



#665 Zeolite Detox: The Smart Binder to Remove Heavy Metals, Mold Toxins & Glyphosate | Jeff Hoyt

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 metals and chemical toxicity, the health issues caused by those toxins, how to detox, and more advanced topics than you'll hear on other podcasts. I'm not doing the basics here. I like to talk about more advanced stuff. The basics bore me, so we're not doing that here. So today we have Jeff Hoyt on the show. He is the founder of ZeoliteLabs.com. He's got a great product called ZeoCharge. We're going to be talking all about zeolite, the benefits of taking it, and the mega dosing that you should actually be doing with zeolite to dramatically reduce detox symptoms.

He will be answering all of your questions, overcoming all of your objections about it, addressing things that you've heard, and differentiating between different types of zeolite out there, including liquid, nano-sized, and powder forms. We will discuss other topics on this show. It's a really good show. You want to tune into this one. Jeff, thank you so much for coming on the show.

Jeff Hoyt

Thanks, Wendy. I'm really looking forward to it.

Dr. Wendy Myers

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

Jeff Hoyt

It was just personal health challenges. Starting from a very early age, since I had a traumatic birth experience. I was on antibiotics the first two years of my life, just a lot of gut issues, that kind of thing. I had an injury in high school, like a jab, an injection injury, we'll call it, and then it triggered some issues and recurring viral infections later on. So I just started looking into functional medicine, ended up working for a food sensitivity company because my functional med doctor said, "Here's this test. This is kind of interesting."

I liked it. It helped me a lot. I wrote a job proposal. I built a website, HireJeff.com, sent it to the lab, ended up working for this lab, then I was kind of into this world of functional medicine, working with a lot of practitioners, figuring out what was working, what was not working, and then quickly realized there was a lot more to it than food sensitivities and just healing the gut. That kind of propelled me into supplements.

I realized that it's so interesting to be in this industry. We've got tens of thousands of products on the market, and a lot of the supplement industry is controlled by marketing companies. So it's a lot of marketing, and most of the time the products are not ideal. Even the ones that are high quality, a lot of times we're not getting the proper doses of these things because what's on the label is generally a recommendation for a healthy person as opposed to what I would consider a therapeutic dose.

Something really needed to move the needle in certain situations. So I started my first company, GlycoLife Sciences, and I was focused on high-dose. Basically, I was calling it mega-dose nutraceuticals, but really therapeutic doses of specific nutraceuticals, specifically polysaccharide extracts, which are immune-regulating extracts in things like aloe vera, Lion's Mane, and medicinal mushroom extracts, etc. These polysaccharides help cellular communication and optimize the immune system. So I got into quality, quantity, and dosing. I'm kind of going through this rapid-fire here, but I opened up a biohacking center.

I was getting into red light therapy, oxygen, neurofeedback, all this fun stuff, and that was great as well. This was pre-COVID, and people were coming in. They were feeling better, but if they stopped coming in, they stopped feeling better. I'm like, "All right, this is great. It's helping us deal with the stressors of 21st-century living, which was the goal, but we're getting drained again." So what is it that we can do to remove some of these toxic elements from our life so we feel better when we stop the protocol?

That's what kind of propelled me into detox. I was like, "All right. What are we doing here?" I was doing our saunas already. I was doing humic, fulvic, and IV chelation. I was doing a lot of detox things I thought were working, but I realized that it's a little bit trickier because sometimes the body actually wants to hold onto these toxic elements to protect you in the short term. So I kind of was learning a lot about detox. Then I got into zeolite, and that's where I am now.

Six years into this zeolite journey, I discovered that there's really something about this ingredient that's unique, but it's being misused, I think, and there are a lot of misconceptions about it. I've dedicated the last six years to manufacturing what I believe is the highest quality zeolite product on the market, and then providing education so people know what it is and how to use it effectively.

Dr. Wendy Myers

Your product is called ZeoCharge. So why don't you tell us just a little bit about what zeolite is exactly and what it does?

Jeff Hoyt

Zeolite is in the class of a binder. So you've got the charcoal, clays, pectins, humic and fulvic, and other great binders out there. Zeolite is in that class. It's a negatively charged, naturally occurring mineral, and it's attracted to positively charged elements. This works well because a lot of the positively charged elements in our body are things we don't want, such as heavy metals and metabolic waste products like ammonia, et cetera.

What makes zeolites a little bit different from some of the other binders is, one, that they're considered a smart binder or a selective binder. Rather than just going in and indiscriminately grabbing a bunch of stuff, which can be very helpful, especially in the short term, but potentially not long term, zeolites work through a swap

mechanism. As opposed to grabbing everything, they selectively bind to more toxic elements through a swap mechanism because zeolites have a cage, and in this cage there's potassium, sodium, magnesium, calcium, and other electrolytes. When this kind of preloaded zeolite cage comes across an element like an amino acid, a vitamin, or a mineral, it leaves it alone because it already has the electrolyte that it prefers. However, when it comes across something like a heavy metal, which is heavier, it'll swap the mineral it has for this heavier toxic element. So that's what makes it a selective or a smart binder.

The working mechanism of a zeolite provides a number of advantages. One, it allows people to get the therapeutic dose, which sometimes can be very high, and it can be safer at higher doses as opposed to depleting nutrients. Also, it can be used longer term if tolerated, etc. So, it has many advantages. It's a binder and naturally occurring. At the same time, there are many types of zeolite, and some are not naturally occurring. When we're talking about zeolite here in this conversation, we're talking about naturally occurring clinoptilolite zeolite. Clinoptilolite is the form of zeolite that's used mostly in supplements. That's what's been studied and shown to be safe. We're not talking about synthetically derived things made in a lab that have different properties that are potentially not safe or other forms of zeolite either.

Dr. Wendy Myers

That's the best explanation of zeolite I've heard so far about how it works exactly, and that's great. So let's talk about the synthetic ones, because there's a lot of different products on the market. There's liquid, the liposomal, and powders. There are some people that test zeolite and like, "Oh, it's got really high aluminum and metals and things like that." Can you kind of discuss some of those issues?

Jeff Hoyt

Absolutely. We'll start with the aluminum one because that's probably what comes up most often and the first thing that people think of. They're like, "You know, I'm trying to detox aluminum and these metals from my body. Why would I, in the world, put something in my body that has aluminum?"

Zeolites by definition are alumina silicates. Meaning they're mainly comprised of alumina and silica. So the important thing to understand is that it's not free silica or

free aluminum but a structure. It's an aluminosilicate structure that these things are bound together, so you're not getting free of either of them.

The reason Clinoptilolite zeolite is used in supplements and not some of the other versions is because it's been shown repeatedly in studies to be stable in stomach acid. So when this enters the body, it's not breaking apart, it's not a bioavailable nutrient. It's simply going through in this structure, and it's binding toxic elements, and you're pooping it out. So it's leaving the body. On the other hand, there's some other types of zeolites that are not used as supplements. We're not selling it certainly as they might not be as stable in stomach acid. They come with other issues.

The other thing is that when we think about aluminum and its toxic effects on the body, what we're generally talking about is this metallic, highly immune sensitizing agent that is incredibly toxic. It's a synthetically derived aluminum. In our practice, what we're talking about in naturally occurring zeolites is alumina, which is aluminum oxide, and aluminum oxide is actually not even considered a metal. It's considered a ceramic material. Kind of like when you go to a biological dentist versus a normal dentist, they'll give you a zirconia implant instead of a titanium because zirconia is ceramic, titanium is metal. Same thing here. So alumina is a ceramic material opposed to the toxic aluminum, which is metal. We still don't necessarily want a bunch of free, alumina floating around, but it's not free because it's in this cage.

With the synthetics, those are different because they are going to have synthetic forms of aluminum. Those might not be stable. There's actually some research indicating that that can accumulate in the body tissue and cause issues. So we definitely don't recommend any sort of synthetic zeolite. And we do have to be careful because some of the supplements on the market such as nano products are actually synthetic. Some of them say they're natural but they're not. Some of them say they're not natural, but they kind of trick you. They say that it's lab grown or something, which just means it's synthetic. It's not natural. Those things, they act a little bit different. Those are more like synthetic chelators opposed to this naturally occurring mineral that we're talking about with the zeolite powder.

Dr. Wendy Myers

Great. One distinction to make is, there are some people out there that are like, "Oh, I sent this zeolite to a lab and testing all these different zeolites," and then the, the

method they're using, burns up the zeolite to test what metals are in there, and they're like, "Oh my God, this is super high in aluminum," but that's not how it's working in your body. Just because that's having the mass spectrometry, which is how they're testing for different supplements and products for heavy metals, where they literally burn it and then see what is left over, that isn't happening in your body. So just because it comes back as high in aluminum, for instance, on a test, that is not how it's happening in your body.

Jeff Hoyt

Right. Great point because there are people that have tested things under a microscope, which is really not helpful at all, given that you're telling us what we already know. We know that there's aluminum. It's made of aluminum, and so like we already know that. We know there's going to be trace amounts of some other metals in this cage-like structure.

But the question is, what happens when it enters your body? We did a six-month case studies program prior to launching just to make sure that it worked, that it was safe, and that can be found on our website. So on the website case studies tab, you can see some reports showing that it was reducing tissue levels of heavy metals, and that it was generally improving vitamin and mineral status and reducing aluminum levels over time and not increasing it.

There are practitioners who have sent in live blood analysis showing improvements in blood health, thermography, and all sorts of stuff. And there are people taking really high doses for extended periods of time, and their biomarkers keep getting better and better. If they were being poisoned with aluminum, their biomarkers would be getting worse and worse.

We've got a number of HTMA practitioners that are utilizing it as well, and they definitely would not be using it if it was causing aluminum toxicity. So we've proven that out. It's just that if you just look at something in isolation under a microscope, we really don't know what's happening when it's in the body. It's just a completely different thing. It's a great point too. Glad you brought that up.

Dr. Wendy Myers

Yes. It's an important distinction to make. Let's talk about what toxins a zeolite can remove from the body.

Jeff Hoyt

It's a pretty broad spectrum. There's what it binds to, and then there's what it can help remove from the body, which are two different things. So it has direct binding affinity for a number of things, including heavy metals, certain mycotoxins like aflatoxin, ochratoxin A, BPA, glyphosate, metabolic waste products like ammonia, histamine, urea, if it encounters that. It's been shown to bind to radioactive isotopes, and in fact, it's been used industrially to clean up water supplies from nuclear waste.

During the Chernobyl disaster, they dumped literal tons of this clinoptilolite zeolite powder into the water supplies, and it was able to clean up the cesium by a factor of 1,000. So I have a very strong affinity for certain things. There's the binding effect. I say it detoxes through binding. Because when it comes to detox, it's really up to your body. Your body is in control of the detox process, and we want to encourage the body to work at a higher level so it can start to naturally release some of the stuff that it has stored in tissue. It works by effective binding in the GI tract, by binding to all of the things I mentioned.

I think one of the main benefits here is ammonia and metabolic waste products. We're all producing ammonia every day. If our liver's not converting it to urea, and if we're kind of congested with our detox pathways, this ammonia can build up. It can go to the bloodstream. It can go to the brain. It's just highly toxic. So just binding to that ammonia can really calm things down. And ammonia's also a byproduct of microbial waste products, things like yeast and bacteria. So binding to that alone can be hugely impactful.

When you bind to these toxic elements, it kind of calms the storm in the body, frees up energy. I call it detox energy. Then the body can start doing what it wants with that energy, and then the body says, "All right, we've tucked this mercury, and we've tucked this aluminum, we've tucked these metals in tissue because we didn't have enough processing power at the time to deal with it. But now that we've removed all this stuff from the active processing center, we can start dumping this stuff out of tissue and removing it."

Dr. Wendy Myers

Well, I'm going to go take my ZeoCharge right now. I took some right before. So what are your recommendations on the amounts to take, how much, and where we start?

Jeff Hoyt

It's dosing. Quality and quantity with most supplements, I say, are the most important things, especially with zeolites. Quantity is crucially important. Micro dosing is the most important thing. There's a dosing paradox with, at least with ZeoCharge, where micro dosing is much more likely to result in negative detox reactions than taking a proper or therapeutic dose.

For example, if you take one scoop of ZeoCharge, and you mix it in a glass of water, and say, "You know what? I've got mast cell activation syndrome, I've got whatever. I'm just going to test the waters, because I don't know how it's going to work," and you take one sip, that's the worst thing you can do. One sip is much more likely to cause an inflammatory response than taking the entire glass of water. So essentially what's happening here is when you take other detox products, generally they're inherently adding stress to the system.

The way I look at it, you've got three levels of detox. You've got level one, which is your processing center. This is your active toxicity, what your body's working on a daily basis. This is things from food, water, air, external exposure. It is also things from internal production, like metabolic waste, microbial waste, and recycled toxicity. These things go from the liver to the small intestine, repeating. So you've got all this toxicity. That's what your body's dealing with every day.

When your body can't handle all that, then this externally sourced toxicity that comes in, the body has to do something with, it tucks it into tissue, which is storage. Level two, general tissue. Level three, that's kind of deep level storage. That's going to be organs. If you don't address that daily dose of toxicity and you have a sustained period of time where your toxin input exceeds what your body can process, this is where you end up with large amounts of toxicity stored in tissue over time. Your body is focused on short-term survival over long-term thrive.

Note that it's not that our body wants to hold onto this stuff. It's trying to protect us, and the body would prefer to keep mercury in the brain, although toxic and

potentially contributing to neural degeneration, as opposed to having it floating around where it's actively causing an immune response and an inflammatory reaction.

When it's in tissue, it's hidden from the cleanup crew of the body to some extent, and it's causing less short-term issues, but more long-term issues. So this is where the dosing is interesting. When you have other detox products, generally what you're doing is you're mobilizing a toxin from level two or three, something that's in storage, and you're adding it to this level one processing center. When the level of toxicity in the level one processor exceeds what your body wants to deal with, you get symptoms, and we call these detox reactions.

People say, "Oh, this is great. It means it's working." Yes, to some extent, but it's a sign that your body is telling you that there's more active toxicity than it wants to deal with. So automatically you're adding stress to the system. The more of these detox products you take, the more stress you're adding, and the more symptoms you're going to get. So for most situations, starting slow and working up is going to be ideal. ZeoCharge and binders are working in the opposite way, where you're going in and you're just grabbing what's in the processing center, and the more you take, the more you're grabbing.

Let's say you have a sink. I was working on this analogy while on a bike ride the other night. We'll see how it goes. So you have a kitchen sink, and when the sink is a little bit clogged up in the drain, it's slowly draining. Then you have, the faucet's kind of dripping. If the sink overflows, you have a big mess. So the sink is kind of your processing center, your capacity. The drains are your detox pathways. The faucet, the water coming into the sink is the toxins we're exposed to on a daily basis. You have to turn off the faucet so it doesn't overflow. So if the sink is going to overflow you turn off the faucet so it doesn't overflow.

Your body naturally will start slowing down detox functions when you get congested. So the healthier you are, the faster you detox naturally because your body is able to do so. When you start getting sick, especially with a complex or chronic issue, your body naturally will slow down lymph flow, slow down bile production, and stop sweating because there's no room to receive. So we have to unclog things, remove

some of that water or toxicity, in our case, from the processing center, and then our bodies will naturally ramp up detox. This is what binders do.

To answer the question, which is about dosing, the more you take, the more we're removing from the processing center, the more room we have to receive more. This is the caveat. When you are the threshold of what you can handle in terms of active toxicity, you're not quite at symptoms, but you're like at 99% full, and you take a microdose of zeolite. Let's say you went from 99% full to 98% full. Great. But then you have the detox cascade, all the stuff that happens when you take a binder, which could include biofilm disruption. It could include the body just dumping some toxicity from tissue, whatever it is, and now that 98 went to 110. Now you're overflowing. You have symptoms. That's the microdose. Let's say, same scenario, you're at 99. You took a bigger, a larger dose of ZeoCharge. You went from 99 to 70. Now your body dumps all this toxicity. You get the stress of detox, and it only goes back up to 90. You're still under the threshold, no symptoms. Does that make sense?

Dr. Wendy Myers

Yeah, it's fantastic. That's a really good explanation. Let's talk about some people that are, quote, "too sick to detox". There are many people out there kind of listening to this show. Maybe they're chronically fatigued. They've got a complex chronic illness, and they know that they need to detox. But anytime they try any kind of detox protocol or even some supplements or minerals, it causes a lot of different symptoms, and they think, "Oh, I can't detox. It never works for me. I just feel ill." What would you say to those people?

Jeff Hoyt

Yeah. There's different approaches to detox. So they're probably too sick at this time to utilize some of the detox approaches that are going to add stress to their system. Because they're at max capacity in their processing center. If you take something that's going to a homeopathic herb potentially, bitter herbs, chelation or something that's going to mobilize toxicity from tissue, there's nowhere to put it. The body has nowhere to receive it. So in those situations, binding is the number one step in a lot of cases because you just want to grab what's there and then they start relieving the stress load.

So it's not that they're too sick to detox, it's that it's the specific method of detox they're using that might not be appropriate. We want to add energy to the system in those situations rather than add stress to the system. And this goes beyond taking supplements. The healthier you are, the faster you detox. There's a lot of things that influence detox. Emotional health. EMFs influence detox, like breast implants impact detox. Root canal treated teeth. There's all these things.

Whatever's adding stress to your system is taking away from the energy that your body could be putting towards detox. So if you have a severe emotional stressor at a time in your life, your body is using more energy than usual for that emotional stress and it has less energy to deal with toxic elements. It's all connected. So we want to do whatever we can do to get healthy.

Binding is often a very foundational approach for these individuals because they really can't do a lot of other stuff. They want to detox, but they can't get the stuff out because they're full of stuff in their processing center, especially the metabolic waste and the recycled toxicity from the liver, et cetera. Those individuals, sometimes the only thing they can do are take binders like ZeoCharge and a lot of them have this experience where it just calms the storm in their body. They were getting detox reactions every single day without even taking detox supplements. Like they weren't actively trying to detox, but their body couldn't handle the daily dose of toxicity, so they were getting reactions. So if you can take a binder, go under the threshold then it calms things down.

Now, there's a lot of great binders out there, and this can work with a number of binders. The problem is a lot of binders are not well-tolerated, especially for individuals in this situation. A lot of these individuals that are too sick to detox are on, I call it the 4M spectrum, where it's like mold sensitivity, microbes, magnetic field, metals, and maybe a fifth M, like mental/emotional. When you're affected by one thing, generally you're affected by all of them, and you just become so overly sensitive. And a lot of times you try to take activated charcoal, a clay or something, and it's just incredibly constipating, or it's stripping some nutrients or something. It's just not working. When you're taking a binder, you're trying to reduce stress, not add it. A lot of times you're not, it's just not working.

So that's where with ZeoCharge, a lot of those individuals that were not able to take the other things are able to take ZeoCharge and reduce the stress. One, because they're able to get a therapeutic dose, which they just can't get with some of the other things, and also because there are different properties with ZeoCharge that make it unique. As an example, it's the least likely generally to cause constipation, so a lot of people actually continue taking ZeoCharge because it helps keep them regular over time.

Now, it depends. There's a lot of factors. I mean, sometimes when you're dumping mercury or something, it increases constipation short-term. There's cyclical effects where maybe you have diarrhea. There's all these things that happen with detox, but overall it seems to be more tolerable, and I'm a big fan of binders in general, and ZeoCharge is just the one that I found really good success with.

Dr. Wendy Myers

Fantastic. It's interesting because there's a lot of people out there that are very ill, and the more ill someone is, typically the more toxic they are. They need to detox and they start listening to this podcast. They know that they need to detox, but they really struggle with different things that they've tried, especially if they're doing DIY. They're trying to do it themselves. Some people just don't have money for testing or to work with a practitioner, and it seems like this is a really good option for people just to try to see if it does help bring down their toxic burden and improve their symptoms.

Jeff Hoyt

It's interesting because everyone that has a complex illness has high levels of toxicity, in my opinion, and a lot of people assume, "Well, I have this complex illness because of this toxicity." It actually might be, the toxicity might be a result of the complex illness.

If you've been dealing with something such as a sustained level of emotional stress for 15 years, that's taking up so much energy for your body. It could contribute or lead to some sort of diagnoses, some set of symptoms that results in a condition if you're going to a medical doctor. Then your body ends up accumulating toxic metals and microplastics and all these other things because they're coming in on a daily basis.

Our body doesn't have the energy to process them. Then they become a contributing factor to the condition.

So sometimes we end up with other conditions because of them, but sometimes they're a result of the cause because it all comes down to processing power and detox energy in the body, and there's a lot of things that, that our body has to use energy for, and we want to reduce as many as possible.

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And now a word from one of our sponsors. So there's a lot of options out there for beauty, for skincare. There are beauty products, lotions and creams, lasers, peels, and all different kinds of things. A lot of them are very expensive. You have to do them over and over again. There's a lot of stuff I've given up on. I don't get facials anymore and things like that. But what I do keep sticking with is my Bon Charge red light face mask. It's really comfortable. It's easy to use. I can incorporate it into my routine every night, so it doesn't take up any extra time.

I just put it on my face for 10 minutes a day. It's super simple to do. You really see the difference in your skin. For me, I saw a reduction in fine lines and wrinkles. I tend to go walking every day, and I don't always wear sunscreen. I have a bad habit of doing that. And it's really helped with sun damage as well, and it helps with the texture of your skin as well.

It's suitable for all skin types. Bon Charge's premium products are grounded in science and driven by purpose. I personally know the owner, Andy Mant, for over 15 years. He has fantastic products that I absolutely love and highly recommend the Bon Charge red light face mask. Some are also HSA/FSA-eligible, giving you tax savings up to 30% if you want to use that.

Bon Charge has a really special offer for you guys. So if you want to start a skincare habit that you can stick with, order your red light face mask today. For a limited time, my listeners will get 15% off when you order from boncharge.com and use my exclusive promo code WENDY at checkout. You'll also get free shipping and a 12-month warranty on your face mask as well. So go now to get this exclusive offer. It's boncharge.com, and use the promo code WENDY to get 15% off.

Dr. Wendy Myers

So is there anything else that you want to talk about that relates to zeolite that we haven't touched on?

Jeff Hoyt

I will say, back to the forms of zeolite. I highly recommend the purified Clinoptilolite powdered form because you can get the therapeutic dose, and I'm talking about ZeoCharge. There are a lot of products in the market that are not that good. We go beyond third-party testing, which we do offer. There's a lot of things that you can't see on third-party testing, such as the manufacturing process. For example, most companies don't use any cleaning process. But when they are cleaned, a lot of times using chemicals, the chemicals will degrade the zeolite cage and reduce the binding capacity and the effectiveness. This is why a lot of companies intentionally don't clean their zeolite because they say it works better when it's not cleaned, which is actually true.

We use a non-chemical cleaning process. Generally most of the companies are not using it. That's one. The liquids and the nanos I generally don't recommend. One, because a lot of the liquids are just powders mixed with water, and you're looking at the label, you're just getting microdoses and, maybe 1, 10, 25 milligrams. We're talking about 5,000 milligrams of ZeoCharge per scoop in ZeoCharge. So if someone needs a therapeutic dose of six scoops, which is 30 grams, you just can't come anywhere near that with a liquid or nano. In fact, 30 grams is 100,000 times the zeolite content of the nano zeolite products on the market, which are 300 micrograms per serving. So that's the one thing.

Note that it's not that they're not good quality, but you just can't get the therapeutic quantity generally. Also, with nano, there's really limited research, and when you nano-size a zeolite, a lot of times you're degrading the structure, and you're no longer left with intact zeolite cages, and they're actually fragments of the zeolite. Some companies will call them Clinoptilolite fragments. So there's still binding capacity because things can adsorb, kind of like other binders. They attach things to the surface. But now you've lost the cage, which is the whole point of zeolite, the swap mechanism. So it's a much less efficient process. They can be helpful. They have helped people. But I think products like ZeoCharge, the high-quality powders generally, are going to be what I recommend.

Dr. Wendy Myers

So why are companies doing that? Why are they fragmenting and nanolizing as for marketing?

Jeff Hoyt

Yeah, marketing. So when it started off 25-plus years ago. It's a newer product on the market, too, and this is why a lot of medical doctors, like naturally trained medical doctors, don't use zeolite because it was not around during their training. It was only being used for industrial purposes, water filtration, and industrial cleanup. Then it was used for animals in the animal feed for binding to mycotoxins and ammonia. And then it was approved for humans not that long ago, around 25 to 30 years ago. It was all powder initially, and then we got the marketing companies involved, and they said, "Okay, this is great. How do we sell more of this?" Well, we obviously just mix it with water because that's what everyone does to sell more. Who wants to take a powder when they could just put a couple drops under their tongue? It makes sense.

So they were taking this powdered zeolite that was on the market, they were mixing it with water, and they were calling it liquid nano zeolite, cellular detox, all these things. It was just false marketing, and there were lawsuits, and a lot of those companies went on to make other zeolite nano companies. But essentially, the liquids were just powders mixed with water. And then not that long ago, we developed, (I didn't) but the industry developed the nano processing, where now there actually is nano zeolites, which is a separate manufacturing process. The idea is, "Well zeolite powders are a binder. They stay in the gut, but we want the zeolite to go into the brain and all these things". I don't think you want any of that to be occurring because we're talking about a GI binder. We want it to be a GI binder.

There's no proof that any of these things actually get into the bloodstream or get into the brain, I will say that. But that's the claim. I think when we're talking about detox, we don't want to fight against the body's natural desire. We want to work with the body to do what it wants to do. The body puts toxic elements like the metals in the tissue for a reason, and it will let go of them when it wants to. If we go in and we try to rip it out with a chelator or with a synthetic zeolite, the cells are not going to let go if they don't want to let go. I learned that the hard way with synthetic chelation.

You could have the strongest chelator in the world, and if the metal has settled there in the cell, it will not be released, no matter how strong the chelator. So what we want to do is effective binding and other things to optimize health so the body feels comfortable enough to let go of these toxic elements from the brain and from everywhere else in the body, and then it's a natural downstream detox effect.

As you get healthier and as you bind, detox pathways open, the body starts releasing toxic elements. That's a much more natural approach as opposed to going and trying to physically rip something out of a binding site, which I think is counterintuitive. It's the same concept with liposomal products where toxins are forced across the cell membrane. There's a lot of products that are sold as liposomal as well. Again, it's forcing the body to do something that it may not want to do or not be ready to do and in fact can be harmful

Dr. Wendy Myers

I understand it because it's like we all think, "Okay, we've got these metals in our brain, I want them out." Then we just think, "Well, the natural way is we need something to go into the brain to grab it." But that's just not the best approach, and it's not sustainable for sure. We have to get the body's natural glymphatic system, in the case of the brain, and the other systems of the body working optimally. And then because it's such a long process, these things don't leave overnight, it's a multi-year process, and we need our bodies to naturally, slowly over time, release these things. That's really the only way to do it. So anything else you want to talk about in regards to zeolite?

Jeff Hoyt

Yeah, so back on dosing. I like to start between two and six scoops. The more sensitive you are, the more to take. People can go on the website zeolitelabs.com. There's tons of education. Go on the Education tab, look at the Dosing Paradox, watch the videos, and be comfortable with the dose you're taking. So if you think it's going to cause a terrible reaction, don't take it until you're comfortable taking it. Look at some of the reviews. Go on our Detox Experience podcast where we people talk about their experience on ZeoCharge. You can listen to some of those. There's a lot of resources. But I would say, the more toxicity that you think is present and the more symptomatic you are, generally the more you're going to need.

We do have a kind of a program that a lot of people like, which is a five-month program, which reverse titration. So you start with six scoops per day for the first month. Do it once per day. Don't split the dose, because the key is to get enough on each dose. Six scoops once per day for 30 days. The next month you go five scoops. Next month, four scoops. Three, and you, two, and then you're done or you can maintain one. As you peel off layers of toxicity, then you can start lowering your dose. So that's called the Ultimate Zeolite Experience. It's a five-month program. That's popular. If you don't think you need that, you can do an accelerated version of it where you do six scoops for one week, five scoops the next week, four scoops, etc.

We like the higher dose starting off, because in our case studies program it was the six scoops dose, or that's 30 grams. that was the dose that we saw was encouraging the body to let go of all 15 of the heavy metals from the tissue level On the lower doses, some people were feeling better and it was a binding dose, but it wasn't really the detox dose where the body was encouraged to let go of things, especially mercury because it can be a little bit stubborn. So everyone was able to start detoxing on that six-scoop dose. Even if it's only for a week or two, you get the ball rolling, and then your body will continue dumping these toxic elements even if you go down a little bit on the dose.

Dr. Wendy Myers

How long have you been taking Zeolite? Because your brain is working really well and hence you've obviously been detoxing for quite some time.

Jeff Hoyt

I've really breezed through the story because there's so much content to cover. It's been quite a challenge for me with my health. Pretty severe issues, like sleeping in till 2:00 or 3:00 in the afternoon for 20 years or not being able to go on a date for 10 years. Lots of severe issues. Even in high school, I wasn't even able to drive in the broad daylight because I would fall asleep behind the wheel after five minutes.

Dr. Wendy Myers

Did you have a lot of lead toxicity?

Jeff Hoyt

I think that was just fungal. Just extreme fungal overgrowth in combination with everything else from the antibiotics the first number of years of my life. And then tons of mercury probably being passed down from my mother, who had like 18 fillings. All this stuff, and I couldn't walk a straight line. I'm running into walls. It was just so highly symptomatic. Then I got the jab when I was 18, and it just triggered everything, it was just a disaster. So it's been a challenge, but I feel like all the biohacking just really didn't do it for me until I really started getting into detox.

I had a root canal-treated tooth, my front tooth. I went into Costa Rica, got it pulled. I was probably the most excited person ever to get a tooth pulled out, and had my best shirt on. I was ready to go, and that did help. I moved into a house with wired internet, no Wi-Fi, in the middle of the woods, like a very healing home, so that was helpful. I put my body in a position to heal and then just started going at it with detox.

I'm about six years in on my detox journey, and I'm still not 100%, but I'm getting better each year. Seasonally I'll have purges. Like in the fall. It used to be like three weeks, I'm almost dead. I would just get these massive purges. And then it would be two weeks, then a week, and then like last year I just threw up one time. The time before that, it was like three throw-up days. So it's like my liver is getting much cleaner, my biomarkers are getting better on my liver and various tests, et cetera.

Everything is getting better, but it's slow and steady. I'm taking 12 scoops a day of ZeoCharge. I'm currently doing six scoops twice per day. At the end of this year is two years exactly, every single day, minus a three-day break I did to get some lab work done. I took three days off. Before that I did six scoops per day for two years, and before that I did between two and six scoops for the previous two years. So I've been taking it a long time, and I'm just getting better and better.

This is not the only thing I'm doing. I'm just huge into biohacking technology and some other supplements. But I'm doing various things to optimize detox and to get my body in a position to heal. I'm not EMF sensitive anymore. I used to not be able to text, do any of that stuff. It was not great. My nervous system was such a disaster, just incredible heat sensitivity. I couldn't even go in a sauna. I did have mast cell activation for a season as well, which was just absolutely terrible, in addition to not having air conditioning in my house. We'd get 90 degrees in the house. That was not good. But anyway, the point is, it's a process, and that's why the only sustainable

method to get these things out of your body is to do things that encourage your body to naturally release toxicity.

Dr. Wendy Myers

That's why it's so important for our people listening to this story that are sick, that are chronically fatigued, that do have mystery illness, and the doctors can't figure out what's going on with them, all these things that you're talking about are not things that are looked at a conventional medical doctor. They are not tested for. They are not looking at the underlying root causes of the fatigue or brain fog or the histamine reactions, the MCAS, and all these different things.

People, I'm sure you also just go through this revolving door of all these different doctors and spend years and years ill. That's why I do this podcast, to talk about the importance of detoxification, because there's so many toxins we're exposed to that cause so many different symptoms, and the doctors aren't looking at it for the most part. You almost never hear about a conventional medical doctor looking at heavy metals or mold or looking at it as an underlying root cause of symptoms and illness.

Jeff Hoyt

Absolutely. It's kind of their approach a lot of times, and it's changing a little but it's basically, "We don't need to detox because the body detoxes for you."

Dr. Wendy Myers

Yeah. That's the biggest joke.

Jeff Hoyt

It doesn't make sense. But to some extent, there is truth to it. Because if your body is working properly, you're able to detox. It's all about your natural detox processes. The stuff coming in, are you able to keep up with it? If you're able to keep up with it, great. Limited stress, limited accumulation. If you're not able to keep up with it, it's an absolute disaster. Most people at this point are not able to keep up because they are just more highly stressed than ever with physical toxicants, energetic toxicants, emotional toxicants, stressors, financial stressors and all these things. It's just all playing a burden on our body, and we're just not able to get it done anymore. I always say, "If you're living in the 21st century, we're not going to stay healthy by

accident anymore." 100 years ago, people were generally healthy. You didn't have to work that hard. Now you have to work hard just to stay healthy, just to be baseline because of all the things we're facing.

Ads 40:23

Now a word from one of our sponsors. When did you first start looking at the ingredient label on your protein powder? For me, I was making daily shakes and protein shakes, and I discovered that I was eating soy protein isolate, and I thought, "God, what is that?" I started doing some research and some digging and found that whey protein powder is actually the best protein powder out there.

This is a really long time ago. But back then, there wasn't a product testing for heavy metals and chemicals like there is today. But even today, that is still very rare, and that's why I love Puori PWI protein powder. This is a product that has a QR code on the back, and you could test for 200 different contaminants.

No other protein powder on the market out there is doing this full transparency that Puori is doing, and that's why I highly recommend it. And not only that, but most people don't realize that over two-thirds of the protein powders tested by Consumer Reports study had lead levels above California's Prop 65 limits, and some were 10 times over the limit.

There was another study by the Clean Label Project that found that 47% of top US protein powders also exceeded the lead limits, and 21% were more than double. Puori protein powder is the only protein powder that got a clean certification by the Clean Label Project, so this is very high-quality protein powder.

What's so good about it is that it is made with whey protein concentrate sourced from grass-fed, pasture-raised cows in New Zealand. It's totally free from hormones, GMOs, and pesticides. It comes in three flavors. You can get bourbon vanilla, which is my favorite, dark chocolate, and unflavored. All of these have 21 grams of whey protein from grass-fed cows, including six grams of BCAAs and 2.4 grams of leucine.

They're made with only a few ingredients, and like I said, completely tested for contaminants. Every single ingredient is tested before it goes to the protein powder, and the protein powder itself is tested. So you want to use code WENDY at puori.com/wendy, and you'll get 32% off Puori's grass-fed whey protein when you

start a subscription. In addition, you'll get a free shaker bottle worth \$30 on your first subscription order.

Dr. Wendy Myers

You touched on EMF there for a second. Can you talk a little about that and the kind of some tools that you develop? I've developed a harmony pendant. It's a very similar vein and an EMF equilibrium card for your phone that has frequencies imprinted on it. EMF is the electromagnetic frequencies from our cell phones and Wi-Fis are just ever-increasing in our environment. It's one of these invisible toxicants that is dramatically affecting people's health. Again, many people don't know about it and the doctors also are not looking at it, for sure.

Jeff Hoyt

Absolutely. I remember being at a 5G protest before 5G was rolled out, and no one knew what was going on. They're all like, "Who is this guy on the side of the road? What is this guy doing?" But I met some good friends there. It's these electromagnetic frequencies. There are all these signals that are coming at us in life. Some are good, some are bad.

We've got these naturally occurring frequencies from the Earth, like the Schumann resonance and all these things that are beneficial to our cells. They're life-giving. They're supportive. They're helping harmonize our natural energetic system because we have an energetic system. These negative EMFs are signals that are coming at us that are basically hitting our energetic system and weakening it. So when you weaken the energetic system, the whole system weakens, and then that leads to physical issues and all sorts of stuff.

You've got things like Wi-Fi. You've got a cell phone, 1G through however many Gs they actually are using right now. 6G is coming. And 7G. It's only a matter of time. I'd like to think that they're going to start putting some countermeasures to make these frequencies less harmful, but that hasn't happened yet. They just keep getting worse. So until something changes, you have to count on them not being great. And now there's tens of thousands of satellites that are emitting frequencies. So it's hard to get away from them. These things are hitting our energetic system.

I like to look at biofield as a force field. The stronger the force field, the more stressors we can handle. But when the force field is weakened, we're more EMF sensitive, we're more sensitive to emotional stressors, et cetera. We just have a weakened defense system. So EMFs are one of the things that hits that. I think one of the other factors that's overlooked with EMFs is their impact on all the little bacteria and microbe friends in our body.

We have so many bacteria and naturally occurring yeast and things in our body that are living symbiotically, and they're fine until they get stressed out. When they get stressed out, they get irritated, they start releasing toxic waste products, and then that doesn't do us any favors. It's kind of like mold. When the mold is just sitting on the wall, it's really the mycotoxins that are causing the problem. The mold toxins that are being released, that's going into our body stimulating the immune response.

When you scrub the mold, it's irritated and releases tons of these mycotoxins, and then we might get sick. Whereas if it was just sitting there, it's limited in the issues it's causing. Things like EMFs are stressing out the mold. They're causing an increased amount of mycotoxin production. So one of the reasons I think so many people have mycotoxin illness now, it's not that there's more mold in our house. There's more awareness than ever on this stuff. There's probably less mold. But I think there's more mycotoxins because there's more frequencies that are irritating the mold, hence there's more mycotoxins in the air that we're breathing in, causing the immune response.

If it's doing that to external microbes in our environment, what's it doing to the microbes that are colonized in our bodies? Things like the naturally occurring yeast and bacteria, when they're irritated, they also release waste products, and that's another huge source of toxicity for us. That's part of the daily dose internally produced, kind of like microbial produced toxins that we're faced with, and that's a huge source of toxicity. When we're dealing with that, then the heavy metals and the microplastics that are coming into our bodies from outside, our body has limited ability to process them because it's working on these microbial toxicants, toxins. So it's this whole mess. I think EMF is a huge factor in health.

There's the metal connection because metals are antennas, but there's a huge connection. They're correlated. I don't think we need to completely obsess over it

because there's only so much we can do. We don't want the stress of stressing out over it to be more than the actual stress of the EMF itself, so we have to be careful. But like you said, there's bracelets, pendants, and harmonizers. There's all sorts of things that we can be utilizing that are going to help some. They're not going to 100% completely protect us against everything. But it's like we want to do what we can.

I chose after COVID to move into the woods and have a wired connection. I go into town and stuff, but it's like I wanted a peaceful environment and to sleep, like more of a healing environment. That's what I chose to do. I understand we can't all do that. But it's whatever you want to prioritize. I remember Dr. Klinghardt saying years ago that the difference between his patients that got better and patients that didn't get better are the ones that took the EMF mitigation strategy seriously are the ones that got better. It's like we all want to put it on the back burner because it's like, I'll do this protocol for detox or...

Dr. Wendy Myers

Yeah, it's like yet another rabbit hole that people have to go down, and a lot of people, they postpone it. And it is tricky now with a lot of exposure. I mean, how many people have you talked to? I know I've talked to a number that bought a new car, and they can't even drive it because they're so sensitive to it and are drained after a 30-minute drive. Everything's wireless.

Jeff Hoyt

So yeah, EMFs I think are a huge issue both for our energetic system wearing it down, and then the microbial system which controls a lot of our physical as well.

Dr. Wendy Myers

It's estimated that up to 20% of the population is EHS, or electro hypersensitive, and they don't realize that that's causing their chronic fatigue, insomnia, complex chronic illness and whatever's going on with them. They have no idea that it's a contributing factor.

Jeff Hoyt

I say everyone's being affected by these things. It's just a matter of, do you know? Like, how much can you feel it? It's just like with anything else, the more stress

capacity you have, the less you're going to deal with it. But the more other stuff you've got going on, you're going to be hit more by the EMFs. They're hitting us all. It's just a matter of how much. Then of course, like with various agendas (I think they're more dangerous than anyone realizes) they just blame EMF-related sicknesses on whatever else they want to blame it on for that year.

Dr. Wendy Myers

So tell us some of the products that you developed for EMF.

Jeff Hoyt

So we just rolled out a tech line. Traditionally we were just ZeoCharge. We've got some other things like dairy-free lactoferrin, kind of some fun stuff that's a little bit newer. Then we rolled out the ZEO Mat and the ZEO Wrap, which are our two foundations. Basically what I was trying to do was make available some of the things that I had been using on a daily basis. I was using this \$30,000 quantum bed, and I thought it was the greatest thing ever. A lot of people were getting incredible results. So I figured out the technology, and I wanted to make a version that was 90% cheaper that works 90% as well. So that's the ZEO Mat. It's three grand instead of 30 grand.

So far everyone thinks that it works just as well, if not better as the 30 grand. It's this new quantum resonance technology where it's like a neutralizing field that the body really responds well to, and it has a very calming effect. It helps mitigate some of the EMF stress and calms things down in the body. A lot of people are sleeping better than they have in years. So that is the mat.

Then we have a wrap version, which is a \$699 smaller version that you can put around your stomach or your back or anywhere you want to put it. Interestingly with that one, a lot of people are having die-off reactions to it. People are putting it on, and then they have to take it off and go have diarrhea. This happened a number of times, and there's a number of theories behind it. But it's interesting. It's definitely shifting things in the gut. We call the mat the cellular rejuvenation station.

Dr. Wendy Myers

Oh, I can't wait to try it.

Jeff Hoyt

Right. It's great.

Dr. Wendy Myers

I had the same thing on my Rife. When I did the Rife, sometimes that would happen because your body's like, "Let's evacuate."

Jeff Hoyt

Yeah. Some people didn't do it again because (especially nurses) they just didn't understand. This one mom used it and it was the greatest thing she's ever had, helping her sleep, et cetera. Helped regulate her stool. She was constipated, then she wasn't. Her daughter went on for one session, then had, in her words, explosive diarrhea, and was terrified of it, never went back on it.

Dr. Wendy Myers

But it is like who cares? Who cares if your body has a temporary...? Oh, it's people can just be so wimpy. It's about that kind of stuff.

Jeff Hoyt

When it comes to detox reactions, that's the best detox reaction. It's not redistribution. It's none of that stuff. It's your body quickly expelling something. So it just shows the power of technology. Same with my dad. My dad put it on one time, and then he had to go to the bathroom a couple times that night, and he's like, "I already go to the bathroom enough." I haven't used it since, just the wrap. So basically, you got this quantum technology. It also has PEMF, and it has far infrared as well. It's shungite, stones in the mat and the wrap, so it's pretty cool. That's the ZEO Mat and the ZEO Wrap.

Dr. Wendy Myers

What are the benefits of doing those?

Jeff Hoyt

It's just cellular rejuvenation or repair. But I think the main thing people have been reporting is nervous system balancing. It's just really been calming them down, and there has been a number of people who hadn't slept through the night in years, did

one session, and then they slept through the night that night. So there's something about this technology that is just a little bit different. The PEMF is great, the far infrared's great, but it's the quantum resonance. It's basically a highly modified biomat, which is just like far infrared, but then it also has PEMF, and then I put shungite stones in it. I just needed something to incorporate this quantum resonance technology into, and I chose that kind of as the vehicle. The other things are just additional benefits, but it's really the QRT, the quantum that's making the impact.

Dr. Wendy Myers

It sounds like it would essentially clean off the biofield because we get zapped by the EMF, these harsh non-native fields. They're very harsh to our communication system and our biofield, and it just sounds like it'd make your biofield or your energy field more coherent and then clean off or, purge or repair the damage from the EMF every day. It's like you're doing a reset.

Jeff Hoyt

Absolutely. I was calling it the human tuning fork. Like a biofield tuner, almost like biofeedback for your biofield where it's just optimizing it, bringing it back to that optimal level, and strengthening the force field so now you're more resilient against external stressors, including the EMFs. I definitely think it's beneficial for that.

Dr. Wendy Myers

That's something that I use every single day. I mean, it's really important because if you use the EMF protection devices, nothing is 100%, and you've got to do things that make your energy field coherent. You have to charge up the voltage in your cells. Especially as you get older, that cell voltage really starts to plummet. The lower that cell voltage is, the sicker you are and can become. So you've got to use things to charge your body back up. So I think tools like this are super important and are definitely part of my daily health strategy as well.

Jeff Hoyt

Yeah. I mean we were talking about detox here. Its cellular voltage plays an absolutely massive role in detox. You can think of that as cellular energy. In my biohacking center I was called Recharge. Based on the work of Jerry Tennant and cellular voltage, and the concept was life drains you, we help you recharge. We have

this charge meter. But essentially, when your voltage is low, you have low cell health. That can equate to just marketing low mitochondrial function, et cetera. But when your cell's voltage is low, your cells are in survival mode. So the highway is closed, it's on lockdown mode.

When your cells are on lockdown mode, the nutrients are not getting in efficiently and the toxins are not leaving. So when you raise your cellular voltage, the cells open up. You can now absorb nutrients, and the toxins release. That's why sometimes when you go on these devices, you'll get a detox reaction, especially if you were stuck in fight or flight and your nervous system was on overdrive. You open up the cells and start dumping toxicants that were just stuck there. So that's what the detox reactions generally are from these PEMF and voltage raising technologies.

Dr. Wendy Myers

Fantastic. So super important. I can't recommend PEMF and technologies like that enough to charge your body up, and people are just getting Wi-Fried every single day. You do have to do something to address the negative effects that that's having on your body. But Jeff, thank you so much for coming on the show. I wish I'd had you on sooner.

Jeff Hoyt

Yeah. We had been talking for so long about having you come on, but I'm glad that you finally came on the show.

Dr. Wendy Myers

That was really informative. Why don't you tell the audience what your website or websites are and where they can get your products?

Jeff Hoyt

Thanks for having me on. I think this was a lot of fun. Big fan of the show and thanks for everything you're doing. It's good stuff. So zeolitelabs.com is the main website. That's going to be kind of the hub. You can find the podcast from there. You can find the case studies, the education tab, lots of stuff on there, and then there's the normal socials that are [@zeolitelabs](https://www.instagram.com/zeolitelabs) as well. But zeolitelabs.com. The zeolitecoach.com is

another one that's just based on zeolite education. And then if someone's interested in the mat and the wrap, it's zeomat.com.

Dr. Wendy Myers

Well, Jeff, thanks so much for coming on the show, and everyone, I'm Dr. Wendy Myers, and thanks for tuning in every week, taking your precious time to tune in. That's why I do this show. I want to help you make those discernments and give you all the information and the tips and tricks and things that I'm doing to help you to dramatically improve your life and your health. That's why I'm doing this show. So thanks for tuning in.

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