



## **#656 PMS and Period Pain May Be a Nutrient Deficiency | Izzy Fischer**

### **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, and the health issues caused by those toxins. We also talk about more advanced topics than you'll hear on other shows, including bioenergetics and emotional trauma. But today, we're going to be talking to Izzy Fischer, the founder of a supplement company called DailyBasis that helps to regulate your hormones during your different cycles.

This is a really unique approach to nutrition, and I know a lot of women out there are struggling with their hormones, my daughter included. They struggle with their hormones, cycles, painful menses, and mood dysregulation around their hormones. Izzy's going to shine the light on why nutrition is a big factor in hormonal dysregulation. If you give your body the nutrition it needs at the right times of your cycle to support hormonal production and balance, that goes a long way to reduce a lot of the symptoms that women suffer from, such as poor mood, cramps, PMS, bloating, and other things that we deal with as women.

This is a good show if you're struggling with your hormones, or like my daughter is struggling with her cycle, early cycles, and cycle regulation. We're going to talk about the nutrition that can help regulate the cycles and improve all of these symptoms, which many millions of women are dealing with. It can be dramatically improved with nutrition. Izzy, thank you so much for coming on the show.

### **Izzy Fischer**

So happy to be here. Thanks, Wendy.

**Dr. Wendy Myers**

Why don't you tell us a little bit about your background and how you got into the health industry?

**Izzy Fischer**

I started my early 20s in nutrition research on anti-aging. That's where I started to get a big background for how nutrition impacts our hormones, health, and longevity. But I also am extremely entrepreneurial, so I wanted to dive into the consumer product space when I was just starting out in my career. I was 23 years old, learning all about health and nutrition. I was also watching an industry that was pumped with marketing and not a lot of solid products.

I took all of the information I understood about nutrition, healthy aging, and science, and combined that with my passion for entrepreneurship and consumer products. I started to learn from the best and worked at a couple of different consumer products companies. Then, when I was at Clif Bar most recently, I started to get into the weeds on hormone health and specifically around the menstrual cycle. So my story begins when I was getting off birth control at 27. I was on hormonal birth control for 15 years, a story that so many of us have. I was on the pill.

**Dr. Wendy Myers**

I was on it for 25 years too.

**Izzy Fischer**

It's so common. We're often handed it, and there are a lot of amazing benefits to birth control. I was on the pill for 5 to 10 years, and then I got an IUD. There are side effects and obviously negative connotations to birth control, and there are also things that it allows us to do that are positive for our longevity and health. But primarily it can cause a lot of nutrient deficiencies and mask a lot of symptoms that your hormones would otherwise tell you through not being on birth control. So when I got off birth control, my health all of a sudden sort of swung in this crazy direction. I was an athlete, did triathlons, ran, biked, swam, and ate whole foods. I was really quite healthy, and in my 20s.

When my body reacted from getting off birth control, I had acne, weight fluctuations, and my energy levels were all over the place. I was like, "What is happening? I am

very healthy, and this should not be happening to me." I started to dig into the research, because my doctors at the time were like, "Eh, you're fine. Your body will adjust. It's probably just a hormonal imbalance." I really didn't like that answer, so I dug into the research and learned just how much nutrition impacts hormones and how 50% of menstruating women are deficient in critical nutrients, and over 90% of menstruating women have PMS symptoms that are impacted by their hormones.

Nutrition not only causes symptoms if you have a deficiency, but it can cause prolonged chronic illnesses. It's why women are more likely to get osteoporosis, autoimmune diseases, and chronic metabolic issues. It also explains why PCOS and endometriosis are on the rise. That jump-started me to learn everything there is to know about how to supplement, time your nutrition with your cycle, and specifically, how to get an optimal formulation of nutrients to support the hormonal fluctuations that menstruating women go through. That was very long-winded, but that is my journey into starting DailyBasis.

### **Dr. Wendy Myers**

That's the answer we were looking for. I want to hear everything. Let's talk about some of the nutrients that people need to optimize their hormones, because this is something I've never talked about on the podcast, yet it is super important. Nutrition is one of the bases of your health. We know the soil is deficient in nutrients, stress causes us to lose nutrients, storing food for long periods of time causes food to lose nutrients, and the horrible processed food diets we eat rob our body of nutrients. There's just a lot of things working against people when it comes to their nutrition. Let's talk about what some of the nutrients are that you need to support your hormones.

### **Izzy Fischer**

I agree. Supplementation gets a bad rap, and I think the skepticism of the supplement market is totally valid. There's a lot of shady supplements out there that don't work, and a lot of nutrients and forms of them that we don't need. Learning how to support your body strategically for the phase of life you're in is super important to make sure you're getting targeted support throughout those different life stages. So what we did at DailyBasis is that we worked with a team of doctors, OBGYNs, and

functional medicine doctors to study and leverage the research that has been done on menstruating women.

Our study focused on nutrients women are losing every month through blood and tissue throughout their menstrual cycle, the hormonal fluctuations that occur throughout that month, and how that impacts nutrient absorption, nutrient deficiencies, and overall proper nutrition. It's quite astounding how differently the two major hormonal fluctuations that menstruating women have impact those nutritional systems. So just a quick overview of the hormonal fluctuations would be helpful before I go into nutrient support.

The female menstrual cycle is a very complex fluctuation of many different hormones. The two major hormones that play a role here are estrogen and progesterone. Estrogen is the hormone that starts to rise during the first half of your cycle. So you get your period, your estrogen levels rise throughout the first two weeks, and then when you ovulate, your progesterone levels start to rise, and your estrogen levels drop. During that second half of the cycle, you have this high progesterone phase. You have a high estrogen phase the first two weeks, a high progesterone phase the second two weeks, and then you start your period again. These two hormones create a lot of differences in the body.

Women might feel differently energy-wise, fatigue-wise, and mood levels can shift. You might feel like you look slightly different or puffier. You might have different body image during different times of the month. You might feel more social or less social, more creative, less focused. There are tons of different ways that your hormones are interacting with your gut, your brain, and the way you're perceiving life. So I think the first thing I always say before you even get to understand the nutrients is: understand your cycle. Because once you understand where you are in your cycle, it can help you make micro decisions in your life that really impact your health and your longevity and wellness. You have data now.

We can talk about how cycle syncing is a whole thing, but there is a drastic over-exaggeration around cycle syncing. You don't need to sync every piece of your life with your cycle. However, just knowing about your cycle is helpful so that you can make decisions based on how your body is feeling and really tune in with your body.

**Dr. Wendy Myers**

How do you recommend people do that? With the apps? I know my daughter loves the Flo app; she's super tuned in, like, "Oh my God, my period's early, what's going on? I'm dying."

### **Izzy Fischer**

Exactly. The Flo app is great. I use Natural Cycles. There's a ton of different apps such as Stardust. You can also get an Oura Ring; it automatically tracks your cycle with your temperature, which is a way to track your cycle. But if you know how the menstrual cycle flows and works, once you start your period, you'll know-ish how your cycle is working. Your period is the first week, the second week you're leading up to ovulation, and then that last two weeks before your period is your luteal phase or the progesterone phase. Progesterone and estrogen are really those two major differences.

### **Ads 10:38**

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 nutrition. What are the nutrients that we need to support our hormones? I think this is so critical because so many women are suffering. You said 50% of women are suffering from hormone imbalances and PMS symptoms, and sometimes they're so debilitating. They don't get answers from their doctors other than, "Go on the birth control pill," or "Take pain medicine," or just, "Go home and rest and hydrate." They don't get a lot of good advice on how to regulate their cycle and regulate their hormones better. Or they tell women to do hormone replacement in their 40s, which is fine. However, I think you want to go for the low-hanging fruit first, the least invasive non-medical intervention like nutrition, before trying all these other things, and see what's left over.

### **Izzy Fischer**

Let's get into it. Like you said, women have symptoms. A lot of us have PMS of some sort, whether it's energy, fatigue, mood, or actual pain. It's all over the map. I think the main message I want to get across here is that it is not normal. We should not all be in pain. We should be feeling relatively good most of the time. Obviously, stress, life's dynamics, lack of sleep and so many other components that play into this. Nutrition is only one piece of the whole puzzle. But you can support your hormones so much by having adequate nutrition. Like you said, soil degradation means the food is not the same. We cannot get the same nutrients that we used to get from our food. So supplementing with the right forms and the right dosages is super important.

What nutrients should women be taking? Menstruating women, again, you're losing blood and tissue each month. You must start with iron. That is one that all menstruating women should be on. Over 80% of menstruating women are anemic or have some sort of iron or ferritin deficiency. Iron is one of those big differences between female and male biology, because men, most of the time, should not be

taking iron. A lot of men have too high of iron, or adequate iron, and you don't want too high of iron. It can actually be dangerous to have too much iron. That's one of the reasons why we created DailyBasis to adequately target women and their different biological needs. Supplementing with iron, especially right after that period (during and after) is going to be supportive for energy levels. Actually, iron deficiencies can cause heavier menstrual bleeding, which perpetuates more iron deficiency. You want to make sure you have a super solid form of iron. We use iron bisglycinate chelate, which is a good form.

More so, B vitamins are very important for regulating mood for women. They change throughout the month. You have your estrogen rise during the first two weeks, and it can cause elevated energy levels. It's kind of a happy and amazing hormone. You feel great typically when you have higher estrogen levels. So you don't necessarily need as many B vitamins during that phase. These vitamins help with energy and mood levels, and you already have that naturally. But during your luteal phase, progesterone can actually deplete those levels of energy. A lot of women feel lower energy during that luteal phase, and that's where having a higher dose of B vitamins can be really impactful. B6 is an important one. B12 is also vital for longevity. There's a solid B complex in DailyBasis that is at higher dosages in Balance, which is the formula for the luteal phase, and lower doses in Replenish, because too many B vitamins can cause things like anxiety if you're already having natural energy levels and then you add a high-powered B vitamin on top.

Still, D3 is important for energy, mood, and inflammation levels. Low levels of vitamin D can be associated with systemic inflammation and cause autoimmune disease over time. Women are more likely to be diagnosed with an autoimmune disease than men, so every single female should be on a very high dose of vitamin D3. Besides this, there are other vitamins in a multivitamin: vitamin A, vitamin K, vitamin C for immune health. All of these play well together with B vitamins, vitamin D, and iron to absorb together. For example, iron without vitamin C means your body has a harder time absorbing that nutrient, whereas if you take them together, you can get adequate absorption.

Even more, omega-3s are vital. Everyone should be taking it because it's super powerful for decreasing inflammation. Amino acids are also great for regulating mood. A lot of women who suffer from mood issues right before their period

(sometimes known as PMDD) can have depression, anxiety, mood changes, and having a powerful amino acid blend right before your period can support all types of beneficial things for your brain, mood function, and focus. There are a lot more, but those are the main ones.

### **Dr. Wendy Myers**

It's interesting. You sent me some of the DailyBasis products, and I was showing them to my daughter, and she immediately snatched them because she's 16 and is looking for a way to feel better. She saw these and was like, "Yes!" She was so excited, partly because they're in a powdered packet. You just add it to water. I really like taking supplements that way versus capsules if I have that option. She loves that too. Because of so many different things that affect our hormones in our environment today, a lot of people's hormones are out of balance, and out of whack. They struggle with their period. So my daughter was like, "This is exactly what I'm looking for" to help her regulate her moods and the dysregulation that happens that week leading up to menstruation. I think a lot of women are in the same boat; they're looking for some way to find relief, and getting that proper nutrition is key. It's just like the first thing you should check off the list to address your hormones.

### **Izzy Fischer**

We're talking so much about perimenopause and menopause in the health and wellness space right now, which I think is important and amazing. However, we're forgetting about the 30 to 40 years leading up to perimenopause, where we're missing the chance to have foundational nutrition. If we don't start paying attention to our health until we're in our late 30s or early 40s, imagine the possibility if we had every 11, 12, and 13-year-old learning about how to support their hormones throughout their life, and how much less support we would need when we get to those older ages and going through major hormonal fluctuations and changes. Or when we're trying to have a baby. So many women don't pay attention to their nutrition until they're ready to conceive, and by that time they're in a rush. There's a prenatal in DailyBasis, because every menstruating woman should be on a prenatal diet. It doesn't matter if you're trying to conceive or not. If you think about getting your body ready to have a baby, you're getting your body into optimal form. So why would we not want to be in optimal form all the time?



**Dr. Wendy Myers**

I had that exact same problem when I got pregnant. I had not been paying attention to my nutrition as much as I should have, and I was just starving all the time. That's a key sign, when you constantly want to eat and have cravings like you have when you're on your period, it's because your body is seeking nutrition. When women crave chocolate, they need magnesium. That's why you crave chocolate during that time. A lot of women don't pay attention until they're like, "Okay, I got to eat for two now," and they start taking a prenatal vitamin. You also shouldn't wait so late once you hit perimenopause.

Women don't realize what's coming when you have that drop in progesterone. You're stressed out, not sleeping, and can't have that stress resiliency that you used to when your progesterone was higher. And I wish I had. You'd think I would know these things, but this was 14 years ago when I was 40. Women don't realize that they need hormonal support when they're 35 as well. But once you hit 40 and get into perimenopause, you really need nutritional hormone support. A lot of women just suffer. I suffered needlessly because I didn't realize what I was dealing with was my hormones. It wasn't situational stress, my work, and sleep issues. It was my hormones. And a lot of women just don't connect that.

**Izzy Fischer**

I think that women are not taught about their hormones early on, which is sabotaging all of us. That is one of the reasons why my co-founder and I started DailyBasis. We "found out about the menstrual cycle," as if it's this big secret, but it kind of is. We're not taught that we have these hormones that are very complex and cause many different biological systems to work and not work. Learning about that and understanding our cycles in our 20s changed the game for us, where so many women don't actually learn about their cycles until they're trying to get pregnant or they're entering perimenopause and there's a problem.

The foundational nutrition knowledge on things you've mentioned such as magnesium and mentioned cravings has little contribution to what is really important in the whole dialogue. Progesterone causes increased body temperature in the body, increased inflammation in the body, and changes our metabolic rates. We are burning more calories during our luteal phase when our progesterone is

higher than in our follicular phase when our estrogen is higher. Having that piece of information changed the game for me, because all of a sudden there was a chemical explanation as to why I had cravings during my luteal phase, or why I was feeling hungrier all the time.

As women, we're taught to be small, lose weight, and not to eat. Learning about the biological systems at play and what your body's telling you that you need helps with stress and anxiety. Also, supporting your body with nutrition is so much more than ignoring it. Otherwise, you're just fighting with your body all the time: why am I hungry? Why am I tired? Why am I in a bad mood? Why don't I want to go out with my friends? Understanding the hormones at play and how they're affecting all of those habits is so game-changing for so many women.

### **Ads 25:20**

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

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

**Dr. Wendy Myers**

Why don't you tell us about your supplement DailyBasis and how it helps to balance the hormones during the different cycle phases?

**Izzy Fischer**

The whole concept is what we were just talking about: helping teach women about their menstrual cycle and the hormones at play, and delivering the right nutrients at the right time of the month to support those different hormones. I have it right here. This is a one-month supply. It comes in one box. You take it every single day and switch based on where you are in your menstrual cycle. Replenish is the box that supports you during your follicular phase, which is the estrogen rise. It's a packet a day. Just pour it in water and drink it.

**Dr. Wendy Myers**

That would be like week one and two after your period?

**Izzy Fischer**

Exactly. There's a very helpful diagram on the back that shows the hormonal fluctuations and when you take it. So you take Replenish starting on day one of your bleed, every day for the first two weeks. That is, 14 days and 14 stick packs in the box. Once you finish that box, you switch over to Balance. You take it for the second two weeks. Same thing, one pack a day, and then once you start your period again, you switch back to Replenish. Just rotate between the two. It's your daily supplement stack. It replaces everything women need, and it's only one thing a day, which I love because it's just so easy.

Replenish replenishes nutrients that you lose from menstruation. It has added iron and zinc. It has that lower dose of B vitamins that I was talking about, and then has all types of different nutrients that help support energy levels, fatigue, and mood symptoms. It helps support healthy ovulation. In the case of Balance, women love it because it helps with reducing that systemic inflammation that progesterone can cause. It's got a lot of powerful herbs and botanicals that can help with lowering those symptoms. It helps a lot with mood changes and energy levels.

Both Replenish and Balance have a super comprehensive multivitamin in them, which means that you're getting those basic needs met in addition to what you would need to support those hormonal fluctuations. That's how the product works,

and I believe that every menstruating woman, if they're not taking this, should look at the ingredients, mimic that, and get them themselves because it is important to just support that foundational base.

What's awesome about this is that because it's in these two parts, a lot of women say they're learning a lot. It's a way of cycle tracking. You don't necessarily have to write it down, because you have a physical representation of where you are in your cycle. Women are always saying, "Oh my God, I've never noticed how much my energy levels shift until I started taking DailyBasis," where they look on the back of the package and it says, "You might see lower energies during this phase," and they're noticing that in their body, which is awesome.

### **Dr. Wendy Myers**

It's important to connect those dots. Knowledge is power. Tell us, do you have a discount code for the listeners, or where can they get it?

### **Izzy Fischer**

If you want to try it, we're offering 30% off your first month. You can go to [dailybasislife.com/myers](https://dailybasislife.com/myers), and that will get you the discount. You also can go to [dailybasislife.com](https://dailybasislife.com) and use the code MYERS at checkout to get 30% off your first month subscription. We always recommend trying it for three months. It is a routine that compounds these nutritional efficiencies over time. If you take it once, you probably won't notice a lot. However, a lot of our customers say that in the first week, they notice improved energy levels and sleep. In the first month they're noticing some symptom changes, and after three months is when they really start to see changes. So if you have irregular cycles or painful periods, that's when those things start to decrease.

### **Dr. Wendy Myers**

It takes time to replete nutrients. Some can take a year to replete some minerals. It's important to be patient. This is not like a medication where people want instant results right away.

### **Izzy Fischer**

That's not realistic. The body can take time to replete nutrients if you're very deficient. I want to mention that it's the challenging thing about the supplement industry. A lot of people buy supplements that promise things like cramps to go away or digestion to change, but it doesn't happen overnight. It takes habits. You have to pair this with decent sleep and lower stress levels. You can't rely on a supplement to change everything about your life. Also, you need to make sure that the supplement you're taking is third-party lab tested and formulated properly with the right dosages.

There are a lot of supplements out there that use cheap forms of nutrients with low dosages, and those aren't going to do anything. You have to buy a formulation that is backed in science and clinical research. Otherwise, you're going to take something, and be frustrated with why you're not feeling a difference over time. The answer lies in the formulation. Educating yourself and understanding how to shop for supplements is important. Supplement skepticism is common, warranted, and hence, people should be cautious about what they choose.

### **Dr. Wendy Myers**

Can you tell us some testimonials from people who are taking DailyBasis?

### **Izzy Fischer**

Women are constantly saying that it is the best comprehensive foundation they've ever had, not only because they're learning about their bodies, but they are for the first time taking something that they're actually experiencing relief from. I said from the beginning how women think their pain is normal, and once they take DailyBasis, they're starting to realize that their pain is not normal and that it is fixable, which is the coolest thing as a founder to see.

We have Meg, one of our longtime customers. She has been taking it for over 14 months and has had two kids. She started taking it right after her second kid, and her menstrual cycle actually returned way sooner than after her first kid, two months after she started taking DailyBasis. So it can help return your body back to baseline. Over time, her menstrual cycle has become more balanced. Progesterone and estrogen should be fairly balanced, you shouldn't have a super long luteal phase or a really short luteal phase. She used to have a very short luteal phase. Over time she's had her progesterone levels balance out and her cycle lengths have become more consistent and equal, which is really awesome.

We have other symptomatic testimonials. People have reported reduced constipation, which is huge, especially with an iron supplement that can cause constipation. We've seen the opposite, and that's because of the form that we use. Less bloating, especially right before the period, which is 100% due to the herbs and botanical blends in the product to reduce that inflammation. A lot of women say their cramps have gotten better. That's something I've experienced personally. I used to have horrible, painful periods, and now my periods are totally not a big deal. Then energy levels are the number one thing we hear all the time. They feel more balanced throughout the month. Better energy leading up into their period. They feel more social, normal, and kind of balanced throughout the month rather than feeling like two different people before and after their period.

**Dr. Wendy Myers**

That's fantastic. I'm excited for my daughter to be using DailyBasis because she is struggling with irregular periods, her period coming too soon and too often. It's straight-up nutrition. Other than this, there are toxins, which I talk a lot about on this show, how toxins really affect our hormones. That's going to be playing a factor as well. But you have to cover that nutrition basis.

**Izzy Fischer**

You have to feed your body the correct nutrition, including fats and cholesterol to make the backbone of your hormones. So diet and nutrition are super important to optimize hormones and balance. Take your supplements with food, especially a fat source. So many women take it on an empty stomach, but it doesn't absorb as much. That's my last little piece of advice.

**Dr. Wendy Myers**

Tell us again where to get it.

**Izzy Fischer**

[DailyBasisLife.com/myers](https://DailyBasisLife.com/myers), or [DailyBasisLife.com](https://DailyBasisLife.com). Use code MYERS at checkout for 30% off your first month.

**Dr. Wendy Myers**

Izzy, thanks so much for coming on the show. It's really informative. I think my audience can't get enough about hormones and how to address your hormones,

what the underlying root cause of hormonal issues is. Thanks for shining a light on that just a little bit more and giving us those pieces of the puzzle that people are looking for.

**Izzy Fischer**

Thanks. It was so nice to chat with you today, and I hope everyone can support their bodies a little better with nutrition after this conversation.

**Dr. Wendy Myers**

Everyone, I'm Dr. Wendy Myers. Thanks so much for tuning in to the Myers Detox Podcast. I love doing this show and just teaching you guys all about your health and things you're not learning at your doctor's. That's why I do this show. That's the genesis of me starting my website and teaching people about health: giving you answers that I wasn't getting with my doctor. I know so many people struggle with that. Not getting the whole picture, needing to learn about nutrition, exercise, detoxification, emotional trauma, bioenergetics, and all these things that truly address the underlying root causes of your health issues. That's why I'm doing this show. Thanks for tuning in.

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