



## **#653 Nattokinase Breaks Down Arterial Plaque by 36% + Spike Proteins With Dr. Joel Bohemier**

### **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 those toxins, and more advanced topics on health than you'll hear on other podcasts. We talk about bioenergetics, emotional trauma, and more advanced topics that personally interest me and that I want you to learn about.

Today on the show, we have Joel Bohemier. He is a chiropractor. He has developed a supplement line called Regenerate. There are very few, if any, cardiac-improving and food-based supplements on the market that are from regenerative farms. So we're gonna talk about all the ingredients in it and all the many different benefits and the research behind it.

Therefore, it is really important to listen to this show if you are looking to be proactive about the spike proteins and you're concerned about your heart health. We also talk about the dangers of cholesterol-lowering medications like statins, and how they do not prevent heart attacks. Listen to this show if you're worried about your heart health. Joel, thank you so much for coming on the show.

### **Joel Bohemier**

Hey, my pleasure. Thanks for having me.

### **Dr. Wendy Myers**

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

**Joel Bohemier**

Well, I'm a chiropractor. I've been practicing for almost 30 years now. I have 46 chiropractors in my family, and we've always lived differently. Growing up, there were no vaccines and medications. I've never taken a simple Tylenol or anything. We've always looked at health a lot differently, being proactive and figuring out root causes and trying to build health rather than just dealing with symptoms and trying to mask symptoms. So I've had a really different life than the vast majority of humans on this planet, especially people in North America or Western cultures.

**Dr. Wendy Myers**

Tell us a little bit about nattokinase and some of its benefits. It has definitely come to the forefront of research and on social media because it was founded by the McCullough Foundation specifically to destroy the spike protein, which a lot of people who got the jab have legitimate concerns about. Can you talk a little bit about the benefits? What is nattokinase, and what are its benefits?

**Joel Bohemier**

Nattokinase is an enzyme that is found in fermented soy. The Japanese eat this almost daily in the form of natto. Most Westerners don't like the taste because this is a really strong and different flavor that we're not used to. But, in analyzing the foods, they found this enzyme that's made from fermented soy could also be made from fermented chickpeas, and is also a fibrinolytic.

That means that it breaks down fibrin. So things like amyloid plaques that we're familiar with cause heart problems. Nattokinase has been, in a very specific dose, shown to break those things down. In a post-2020 world, and obviously with heart disease being the leading cause of death in North America, it's really important to understand this because it just gives us different options as to how we can take care of ourselves as opposed to just a traditional medical way of taking care of things.

**Dr. Wendy Myers**

Can you tell us what some of the benefits are of taking it?

**Joel Bohemier**

A study came out not long ago, and this is why everyone's buzzing about nattokinase right now. It's all over social media. A study came out not too long ago with over 1,000 people that showed that it actually breaks down plaque. If you take the right amount of it, which is 10,800 FUs (fibrinolytic units), it'll break down over the course of between 6 and 12 months. It will break down plaque formations by 36%, which is huge because the traditional way of taking care of ourselves, whether it be a statin medication or something like that, is nowhere near as effective as this enzyme that's found in nature. It does wonders for our bodies. It does wonders for circulation.

**Ads 05:06**

I'm always looking for ways to up my game when it comes to my beauty regimen, and that's why I use Bon Charge's red light face mask. It's something that's super easy to incorporate into your routine every day. It's super lightweight, and it's something that I highly recommend to anyone who's looking to improve their beauty, anti-age their skin, and get rid of age spots, and just generally looking to improve the texture of their skin as well.

Bon Charge's premium products are grounded in science. They're a very purpose-driven company. That includes their red light face mask, which combines beauty and wellness technology for more radiant and glowing skin in as little as 10 minutes a day. It uses optimal wavelengths of red and near-infrared light that are suitable for all skin types. Plus, the mask is lightweight, portable, and contours perfectly to your face as well. I use my red light face mask every night. It's part of my nighttime routine. It's super easy to use. You can just put it on. It has little eye holes, so you can still, like, look at your phone or do whatever you're doing at the end of your day. But you can use it any time.

You can use it a few times a day if you want, but it's definitely something I've been doing for about six to eight months now. I've definitely noticed a big change in the texture of my skin, an improvement in the appearance of the skin, a reduction in fine lines, and a reduction in little age spots. I'm super happy with the results, and

consistency is key. Also, Bon Charge products are HSA/FSA eligible. That gives you tax-free savings of up to 30%, so that's fantastic. So if you wanna get your own Bon Charge red light face mask, just go to [boncharge.com](https://boncharge.com) and use my exclusive coupon code WENDY at checkout to get 15% off. You'll also get free shipping and a 12-month warranty. Go now to get this exclusive offer.

### **Dr. Wendy Myers**

Let's talk about statins because people should be taking nattokinase for heart health and whatnot. Specifically, let's talk about statins and the problems with those. I frankly feel like statins killed my father. 10 years of that led to muscle breakdown, led to having to go to a nursing home, led to diabetes, and diabetes leads to cancer. They can cause this and it's not shown to prevent heart disease at all. There's no research that shows that statins prevent heart disease or deaths, rather, deaths from heart attacks. So can you talk a little bit about statins and the problem with those and why nattokinase is better?

### **Joel Bohemier**

Yeah. I'm not trying to advocate for using foods as a replacement for pharmaceutical medications, but, you know, statins are a horrible medication. I don't believe that anybody should be on statin medications.

### **Dr. Wendy Myers**

I agree.

### **Joel Bohemier**

Basically, what they do is they prevent you from forming cholesterol. Cholesterol is something that is absolutely necessary. The majority of your brain is made of cholesterol. All of your sex hormones are made of cholesterol. Testosterone, estrogen, progesterone, that's all cholesterol-based. So when you're taking medications to prevent you from forming it, you're gonna be low in energy levels, you're gonna be low in brain activity. I'm still in clinical practice. I take care of a bunch of patients, and I always encourage them to work with their cardiologist to come off of cholesterol,

because what I see clinically is that when you start taking it, you start to get a shorter fuse.

In other words, little things that wouldn't have irritated you in the past begin to irritate you, and that leads to anxiety. So people get put on anxiety medications. And then eventually it leads to depression because you're pulling so much cholesterol from your brain that it doesn't work properly, and you get frustrated and depressed.

### **Dr. Wendy Myers**

So these people go from cholesterol medications, then to anti-anxiety medications to antidepressants, and then obviously there's the damage it causes to your muscles, et cetera. So it's a really devastating medication, and I believe that people should do whatever they can to not take it. And, ultimately, it's to reduce inflammation.

### **Joel Bohemier**

The reason cholesterol increases in your blood is that you have inflammation in your blood, and if you could decrease the inflammation in your blood, you'll decrease cholesterol. Now, that said, the thing that's very important to note is that the research also shows that higher levels of cholesterol are protective to longevity, heart attacks, strokes, and cancers.

In other words, when I started practicing many decades ago, normal cholesterol was 350, and then they changed it to 300. And now 200 is considered normal cholesterol. The people who make those decisions benefit from selling you statin medications. I remember in, I think it was 2005, out of the five people who made those decisions for the entire American population, four of them were directly making money off of the sale of statin meds.

This is a very corrupt kind of area as it relates to healthcare, and I would encourage people to read about this and take full control and knowledge over this so they can make better decisions for themselves.

### **Dr. Wendy Myers**

Yeah, and not to mention the dementia that has run rampant since statins were just rampantly prescribed to almost everyone. Anyone over 45 and 50 are getting recommended to statins, everyone. And what people don't understand is, since that's started, Alzheimer's and dementia have increased dramatically. It was just much less prevalent before the blanket recommendations of statins for almost everyone.

**Joel Bohemier**

100%. And of course, it's because your brain is mostly cholesterol, and so if you're blocking the cholesterol from going to your brain or being made for your brain, then your brain's not working properly. And so it's very clear to me. You know, people need to figure out how to get off their cholesterol.

**Dr. Wendy Myers**

It's also one of the medications where you don't have to wean off of, like an anxiolytic or an antidepressant. You can stop taking cholesterol.

**Joel Bohemier**

Yeah, you could just throw it in the garbage.

**Dr. Wendy Myers**

Literally, you could throw it in the garbage.

**Joel Bohemier**

I've seen a lot of people who've decided to do that, and to their surprise, they've had more energy and focus. Their brains come back online. Hormonally, they've improved as well. This is a very important conversation to have, and one of the reasons why nattokinase is in the news today is because it's not a replacement for a statin by any stretch. I'm not trying to suggest that, but it helps break down plaquing. That's what the research shows.

**Dr. Wendy Myers**

And not to mention the erectile dysfunction that you can develop over time because of destroying your ability to make hormones, including testosterone, which you need to have erectile functioning. So you can look forward to that, too, if you take statins. I just wanted to throw that in there as a precautionary aspect.

**Joel Bohemier**

Thank you for bringing that up, 'cause I think that's such an important conversation today. I forget the percentage but there are tens of millions of Americans who take statins every day, and they actually believe that they're preventing death associated with heart attacks and strokes, which is why people take them.

But research shows that you don't prevent death related to heart attacks and strokes. You actually shorten your life, and you increase your risk of cancer when you're taking statins. Why? Because you're interfering with nature's mechanism to deal with inflammation, which is an increased risk or increased rate of cholesterol since the cholesterol molecule is an anti-inflammatory molecule.

**Dr. Wendy Myers**

Yeah, and it's healing. It's what the body uses to heal and repair the arteries.

**Joel Bohemier**

It's absolutely necessary.

**Dr. Wendy Myers**

When you have high blood sugar, it's like these shards of glass inside your blood that cut the insides of your arteries and veins, and your body sends cholesterol to repair that. To turn that mechanism off is absolutely crazy when it's the high blood sugar that's the problem.

**Joel Bohemier**

You know what I've found, Dr. Wendy? It is like people are terrified, because it's been so ingrained in the last 30 to 40 years, but especially 30 years, to just hammer people

with statin medications. Now they're trying to say if you're over 170, but the actual number is 200, they're like, "You have to be on statins.

You're gonna have a heart attack and stroke. And people have internalized that. So, even though we talk about it, even though we show people research, even though we encourage them to read their own, and they might listen to this podcast and go read their own research, there's still an element that's like terrifying to them because there's 30 years of indoctrination that's occurred.

And so it is still challenging for people, but I would encourage you to start by changing your diet, reduce the inflammation, stop using sugars and bad seed oils and bad oils. And when you do that and start taking nattokinase. And when you do that, I think mentally it's an easier step to stop taking whatever it is that you want to stop taking.

### **Dr. Wendy Myers**

Exactly. People want to feel like they have some safety net or something that they're proactively doing for their heart health. Can you talk any more about nattokinase and what it's doing? There's a big problem with fibril-like material in the arteries of people that have taken the jab, and that nattokinase can help with that and break down any kind of material that's in the arteries that's not supposed to be there.

### **Joel Bohemier**

That's absolutely correct. That's why you'll see many products talking about regenerating or healing from the 2020 experience that we've gone through. And, that's for people who got the jab and people who didn't get the jab as well, 'cause unfortunately, that's been transmitted to others via exosomes, as we all know now.

I think it's important for people who are concerned about cardiovascular issues, because since 2020 they've exploded. That nattokinase not only breaks down the natural protective mechanism of plaquing, but also the unnatural one that's been since 2020, right? The unnatural one works extremely well to break that down.

It's really important that people take what's called 10,800 fibrinolytic units. It's been studied at all types of different dosages, and that's the minimum dosage for highest

efficacy. So that's 10,800 FUs, or fibrinolytic units. There's very few products on the market that actually have the clinically studied dosage amount. So many people are just putting out, whether it's 2,000 or I've seen 3,000 or 3,600. I've even seen 200. But you're not getting those results. That's in the research as well, because they did different test groups to see where they had the ultimate efficacy, and it was at 10,800. That's a very important dosage to find as well.

### **Dr. Wendy Myers**

You can get that in your Cardio NK product. Can you talk about that? Because this has other ingredients in it as well that's super helpful for heart health as well. Can you talk about your supplement line and why you created the Cardio NK?

### **Joel Bohemier**

I'll start with the big picture. Our supplement line is called Regenerate and we chose that for a reason. In our products, we use the highest standard for the best possible ingredients you can find, and they're whole food ingredients, because food is medicine. There are all types of information in food that triggers reactions in our body that you don't get from isolating a specific compound or creating it synthetically in a lab. At the moment, we source our materials from Heal the Planet Farms, which is a regenerative organic certified farm.

It's beyond organic, it's regenerative. And just to give you an idea of why that's important, in regenerative organic certified farms, they find higher levels of vitamins, enzymes, polyphenols, and minerals in the same compounds as you find in organic produce or that you would find in conventional stuff. Obviously, there are no chemicals that are used. But the reason that is is that the farming is done like the old school way. It's been done for generations, so there are no electric machines used. They're using animals to eat the grass and the bushes.

Here's a really cool example of what I'm talking about. When a cow, a goat or a sheep eats grass or some type of plant, the molecule in the cow's saliva triggers information to the plant, whether it's a grass or a plant, and it says to the plant, "Hey, I'm eating you right now. You need to grow deeper roots and wider roots." And the plant does that.

So it's a signaling molecule that the animal transfers to the plant. When the plant receives that signaling molecule, it grows its roots deeper and wider, and it does that so that it can actually suck in more minerals, bacteria, and vitamins from the soil. The plant itself can become more robust and stronger. You see this positive feedback cycle where you're getting stronger and stronger nutrients from the soil. And of course, because you're not spraying it with chemicals and pesticides and the glyphosate and the herbicides, you're healing.

We're actually healing the planet. That's why we called it Regenerate, 'cause we're regenerating the planet, which regenerates the microbiome of the earth, which regenerates the mycelium, which regenerates the plants, which regenerates the animal, which regenerates the farmer, and then eventually to us. And so it's this beautiful symphony that occurs at the farm, and we've been to the farm. We grow our chickpeas at the farm where we get the nattokinase.

Every single level of every kingdom on earth is healed from that regenerative concept, which is why we call it regenerate. And that's where we get the nattokinase, which is, to me, a kind of beautiful philosophy. And it's the philosophy we espouse, that there's this innate intelligence on this planet and within our bodies that wants us to be healthy, that wants to run well and operate well. But the more man interferes with that intelligence, the less well it works. So the less interference, the better products we get, the better foods we get, and the better microbiome we get. It's this beautiful positive feedback cycle.

### **Ads 21:02**

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**

You're partnered with Sayer Ji on this as well. I just love him so much. I admire his work at GreenMedInfo and his work with RFK Jr. Helping that administration get the info they need to make the decisions on the health of the public in the United States. I admire him so much. He's been a really good friend for about 15 years, and I just, I love what you guys are doing with the supplement line 'cause it's extremely rare to find not only organic supplements, but ones that are doing the biodynamic, regenerative farming like that.

### **Joel Bohemier**

I've worked with Sayer for 10 years at GreenMedInfo for two reasons. He only wants the best. There's no compromise. That's number one. The second thing is that GreenMedInfo was born out of research. We literally have indexed over 100,000, soon to be over a million research articles from the National Library of Medicine. Our research helps support natural healing. Everybody just hears about pharma through TV and the mainstream media. There was this kind of disconnect and imbalance in

terms of what the public was getting. So Sayer created [greenmedinfo.com](http://greenmedinfo.com) to elucidate incredible research that had been done on turmeric and on nattokinase and on vitamin K2 and on pomegranate and how that helps our bodies.

Nobody knows about that because there's no turmeric lobby. You won't find the ellagic acid lobby in Washington. So this comes from literally 25 years of looking and digging through research. We only work with the National Library of Medicine or, or PubMed, which is the highest quality research possible. That is where this product comes from, tons of research. There's not just nattokinase in there. There's ellagic acid from pomegranates. There's an active form of resveratrol called pterostilbene from the skin of grapes. There's vitamin K2 from whole foods, and then there's *Bacillus subtilis*, which is this ancient probiotic. It's a pre, pro, and postbiotic that makes the nattokinase. So there's all types of phenomena.

We could talk about each one if you'd like, but there's all types of phenomenal, studied products that help regenerate your cardiovascular system so you get better blood flow. The endothelial lining works better. You decrease inflammation. It's an antioxidant, so the pressure in your cardiovascular system improves. The lipidemia profiles improve, so at every level of your cardiovascular system, this product is designed to enable it to function so much better.

### **Dr. Wendy Myers**

Let's go over each of the nutrients and the benefits of that, because the form matters, and I think people just hear, for instance, vitamin K, and they don't realize they need to be taking menaquinone, which is a natural form, versus just vitamin K2, which is synthetic. And it's just a world of difference in how you feel and the benefits that you derive from taking that supplement when you take the proper form.

### **Joel Bohemier**

We use the MK-7 whole food form of vitamin K2, exactly what you're just describing there. But, just to make it a little simpler for your audience to understand the basics, a lot of people take calcium. A lot of women, especially post-menopausal or premenopausal, decide to take calcium. The majority of the calcium that the American population takes is shaved rock. Now, we want the calcium that's from our

green leafy vegetables, not from shaved rock. But they take shaved rock, they isolate the calcium, they put it in a pill, and that's what you take. That form of calcium will end up in your arteries, in your brain. It'll end up in the tissues in your bone tissue, developing bone spurs and things of that nature.

**Dr. Wendy Myers**

It's such a huge problem, the calcification of our soft tissues. That's when you see older people kind of, like, hunched over and they're hardened. People don't realize they're getting calcified from poor forms of calcium in their multivitamins.

**Joel Bohemier**

The importance of vitamin K2 is that the whole food form through MK-7, like you had mentioned, acts like a chaperone, and it will take your calcium and shuttle it towards where you want it. Inside your muscles, and not inside your arteries where it causes plaque. Not attached to your bones where it causes bone spurs and formations like that. It's a very important element to have (the K2) because its intelligence will guide the calcium to where your body needs it instead of just depositing it anywhere.

**Dr. Wendy Myers**

That's why the calcium research is complete garbage because most of the research on vitamins, I think, purposely uses these really poor forms of the calcium carbonate that's from shells and things like that. They aren't using any co-factors that would facilitate that calcium not going to the soft tissues, but going to the bones or other areas where it belongs. So many people get wrong information and are being told not to take calcium, and it's absolutely ridiculous.

**Joel Bohemier**

Yet we need calcium.

**Dr. Wendy Myers**

Exactly.

**Dr. Wendy Myers**

If you compare the Japanese population to the American population, Japanese women consume vastly less calcium than American women do, yet they barely have osteoporosis. And everybody thinks you need calcium to prevent osteoporosis. You need tiny amounts that you're getting through your foods. You just need to put the calcium in the right places. And of course doing weight-resistant exercise helps dictate that, and so does vitamin K2, which is why we have that. What are some of the other nutrients, in depth?

### **Joel Bohemier**

Another nutrient is ellagic acid that comes from pomegranate. Sarah's written a bunch on the benefits of pomegranate for circulatory issues. It's really well known that if you're drinking pomegranate juice, for example, over months, that'll work really well to reduce inflammation, and it works very well for circulatory issues.

### **Dr. Wendy Myers**

I actually started drinking more pomegranate juice because of Sarah's articles that I was reading about the benefits. I drink it all the time now.

### **Joel Bohemier**

That's fantastic. It stimulates Nrf2, which is like the main antioxidant or detoxificant inside the cell, and ellagic acid does that. However, it's a little bit tricky or difficult to get it inside the cell, which is why you don't see ellagic acid in a lot of supplements, because they're very difficult to get through the gut, into the bloodstream, and then eventually into the cell. However, we've attached it to a choline molecule, another food that's found in nature, and that actually has an 800 times to 1,000 times more absorbability. We tested it and compared it to regular ellagic acid. We call ours EA for ellagic acid 613, and it's just an incredible way of using this ancient wisdom with a little bit of science to get it into your cell. And the beauty of ellagic acid is it also causes the formation of urolithiasis. Are you familiar with urolithiasis, Dr. Myers?

### **Dr. Wendy Myers**

I've heard of them, but I'm not super familiar.

**Joel Bohemier**

There's synthetic urolithiasis being sold for about \$200 a bottle right now, because what it does is it induces mycophagy. I know you love the mitochondria and you like trying to heal the mitochondria, and you help people do that, and that's so important. Well, one of the ways you do that is by getting rid of the mitochondria that are old and are not working well, and that are kind of using more energy than they're creating. Just like when you starve yourself through fasting called autophagy, you get in a state of autophagy. Autophagy will get rid of the senescent cells first, the ones that are kind of half living, half dead, the ones that aren't working well.

The same thing happens. Ellagic acid creates urolithiasis, notably urolithin A, which causes mycophagy, so you get better energy levels. Now, that's important for the cell because cardiac cells have more mitochondria than almost any other cell and oocytes from the ovaries. There's more mitochondria per cell than any other cell in the body. For your cardiac cells to work well, you want your mitochondria functioning properly. Of course, there are other things. I'm sure you're well aware of minerals and obviously, heavy metals and other types of toxicity and inflammation that affect the mitochondria. Having ellagic acid there to create urolithiasis is super important.

And just to end on this note, when you use a whole food, like we get from pomegranate pumice. That's how we get our ellagic acid. That's what's in the product. When you get it from whole food, you don't just create urolithin A. We create, because we've tested it, urolithin A through M. So you get that for brain cells. There's a whole other list of benefits that are not non-cardiac that you get from this product that help clean up cells through ellagic acid.

Its formation of urolithiasis. So it's such a beautiful thing. Yet in some products, if you want the synthetic version, you'll spend 200 bucks for a synthetic version, 'cause it takes a lot to try and get it through the gut into the bloodstream. But if you attach it to a choline molecule, as we have, and we have a patent for it, then you're able to do it, which is kind of cool.

**Dr. Wendy Myers**

I have a product where we can attach choline to silica to get better absorption. That's the same concept.

**Joel Bohemier**

Exactly. You're familiar with it. That's amazing. I love it.

**Dr. Wendy Myers**

Yes, it is in my Ageless AF supplement. Any other ingredients that you want to dive into in depth? What else?

**Joel Bohemier**

One of the things that's really important we use, which I think I already talked about, is *Bacillus subtilis*. That bacteria is so important because it actually causes the fermentation of the chickpea or the soy. That produces the enzyme called nattokinase. There are different forms of *Bacillus subtilis*, so we use form AB22 because AB22 forms the most amount of nattokinase. And of course, there's so many other benefits to *Bacillus subtilis*. It helps create lactobacilli in your gut. It helps break down oxalates. We all know that it's difficult to break down oxalates from plants and cellulose. But the bacteria in our gut do.

If you have good bacteria, you have better absorbability, you get better circulation, you get better brain function, and you get better serotonin production. All of this from *Bacillus subtilis*, but we use it because it also specifically helps create nattokinase. So you get the whole food supplement. Everything that kind of God needed or whatever nature needed to create nattokinase is in here to help your body work so much better.

**Ads 35:37**

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**

Can you tell us where the audience can get the supplement and the opening discount for them?

**Joel Bohemier**

I'm not exactly sure how we're working it, but for your audience, I think there'll be a link below where they can click.

**Dr. Wendy Myers**

Okay

**Joel Bohemier**

We're definitely giving you a discount. We've been friends for so long that we're going to be giving your audience a significant discount.

**Dr. Wendy Myers**

I think there's even more of a discount if you purchase three. Don't be afraid of doing that, and I say that because the research shows 6 to 12 months of regular usage. It is Important to use it on an empty stomach first thing in the morning for the highest efficacy. So, an empty stomach, two pills daily for 6 to 12 months. That's the ultimate in order for the best cardiovascular support possible. What is the website where people can get the Cardio NK?

**Joel Bohemier**

[Regeneratecompany.com](https://Regeneratecompany.com) is where you can go and get the Cardio NK, and I'm sure you're gonna have a link below this somehow to share with them as well. Also, you

could follow [greenmedinfo.com](http://greenmedinfo.com), 'cause we'll have it up there as well. Note that Greenmedinfo is a free database where we write daily articles on natural healing, on the science behind natural healthcare, and we update our sites with brand new research articles from the National Library of Medicine daily.

### **Dr. Wendy Myers**

You can stay up to date with it that way. Well, Joel, thank you so much for coming on the show. I appreciate you taking the time, because I think nattokinase is such an important nutrient for people to be taking for so many different reasons. So I wanted to have you come on and really spell it out for us. All the research and many different benefits, and Cardio NK has the amount of nattokinase you need to be taking and the right forms. The organic and regenerative farming aspect is vital as well. I think the Regenerate supplement line is one of the best supplement lines out there.

I totally trust Sayer Ji, and anything that he's doing, anything he puts his name behind is gonna be just top-notch, top quality. So thanks for coming on and talking to us about it.

### **Joel Bohemier**

Thank you so much for having us.

### **Dr. Wendy Myers**

Everyone, I'm Dr. Wendy Myers. Thanks for tuning into the Myers Detox podcast every week, where I love bringing experts to come and just help you figure out all these little pieces of the puzzle, what you're doing for your supplements, what you're doing for your health, emotional trauma, or just help you level up what you're doing right now. We talk about more advanced topics on this show than we do on other podcasts. We don't do the simple stuff. We do the kind of more, more advanced topics. So thanks for tuning in every week.

### **Disclaimer**

The Myers Detox Podcast is created and hosted by Wendy Myers. This podcast is for information purposes only. Statements and views expressed on this podcast are not

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