arsenal of different bioenergetic

Welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers, and on this podcast, we talk about heavy metals and the chemicals and the health issues that they cause. But we also talk about more advanced topics such as bioenergetics, advanced topics in biohacking, emotional trauma, and all kinds of different topics like that. And today, we're going to be talking about superfoods, mitochondria, and the toxic world stealing your energy. We have Drew Canole on, who's the founder of Organifi.com, one of the best supplement companies around, providing the highest quality supplements. I wanted to have him come on and share his story, share his perspective on a lot of common health topics and issues, and talk about his supplement line as well, and the different things that he offers.

Our guest today, Drew Canole, is the founder of Organifi and a 20-year veteran of the health and wellness space. After transforming his own health through superfoods, detox, and mineral optimization, Drew built Organifi to make clean, science-backed nutrition accessible to millions. He's obsessed with mitochondrial health,

environmental toxicity, and how mineral depletion quietly sabotages everything from energy to intuition. His mission is to transform 100 million lives. You can learn more about his work and his supplement line at [organifi.com](http://organifi.com). Drew, thank you so much for being on the show.

**Drew Canole**

Thanks for having me on, Wendy. It's awesome being here. You and I are on the same page with so much stuff, and I'm excited to get into it.

**Dr. Wendy Myers**

Yeah, so why don't you tell us a little bit about your story and your company and why you started it?

**Drew Canole**

17 years ago, probably similar to your story and many people listening to this, I was just in my 20s. I was feeling burnt out. I didn't have the energy. I had all the brain fog going on. I felt like a visitor in my own body. And I felt very alone, because everywhere I looked, I noticed that people's lights were getting dimmer in their eyes. A lot of people were walking around like walking zombies, and I'm like, "There has to be a solution." I remember reading an article on the day I decided to start FitLife TV. It was the first time that kids were not going to live as long as their parents. It's like our younger generation wasn't as healthy as the generation before. I made a commitment to change as many lives as humanly possible, including my own. So I started drinking green juice every day. Celery, cilantro, ginger, lemon, cucumber, all the good stuff. A lot of them are heavy metal chelators, removing all the toxins out of my body. I lost 40 pounds, and I documented it. I actually had one of those HD Flip cams. Do you remember those?

**Dr. Wendy Myers**

Yeah.

**Drew Canole**

So, I would record a video every day, a three to five-minute video, and I'd upload that to YouTube. No fancy editing. I was the editor. I was using iMovie at the time. And then I would just upload it, and sure enough, people started juicing all over the world. We built the biggest juice following way back then, about 16 years ago on YouTube. I lost

weight, got in the best shape of my life. I was posting content voraciously. People were responding from all over the world, and I was getting thousands of testimonials every single month. 16 million hits on my website organically per month way back then. And I'm like, "What can we do to impact people even more?" And then sure enough, four or five years into my mission and the movement that we created, we launched Organifi, which was the world's first USDA organic glyphosate-free with a clinical dose in our formulations.

The green juice started with ashwagandha, which back then was revolutionary. Now ashwagandha's been there, done that kind of a thing. But the green juice is still, I mean, a million people are drinking it, and it's transformed so many people's lives, and I'm the living proof of that. When you give your body what it really needs on a cellular level, the biochemistry just operates in harmony. When you remove the heavy metals, when you limit EMF exposure, I have an EMF hat on. I thought you'd appreciate that, because I know you're a big proponent of that as well.

**Dr. Wendy Myers**

I love the wired headphones. You and I are OG with the wired headphones.

**Drew Canole**

It changes things. So, I've had many transformations throughout my history at Organifi and FitLife TV. Being a new dad, prolactin testosterone drops. I gained another 40 pounds a year ago, had parasites, had black mold in two houses, so that was fun. I'm on my journey just like anybody else. I like to say I'm a guide on the side. I'm not any guru, and I'm just here to help as many people as possible. So, thanks for having me on.

**Dr. Wendy Myers**

Drew, you've been in this space for a long time, and I thought it's really, really interesting that a lot of people are making a lot of decisions in their life, in their career, their relationships, their parenting, but they're doing it from a biologically compromised state. How many people are living the wrong life because their body was never clean enough to hear its own signal? A lot of people have a lot of brain fog and low energy, and you end up making decisions out of fear when you're in a health-compromised state.

**Drew Canole**

100%. And you've talked about this. I listened to a past podcast with you. Your gut is your second brain. The ancients talk about this. 90% of the serotonin's created from our gut. That's that happy neurochemical that makes the world round and rosy. It's our perception that creates the projection, and the projection creates our reality. So, if our perception mechanism is faulty, if we're living in a doom and gloom or a victim mindset, which a lot of this unfortunately propagates. If you're not watching the video, I'm actually holding up my cell phone. This is a black mirror, and the black mirror loops you to a reality that you already know. So, you can't know anything new because the algorithm is already stored in your physical container, what you're just living in anyway.

So, when you let go of the technology a little bit more, when you fuel your body, your gut specifically, with superfoods, adaptogens, we have a colostrum product: minerals. You and I are huge proponents of minerals, including Shilajit, humic and fulvic acid. You start stimulating the electric body that you already had, thus increasing how much serotonin your brain can actually receive, how much happiness you can actually experience, and how much love and joy you can actually feel in your heart. Your heart field's bigger than your brain field, and how much of your reality starts to shift based on that.

When I start my day with a green juice, it's not necessarily that I'm drinking the green juice to change my behavior. I'm changing my identity. I am now a person that takes care of the temple, and I'm not just a garbage truck going around eating processed food, heavy metals, chemicals, sugar, dairy, wheat, artificial sweeteners, all the stuff that is just propagated all around us. And from that identity level of making a better choice, my reality shifts so much faster. You start to create a life of purpose, a life of meaning. So that's kind of where I operate. I'm more of the identity guy working backwards from that as opposed to other aspects.

**Dr. Wendy Myers**

That's such an important point to make, because there are so many people out there that are just functioning sub-optimally. They don't really know why they're tired and brain fog. They go to the doctor. They don't know why they have complex chronic

illness or chronic fatigue, and some people don't realize it's just some very simple things that they can do.

**Drew Canole**

Very simple things. One of those is minerals, and I've talked about this and have been beating this dead horse for a long time. Your body doesn't work without minerals.

**Dr. Wendy Myers**

So, talk to us about why we're having this problem, and when we start to replete minerals, what are some of the first things that start to come back online?

**Drew Canole**

I'm a big gardener. Anybody listening to this as a farmer, I live on a farm in Marietta, but I'm always working with the soil, and the ancient Kybalion texts will tell us, "As above, so below." The soil of our environment is also the soil of our gut. Zach Bush talks about this today. Well, how diverse is the soil in your gut, and how receptive is it to actually getting minerals in the first place? Our soil's been robbed. Glyphosate's been sprayed all over the place. So, we're no longer getting the minerals, and then we're eating food that's been sprayed with patented antibiotics, which is anti-life, which means we're not eating vital life force food, most people.

And then they're wondering why they have these mystery symptoms or autoimmune issues or these diverse diseases that you speak of. We're just mineral deficient. We are voltage beings, so the more minerals we put back in our body, specifically the Shilajit gummies from Organifi with the humic and the fulvic acid, clinically tried, third-party tested, it starts to go in the fat cell, which is where we store these toxins anyway. If you have a bunch of toxins in your fat cells, what's the last thing the body wants to do? Let go of the fat. So, when you start letting go of the toxins, your body finally feels safe enough to let go of some of this adipose tissue that we're holding on to like a bacon sweater on a hot August night.

I've seen amazing weight loss transformations, not from GLP-1 drugs, not from peptides, not from the latest thing circulating the internet, but just by increasing mineral intake. And they feel better. They have more energy. It's like the lights just are actually turned on. They're like, "What did I add?" Well, I started eating really good salt

with every food. I sprinkle salt on everything. Salt is not the enemy. I had it in the Shilajit gummies, and I made sure the food that I was buying was from a farmer or from a market or from somebody that I had a relationship with, that I know versus going into these big box stores that probably don't have our best interest at hand. It's more about profits as opposed to how good can I have the cells feel inside the human body.

### **Ads 09:43**

And now a word from one of our sponsors. When did you realize that you were not taking the best quality protein powder? For me was when I realized I was taking a soy protein isolate powder. It had really nice packaging, but I realized the soy protein isolate is not very good for you and your kidneys, and it's mostly GMO. There are a lot of people out there who just are not reading the labels and don't know what they're taking in their protein powder.

So for me, I'm a supplement snob. I want to take the best possible supplements for my body and for my health. A lot of people don't realize that over two-thirds of protein powders tested by consumers reports they had above California's Prop 65 limits and lead sometimes ten times over the limit. In another study, 47% of top U.S. protein powders exceeded the limits and 21% had more than double the limits of lead. It's alarming what's in some protein powders. That's why I switched to Puori grass-fed whey. It's pronounced puree, which stands for pure origin.

Every single batch is third-party tested for 200-plus contaminants. You can look at every bag here and see there's a QR code on every single bag right here. You can see every single batch is tested and what your batch tested for. No other brand is doing this. Every serving delivers 21g of whey protein from grass-fed cows with six grams of BCAAs (branch chain amino acids) and 2.4g of leucine. It is free from hormones, GMOs and pesticides. It is made with all clean ingredients. They have a bourbon vanilla flavor with real vanilla seeds from bourbon vanilla from Madagascar, which is the best vanilla in the world.

The dark chocolate is made from organic cocoa powder. And that's really important because cacao is very, very contaminated with heavy metals. They, of course, test every single batch. Honestly, it feels really good knowing that I'm taking the highest

quality protein powder. It's made from whey. A lot of plant proteins can have heavy metals in them. They have problems. Soy is genetically modified unless it's organic. So this is clean protein tested for safety with total transparency. You can get Puori's fantastic whey protein powder and use code WENDY20 at [puori.com/wendy20](https://puori.com/wendy20) to get 32% off your first Puori grass-fed whey protein powder order when you start a subscription. Again go to [puori.com/wendy20](https://puori.com/wendy20) and use the code WENDY20 and get this limited-time offer.

### **Dr. Wendy Myers**

Talk to us about the Shilajit and the fulvic humic. I thought that was brilliant when I first saw that you had the Shilajit gummies because the stuff doesn't really taste all that great and it doesn't come in a very palatable form. It's this black sticky goo. So, I thought the gummies were just absolutely brilliant.

### **Drew Canole**

I'm holding up a bag here, and these are hard because this is kind of like my soul's work. I tried Shilajit many times, different raw forms of Shilajit. I actually ordered it on Reddit. I ordered probably 12 different types of shilajit from different companies, and I had these \$100, \$120 things of what looked like a hockey puck sitting on my bathroom counter. I would try to drink it in hot water first thing in the morning. Most of the time it didn't even mix up, but I would just choke it down. I'm like, "This is a pain in the ass." Like, first of all, it tastes like I licked a Costco parking lot. Second, I am not gonna stick with that. So even if I'm getting 500 milligrams or 1,000 milligrams in one scoop, I'm getting the minerals, but it's not really in a habitual form. It's not something that I would choose to do every single day.

These gummies I'm voracious about. I just grab two gummies three, four times a day depending on how much I'm doing, and I pop them, and they have like a vanilla cinnamon flavor. Far better and superior than the shilajit that's on the market. And I feel energy. I feel like I'm charging my body when I have these. My brain starts to work a little bit better. It's like the lights just turn back on with the shilajit gummies. So, at Organifi, we create stuff that people look forward to, and if you look forward to something that's actually super healthy for you, the chances of you sticking with it and actually getting a result go up exponentially.

**Dr. Wendy Myers**

For me, a big light bulb moment was 20 years ago when I started really getting into health and figuring out exactly what I needed to do. I started on a mineral supplementation program, and I couldn't believe how much better I felt within 30 days. It was a game-changer. Most people are stressed out, they're mineral deficient, eating mineral-deficient food even if they're eating organic, and you've to focus on minerals.

**Drew Canole**

Well, and I can tell you to do that, Wendy, because when I look at you, I look in your eye. I look around the iris, I look at the sclera, I look at all aspects of your eye in the iridology. A vessel who is clean has that whiteness popping and radiating. And I haven't seen eyes like yours since I met with Charlotte Gerson literally like six or seven years ago. I was standing in her kitchen. She's Max Gerson's daughter, who was the founder of juicing and healing cancer in the early 1900s. They burned up all his stuff because he was actually healing people. But you have that same disposition in your eye, so I know visibly whatever you're doing, it's actually working, and I know that minerals are a big part of that.

**Dr. Wendy Myers**

Yeah, absolutely. All day long, taking all different types of minerals. It's super important. And that's why I love that you have the Shilajit in a really, really palatable form that people can actually get. I think there are a lot of contaminated sources, so it's important to get a good source, not looking for it based on price.

**Drew Canole**

100%. Who knows where they sourced it from. We get ours from PrimaVie, which is the only clinically tried Shilajit on planet Earth. We then put that in, we then third-party test it, we then look at the USDA certs and everything else. And you have to be that rigorous, because if I wasn't, I wouldn't be able to sleep at night. I'm not trying to make money just to make money or sell products that just don't do anything. It's my soul's purpose and desire to create products that heal, that help, and really upgrade the human condition, which we're in desperate need of right now.

**Dr. Wendy Myers**

Yeah, things seem to be getting crazier and crazier. Let's talk about green juice also, because for me, a big part of my health routine is drinking a green juice every day because of the mineral content. Can you talk about that and how you made that a lot easier for people with your Organifi Green Juice?

**Drew Canole**

I call green juice liquid light, and we put chlorella, moringa, which is the tree of immortality, ashwagandha, 600 milligrams. It's the only green juice with a clinical dose of ashwagandha, which has been shown in clinical trials to lower stress, help support inflammation pathways. It's got turmeric in it. It's got all the stuff that you need in 11 ingredients as opposed to 75 ingredients with a little sprinkle of this, little sprinkle of that. It's actually efficacious, which I like. I know that when I do drink it, I call it my zen in a cup. I call it liquid light. I have it first thing in the morning. And every once in a while I'll wear an Aura

**Dr. Wendy Myers**

Mine too

**Drew Canole**

You have one on too? Not the best thing, but I'll look at my recovery rate and I'll look at how much stress I have throughout the day or how much I'm restored. I know visibly after tracking this over the past decade I get like an extra two to two and a half hours of restored state throughout the day just by having the green juice. And when I'm in a restored state, I know the body's in parasympathetic, I know it's healing, I know my brain's working better, I know that I'm firing on all cylinders as opposed to going through the day in this compressed, sympathetic, almost like a vice grip state.

So, when I have that first thing in the morning, I'm just like, "Ah, the day is just so easy. Everything just happens with ease." And that's one of the reasons why we created green juice. Not only that, but it helps you make better decisions throughout the day. I find that when you start your day in a healthy habit, it's a signal to your identity that you know what? I love myself. I take care of myself. This is important because the better I take care of myself, the better I can take care of everybody else.

I'm a new dad, so the more energy I have for my baby girl, the more presence I have for my wife. If you're dysregulated and going throughout your day, well then your

body's in a dysregulated state and you can't really heal. So, I find that the green juice puts me in regulation and allows me to operate at a much greater capacity than without it.

Ads 18:23

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](https://trytruenergy.com/wendy5)

**Dr. Wendy Myers**

For a lot of people, it's really important to be drinking green juice and getting all those concentrated nutrients and minerals and things like that. But it takes a lot of energy and time and money to juice and to make fresh juice every day, which I've done for many, many years. But sometimes I just don't have the time. So I think doing it in powdered form can make it really quick and really easy for people, and give them that rush of minerals, which will also reduce cravings throughout the day. When you're giving your body the nutrition that it needs, you're not gonna have that food noise so much.

**Drew Canole**

I love that. Food noise is a real thing, and I think there's no juice like fresh juice. You feel me on that. I love getting out my slow juicer, juicing 32 ounces, drinking that as I'm grounding myself barefoot in the morning sun. I'm a big sun gazer. I've been doing it for 20 years to get all the infrared light and everything from the sun. Lots of nutrients, but there's something special about just being able to scoop it. If you went to Whole Foods, you went to Erewhon, you know how expensive things are. You're going to spend 10 to 15 bucks for a green juice, and that's just one day. So the fact that you can get a lot of those same nutrients, it's freeze-dried, it's not heated up, you're not losing the food value form of it, for like a dollar 20, that just makes sense to me.

**Dr. Wendy Myers**

And it's something that everybody should be doing. Let's talk a little bit about mitochondria, because everyone's number one complaint is they want more energy. You have a breath hold test that reveals how well someone's mitochondria are actually working. Can you talk a little about that?

**Drew Canole**

You wanna try it right now?

**Dr. Wendy Myers**

Yeah, why not? Should we do it live?

**Drew Canole**

Okay, so we're gonna breathe in, we're gonna hold, and we're gonna see how long we can hold it for, okay? And then if you're with us, if you're watching the video, do it with us, 'cause this is how long proper mitochondria should be able to hold your breath for. So, breathe in.

**Dr. Wendy Myers**

I could probably keep going, but I think we may have

**Drew Canole**

You made it though. You definitely made it. Yeah, and it's weird to do that on audio because they're listening in the car. But what I want you to notice is, when you breathed in again, your body went into this state of, "Hey, I need to live. I need oxygen." Most of the time we're just breathing just to breathe, and it's a lot of upper chest. It's a lot of mouth breathing. But before you took this breath in, you probably did a larger diaphragmic breath, which created more oxygen, which created more light and more energy for your mitochondria in the first place. So even if you do that three or four times throughout the day, you're gonna notice that it expands even more and you have more energy.

I think breathing, and the ancients talk about it, breath is the most powerful thing for energy, and a lot of the mitochondria people have is damaged just because they're breathing wrong. Sleep apnea's on the rise. Most people don't even know they have it. Getting more oxygen throughout the day is going to be one of the best things you can do for your mitochondria.

**Dr. Wendy Myers**

Super important. The mitochondria need to be stressed, so they need to have a stressor throughout the day to grow more. You need to put your body under little stress tests like this, and do physical activity, in order to grow more mitochondria. You can start farming them on your own and create more energy.

**Drew Canole**

Hold your breath as long as you can, and then when you get to that last point, you create more stem cells, you create more white blood cells. Like, your whole body's like, "Oh God, here we go."

**Dr. Wendy Myers**

On this podcast we talk about toxins, obviously, and a lot of people are living in super toxic environments, from the pesticides, the natural products that really aren't all that natural that are greenwashed, the EMF that you mentioned, the Wi-Fi, computer signals that we're always exposed to. And so what's hiding in the average home right now that's quietly draining your family's health, and what are some things that people are dismissing?

**Drew Canole**

Do we have a few hours to go over this? I would say the big ones, obviously EMFs, that is EMF exposure, Wi-Fi, 5G. A lot of people that reach out to me, they're like, "My son has been sick for six months straight." And I'm like, "Well, is there a tower close to your house?" "Oh yeah, I didn't even realize that." You could check it. There's an antenna app. Look at the frequencies that are coming in the house. Another person emailed me and they made a deal with some solar power company to put panels on their house, and I'm like, "Are you guys experiencing any respiratory stuff going on?" And they're like, "Yeah, we are." It's all related.

I would say invest in good air purification as well, because a lot of microplastics are in the air. There's a lot of mold in homes now. I think 90% of houses now have mold, which is an insane stat to me. 1-800-GOT-MOLD, this guy created the first ever air test. It's NASA approved or whatever. Super powerful. I've been working back and forth with this guy for 10 years. I had black mold in two houses. So that's a big thing. Lung cancer rates are on the rise for the first time ever, and it's not in smokers. It's actually women aged 35 to 55 that cook every single meal.

**Dr. Wendy Myers**

Yeah, it's incredible that cooking actually releases most of the toxins in your home. People don't realize that.

**Drew Canole**

When cooking, make sure you have the door open, make sure you're burping your house, make sure you have the air vent going off, and most of all, get stainless steel or cast iron skillets, something that's not off-gassing Teflon or some of these other chemicals. The carpet is another one. We replaced all the carpet in our house. There's

a lot of VOCs, a lot of chemical off-gassing leaching into the atmosphere. So we use wool. There's 100% wool carpet that you can get with nothing sprayed on it, and then a wool pad underneath if you want carpet. Otherwise you could do wood or clay or something like that.

Mattresses are some of the worst offenders because they're bleached, and then they use formaldehyde and all these artificial chemicals in the process of making it. Not to mention, who thought it was a good idea to put metal springs in mattresses? Your body's a human antenna, so you're sleeping on a metal spring mattress off-gassing formaldehyde, and you're wondering why you wake up with brain fog or fatigue. Huge no-no.

We sleep on Japanese mattresses on the floor on the wool. It's an adjustment. You're not on a Tempur-Pedic, but you feel better when you wake up in the morning. I could keep going. We could get into paint, and this and that, but I think if you fix those, you're gonna feel so much better as it is.

### **Ads 28:03**

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](https://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**

Yeah, I love the Jasper air filters. I have one in every room in my home. And I do the same. I have the thin mattress, the Samina bed, just a little pad on wooden panels

### **Drew Canole**

I love that.

**Dr. Wendy Myers**

That really is a game changer for sleep. I had the Tempur-Pedic way back in the day, and you know, it feels amazing when you're sleeping in it, but then you smell it and you're like, "Huh, that just doesn't really smell very good, and I'm breathing that all night. That can't be good for me." And that was 30 years ago. But I was kind of cluing into that at that time. How's your pillow setup? Are you doing the pillow between the knees?

**Drew Canole**

Yes.

**Dr. Wendy Myers**

Are you doing the one under your neck? Yeah, me too. Yeah, I have a flat pillow, a wool pillow, an organic wool pillow that I sleep on, and the pillow between the knees, for sure.

**Drew Canole**

Oh, it helps so much. I threw my facet out 'cause I traveled to a family relative's house. I didn't have my bed with me, so I made the mistake for like four days sleeping on a futon mattress, and I threw my facet out. So then I'm like, "What in the world?" But then I had to just sleep with the knee pillow, the neck pillow. I mean, it's a whole thing.

**Dr. Wendy Myers**

You learn that when your discs aren't really cooperating anymore. After a certain point, you got to do the knee pillow. Oh gosh.

**Drew Canole**

And the joys of growing older.

**Dr. Wendy Myers**

Yes or as I like to say, upgrading levels, you know?

**Drew Canole**

Well, it ends up forcing you to upgrade everything you're doing. Just upgrading one little thing at a time.

**Dr. Wendy Myers**

So, you've talked a lot about parasites, and I think this is something that, you know, I'm talking more about as well, and other people are getting more awareness around that. Everyone's got these cooties that they're getting from their food and their pets and things like that, that are causing a lot of systemic issues. What's the reality for the average person with their parasite load, and why are some of the most popular parasite cleanses on the market could actually be making people worse?

**Drew Canole**

Everything's terrain. I think terrain theory is like how strong is your constitution? Starting with even beyond the meat suit, as I like to call it, the physical form. How strong is your etheric body? How connected are you to spirit, to your own soul, to your inner voice? And then we get into physical biology, and what I've seen happen over the past 20 years is there's a dimming effect happening inside the constitution of people's bodies.

So parasites are everywhere, absolutely everywhere. I could go outside right now, we have a bunch of blackberry and blueberry bushes, I could pick one, there are microscopic parasites existing on that. When it becomes a problem is when your constitution's so low or your light is so dim that they can take advantage of you as opportunistic freeloaders. And unfortunately, most people have far more parasites than ever before because the terrain has just been so damaged. If you're a big sushi lover like I am, 90% of the time you have parasites. Farm-raised salmon especially is just garbage. Pork, that kind of stuff. It's in water, so even swimming.

I went to Hawaii. I work with this crazy woo-woo Harry Potter-ish medicine healer, and I swallowed a bunch of water in a river I was paddleboarding in. The next day she tested me. She said, "Hey, you swallowed a parasite." I didn't even tell her I went in the thing. So, she looked at my morphogenetic field and she's like, "We need to do a parasite cleanse." This was like eight years ago. So, there's protozoa, there's hemis, there are different parasites that take advantage. Most of them are off-gassing neurochemicals, as you know. They're controlling your mood. They're manipulating your cravings.

I say it's not what you're craving, it's what's craving inside of you. I've seen miraculous testimonials, thousands of people have done the cleanse, and it's wild to see

eczema, skin issues, gut issues, craving issues, things that people have been dealing with for a while that were simply addressed by doing a proper parasite cleanse. Something gentle. I think most parasite cleanses are a little too rough. You drop something in there that nukes these parasites, but then you have a funeral in your colon, and they're off-gassing all the neural byproducts that they've been feasting on for the past 60 days.

So you need a binder, which is why we included a binder in the parasite kit. We also included the liver reset, 'cause the liver just needs support, the triphala, the Jerusalem artichoke, the dandelion. It's really the best liver reset, I think, on Earth. And then magnesium, because we need more magnesium. It's responsible for 3,000 reactions in the human body, and most people are magnesium deficient. Parasites love feeding on iron and magnesium. So anybody that's iron deficient or shows ferritin levels low, there's a good chance you have parasites in your body.

**Dr. Wendy Myers**

The problem is, most parasite tests don't pick them up. Most stool tests, they don't even show it.

**Drew Canole**

Yeah, they're only testing a handful. There's thousands of parasites, and you go to the doctor and they're only testing like 10.

**Dr. Wendy Myers**

I'm glad you know that. They're only testing like 10.

**Drew Canole**

Well yeah, most people are like, "There's only like 10 parasites." I'm like, "Have you really studied this stuff?" 'Cause there are literally thousands of different intercellular parasites, skin parasites too. A lot of people with styes, it's actually parasites. Do you know that? Crawling in their eye, it kind of freaks you out, but then when you know life just is attracted to life, and it's breaking down byproducts that your body can't do on its own. It's like, "Okay, what can I do to repair the terrain, and at the same time remove these little foreign hosts?" That's the goal. And like I said, the results are crazy.

**Dr. Wendy Myers**

Yeah, now how often do you recommend people do your parasite cleanse?

### **Drew Canole**

In the beginning, I'd recommend once a quarter around a full moon, three days before the full moon, because that's when they become most active. That's when they come out of their little biofilm forts and launch their eggs out in your body. So you need to make sure you're getting rid of the eggs too, which is a big problem.

Most parasite cleanses don't even address the eggs. So you nuke the big boys, and then a few days later, a single roundworm can drop 200,000 eggs a day. So now you have so many eggs in your body. You got to get rid of those, which is why we included herbs and adaptogens that get rid of the eggs too. Get rid of the worms, get the life cycle under control, and then disrupt the biofilm. Nobody's talking about the biofilm either, and that's where the immune system says, "Hey, that's part of us. Let's not attack that."

### **Ads 38:22**

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](https://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 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.

### **Drew Canole**

And that's also another reason people have trouble sleeping on the full moon. All these parasites come out and start having a little party. You know, they just come out during the full moon. That's where the word lunatic came from, because parasites, ticks, they all cause these issues around the full moon that make people a little batty. Crime rates go up, heart issues go up. And it's parasites.

### **Dr. Wendy Myers**

You know what the biggest thing is where parasites are found?

### **Drew Canole**

Ooh. Pork. This is wild — cash. Picking up money is one of the worst things you can do. I try not to touch it anymore. I'm just like, "Can you just Zelle me some money?" And yeah, parasites are everywhere.

### **Dr. Wendy Myers**

Yeah, I stopped eating pork, but I still eat sushi occasionally. I love sushi. That's so hard.

**Drew Canole**

I know. It's the fish eggs. I love them. It's so good. It's so hard to give up. I gave up sushi for three years after discovering how much was on it, did a bunch of parasite cleanses, and now I'm back to eating sushi again.

**Dr. Wendy Myers**

Yeah, I don't worry about it either. I mean, I do Rife on a regular basis, and I detect and kill all my parasites, so I kind of just don't worry about them so much anymore. Do you have a Rife machine at your house?

**Drew Canole**

Yeah, I have. It's right here. I just used it a few minutes ago. I love it.

**Dr. Wendy Myers**

But they are expensive and there's a learning curve to figure out how to use it and whatnot, so it's not for everybody. So doing a parasite cleanse is a lot more economical and easier to do.

**Drew Canole**

If you have the money, though, get a Rife machine. It'll change your life.

**Dr. Wendy Myers**

Yeah, or build your own zapper too, like Hulda Clark back in the day.

**Drew Canole**

Start zapping those things.

**Dr. Wendy Myers**

Those are cheap too. I want to talk about your Happy Drops because I thought of this supplement, a gummy that has saffron in it. I thought that was just so smart because I actually had started drinking saffron tea to help with mood lifting. It helps with sleep, and it's something that's practiced in the Middle East. They regularly drink saffron tea and whatnot. Can you talk a little about that product?

**Drew Canole**

Oh gosh. That's probably my favorite product at Organifi right now just because of the testimonials of people writing in. Saffron is now in 21 clinical trials showing that it's

just as effective as a lot of the SSRIs on the marketplace today with no side effects. That's the big thing. We also incorporated the clinical dose there, but also a clinical dose of passionflower, which is so good for your nervous system. It's like getting hit by a tranquilizer dart in a good way, where all the mind chatter, all the stuff that you were worried about just kind of fades away.

The saffron works really well with the clinical dose of passionflower, and then gotu kola, which brings this level of focus. It's one of my favorite adaptogens that allows you to get more done in a happier mood, and then the ginger helps to alchemize it all in two delicious gummies. They taste like candy, and you're getting medicine that's in there.

The results are insane, and it's basically free when you compare how much some of these SSRIs cost, or if you were to buy all these supplements individually. I mean, you'd spend 100, 120 bucks a month. And I have family members that have been struggling with depression, low mood, as we could call it. Life is just flat. It's kind of muted gray. I send them the Happy Drops, and then every single month they're like, "I got my Happy Drops again. These are changing my life." So super powerful stuff.

**Dr. Wendy Myers**

Yeah, and the SSRIs are shown to work just marginally better than a placebo. Exercise works better than SSRIs even.

**Drew Canole**

You feel it. When I first took the Happy Drops, I found myself dancing in my car, which I hadn't done in like three years 'cause as entrepreneurs, we get a little bit too serious sometimes. So I was reminded by taking the saffron and the Happy Drops that I get to play more, that I get to be a child, that I get to dance, that I get to laugh, that I get to be more present with my baby girl and just look at life with more awe. And that was within like two or three days of taking the Happy Drops. I'm like, "Okay, I'm gonna keep taking these."

**Dr. Wendy Myers**

This is a fantastic product. It's awesome. Let's speak to the parents out there. So you mentioned you're a new dad, and a lot of people, as parents we pass on our stuff to our children. How did becoming a dad change how you look at your own health, and

what does your protocol look like for a parent who wants to be more present and not just physically healthy?

### **Drew Canole**

Well, I think it's when I first looked into my baby girl's eyes when we had her. It was like, okay, this is legacy. I used to think legacy was building businesses and doing really well and having success, and I would even look at other dads as being lazy or weak if they weren't crushing it in business, in my 20s and 30s. And I'm like, "What type of sick, twisted achievement mentality is that?" Because the real legacy is me just spending presence with my daughter, and I want as much as humanly possible. So in order to be present, I have to be healthy. I have to feel good in my body, because if I have a headache or I'm in pain, my chances of being present with her go out the window.

So now I'm not just working out every day like I've been doing for two decades, but it's like I'm working out so that I can have more time with her and I can be more present with her. And I think any dad, any mom listening to this, really evaluate why you're choosing to maybe not be healthy and then flip it, 'cause it's the identity. If I'm the healthiest dad possible for my family, then what does the healthiest dad eat at this moment? And then you start looking at food as energy. You start looking at the life force of the decisions you're making, not just the food, but the environmental decisions too. It just changed everything for me.

Before I jumped on this podcast, she came up to me and she's like, "Daddy, I'm so proud of you." She's two and a half, and she gave me a kiss, and then she said, "Hold on, Daddy." And she walked like 10 steps away from me, turned around again, and came back and gave me another kiss. And I just literally cried. What? Like this little being, the love that these children have that are coming to the earth plane, that's what it's all about.

### **Ads 47:52**

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

**Dr. Wendy Myers**

Yeah, and I know there are so many people listening that are struggling. Maybe they're 30, 50 pounds overweight, dealing with a lifetime of decisions they made with their health, and is there any advice you can give them, like, first steps to get started with being more present for their children and thinking about living a longer, healthier life so that they're there longer for their children?

**Drew Canole**

There's that, and you have to create a different story. So sometimes we get stuck in the stories that keep imprinting in our unconscious mind to create the reality that we're currently creating. So me, it's like, what identity are you committed to? What do you wanna create? Why do you wanna create it? I wrote a book called Whydentity, creating a why that makes you cry. Why do you wanna look a certain way? Why do you wanna have energy levels? Why do you wanna feel better for your children?

But come up with those reasons, because that's gonna give you a new identity and a new standard to play from, as opposed to just falling back into the loop of, "I'm not healthy. I'm 40 pounds overweight. I'm out of shape. I don't have time. I'm too busy. I'm a victim." Those are all just stories that you're creating, and you can change the story in any second.

So, what does the environment look like of somebody that's healthy? Do you have processed food, seed oils, artificial crap in your pantry? Probably not. So go clean it out. What are the beliefs and the behaviors that that identity has? Do they work out in the morning? Are they drinking green juice in the morning? Maybe having the Happy Drops? What do the behaviors look like? Are they charitable? Are they giving back to the community? I'm using Dilts' pyramid right now, identity's at the top, and then it goes all the way back down through behavior, environment, capabilities, and then purpose and soul up top. So when you live from this place, the top down, it changes your whole reality. So anybody that's trying to make a transformation, start at the very top level.

**Dr. Wendy Myers**

Yeah, I love that, 'cause it's so easy to get stuck in this kind of ruminating mindset of just telling yourself, "Oh, it's gonna take me six months to lose this weight or longer," and I don't have time to work out. And I've told myself those things before too. But my priority is working out. Every single morning, that's what I do. I lost 40 pounds a couple years ago, and it's 'cause I was just telling myself the wrong things. Now you identify with somebody that's in shape, somebody that takes care of themselves, somebody that's healthy. And that can happen now. It doesn't have to happen someday.

### **Drew Canole**

I'll be in a coffee shop and somebody will say, "Drew, I've been watching your videos. I love your content. I'm gonna start working out now, in two weeks." And I said, "No, no, no, no. That's not how this works." Like, "Drop down and give me 20." Like, in a coffee shop, a random stranger. I'm like, "We're going to start working out now because your identity needs to know the input that you're putting in today is somebody who works out now, in this moment." And the light bulb goes off. It's like, "I want to quit smoking and I'm going to quit smoking in a month from now." No, you're going to quit smoking now and you identify as somebody that no longer smokes.

Your word is power, and the more you align your word with your actions, the more your reality starts to shift, because everything's frequency. As you know, your body is a living frequency multidimensional suit. You speak into your field what you want to create, and when you have power with your word and what you say you're going to do, you actually do and things start to shift and move, and miracles and magic just start opening up everywhere.

### **Dr. Wendy Myers**

Yeah, and your body follows your directions, so it's very, very important to tell your body what you want, and it follows suit. But it will also listen to the negative things too. "Oh, I'm so fat," and "I'm this and that," or whatever you're telling yourself.

### **Drew Canole**

Well, 100%. Or, "I'm tired today." Or if you're in pain, the reverse of that is, "Hey, knee, why are you upset today? What's going on?" And then listen, 'cause the knee will tell you what's going on. "This is what I need. I need more omega-3s. I need to move a little bit, do some nerve glides, whatever it is." Like, the answers are always there. It's

just we fill our lives with so much noise that we never listen, and then we try to suppress our symptoms with more and more doing, as opposed to just taking away more. Listen to your body more and your body will do what it's meant to do anyway, as the multidimensional suit that it is.

**Dr. Wendy Myers**

Well, Drew, thank you so much for coming on the show. That was so good, so inspirational. And I just love your supplement line that you created. I've been following you for so long, and you just have such an exemplary supplement line. Is there anything else that you want to mention that we didn't touch on?

**Drew Canole**

I think we went over it.

**Dr. Wendy Myers**

You have a green juice, red juice, and a gold juice.

**Drew Canole**

Gold is one of my favorite things as well. You drink that before you go to bed at night. I've noticed my sleep and my recovery goes way up from the turmeric, from the reishi. It's just like being calm in a cup before you go to bed. And inflammation, I notice my heart rate goes down like three beats per minute. I was like 46 the other night and I'm like, "What did I do?" I'm like, "Oh, I had two scoops of gold before I went to bed." So it's a recovery blaster, and it tastes like marshmallow had a baby with autumn. It's just unbelievable.

**Dr. Wendy Myers**

I love that everything's organic in your supplement line. You have super high standards for everything, so that's why I wanted to have you come on and discuss all that, because these are products that I take also, and just really highly recommend to our client base as well.

**Drew Canole**

Well, thanks for doing what you do. I don't exactly know what your code is, but I want to give everybody 25% off for the next 24 hours.

**Dr. Wendy Myers**

Yeah, you can use code Wendy.

**Drew Canole**

That's a common code that we use. Code Wendy, perfect. So 25% off, biggest deal all year, guys. If you liked any of the stuff we talked about, check it out and let us know, 'cause we're a community. Community is immunity. Thanks for jumping on.

**Dr. Wendy Myers**

You bet. Got a lot of respect for you for doing what you do, my friend. Thank you, Drew. Everyone, thanks so much for tuning into the Myers Detox Podcast. I'm Dr. Wendy Myers, and love bringing you all these guests from around the world to help you make those distinctions and help you make better decisions and make better choices so that you can have the health that you deserve. So, thanks for tuning in.

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