

MYERS DETOX

Hi John!

Here's your Myers Detox Protocol for your test on 10-11-18!

You do not have to do this program perfectly. Do what you have time to do. This program is a journey. Healing takes time. Remember to practice patience with yourself. Detoxing and healing is a long-term journey, but the most important thing is to simply begin. Detox is a lifestyle, not a program.

Please give Wendy (or your practitioner) and the Myers Detox Protocol a Testimonial!

<https://myersdetox.com/submit-testimonials/>

Limitless Energy

Get Wendy's book [Limitless Energy](#) on Amazon. Learn about the metals that cause fatigue and how to get your energy back!

Bioenergetics with NES Health

NES Health is a Bioenergetic Program that I cannot recommend highly enough. We are doing an introductory scan and interpretation consult (\$200 value) for free for all Myers Detox Protocol clients simply because I think it is such an important program to heal the body and get it detoxing better.

To get started, simply [purchase a remote scanner](#). Use coupon code: **MP-NES**

You receive a discount of \$85, an exclusive offer for Myers Detox Protocol clients.

Learn More about [NES Health Bioenergetics](#)

Try some [Feel Good Infoceuticals](#).

You can learn more about NES with these podcasts:

- Master NES trainer reviews my own NES Bioenergetic Scan
<https://myersdetox.com/206-see-nes-bioenergetic-scan-debbie-hart/>
- <https://myersdetox.com/195-bioenergetics-debbie-ventura/>
- <https://myersdetox.com/200-fighting-fatigue-with-bioenergetics-with-debbie-hart/>
- <https://myersdetox.com/193-the-bodys-energetic-field-controls-health-harry-massey/> Harry is the CEO of NES.
- Info about the MiHealth device – one of the protocols recommended on NES -
<https://myersdetox.com/209-revolutionary-mihealth-pemf-handheld-device-cyril-bourke/>

Your Myers Detox Protocol

Your Health Conditions

Adrenal Fatigue Causes <https://myersdetox.com/epidemic-adrenal-fatigue/>

Food Sensitivities <https://myersdetox.com/food-sensitivities-make-you-fat-and-sick/>

Your Metal Toxicities

Guide to Sources and Symptoms of Toxic Metals <http://www.myersdetox.com/guide-sources-symptoms-toxic-metals/>

Copper Toxicity Syndrome <https://myersdetox.com/copper-toxicity-syndrome/>

Uranium <http://www.globalhealingcenter.com/toxic-metals/dangers-of-uranium>

Mercury <https://myersdetox.com/mercury-toxicity/>

Aluminum <https://myersdetox.com/aluminum-toxicity/>

Arsenic <https://myersdetox.com/arsenic-toxicity/>

Your Mineral Deficiencies and Toxicities

Lithium Deficiency Podcast <https://myersdetox.com/165-lithium-deficiency-and-mental-health-with-james-greenblatt/>

Diet

The Detox Diet

Follow the [Modern Paleo Diet](#). You can do so by reviewing my Modern Paleo Survival Guides, which have been uploaded to your Client Access Folder.

I recommend these amazing organic delivery meals that you cook yourself. It's an easy way to cook healthy at home. [Sunbasket.com](https://www.sunbasket.com). **You get the first 3 meals for free.**

Water

Drink water and plenty of it! Here's more info on the different types of water and what's best for your body:

[What Kind of Water Should I Drink?](#)

I personally recommend [Pure Effects Water Filters](#). You can also get more info by listening to this [podcast on Water Filters](#) with the maker of Pure Effects Water filters.

Water Metals testing. Many people have metals, toxins and parasites in their water. It is VERY important to test for any potential sources of toxicity, especially if you are drinking or showering in water that is not properly filtered. I recommend doing a [Water Metals Analysis Test](#).

Supplements

Please enjoy 10% off your first supplement order! Use coupon code **NEWDAY10** at checkout.

You can find your supplements and everything you need for your Myers Detox Protocol in the [Myers Detox Store](#).

Wendy or your practitioner does not do customer service or handle anything related to the store. If you have any issues with ordering, please email customer service at support@myersdetox.com

Lifestyle

Sleep

Sleep for 8-10 hours a night. Check out the [Ultimate Guide to Better Sleep](#) for some tips to get a restful night's sleep. Listen to this podcast on sleep: [Lack of Sleep Causes Illness Podcast](#)

Meditation

I think it's very important to meditate in order to de-stress, heal the body, and emotionally detox. Insomnia will be a thing of the past. I LOVE the [ZivaMIND](#) meditation course to teach you its benefits and how to meditate. My sleep, mental function, and positive emotions have improved tremendously since adopting the simple tips in ZivaMIND.

Beauty Detox

I know many of you are using toxic beauty products. Time to detox those products! Learn more about the products I recommend:

[Wendy's Favorite Natural Beauty Products](#)

[Toxic Toothpaste Podcast](#)

[Natural Deodorant](#)

[Buy my favorite Natural Beauty Products](#)

Kitchen Detox

Detox your kitchen and cookware! <https://myersdetox.com/wendys-nontoxic-cookware-recommendations/>

Detox

Infrared Saunas

Infrared Saunas are amazing for accelerating detox of metals and chemicals. They are vital to your Myers Detox Protocol. Use your sauna for 30-60 minutes at a time, 3-5 days a week.

Learn all about [Infrared Saunas](#) and listen to this podcast about [Infrared Saunas](#)!

Recommended brands of infrared saunas are in the [Myers Detox Store](#).

IonCleanse Detox Foot Baths

Detox foot baths are a great way to detox if you do not have room for an infrared sauna or cannot tolerate one. There is a lot of research on the effectiveness of [IonCleanse Foot Baths](#). They help to remove metals via the urine. I cannot recommend other brands due to safety issues.

Liver Flushes

I cannot highly enough recommend [coffee enemas](#) every 2-3 days. You'll be glad you tried them! They are a very important part of detoxification and improving liver function. Please do a [deep liver flush](#) every 3 months.

Detox Symptoms

If you're having bad detox symptoms, please read this article for tips on [How to relieve detox symptoms](#).

EMF Detox

Electromagnetic fields from cell phones, wifi, computers, etc are a HUGE problem and are negatively impacting your health and ability to sleep. Learn more about [How to Protect Yourself from EMF](#) in this podcast.

[These are all the tools](#) I use to protect my body's energy field, brain and cells from EMF damage and interference.

Detox your Home

Toxins in the home are one of the main culprits in our toxic bodies. Have you ever thought about what's really polluting your home environment? The [FreshAir Surround](#) by Vollara is a revolutionary air purifier that does so much more than clean the air. Using the same science as Mother Nature, FreshAir Surround destroys odors, eliminates smoke and reduces harmful contaminants ordinary cleaning can leave behind. It's really amazing! [Learn More](#)

What's In Your Laundry?

My Green Fills has the cleanest, non-toxic [laundry soap](#) that I absolutely love. It's 100% natural and works like a real laundry soap without any toxic ingredients. This soap cleans your clothes so well! [Learn more!](#)

Recommended Testing

I offer additional testing to dig deeper and find the underlying causes of your health issues. Based on your symptoms and health history, I highly recommend these highlighted tests for you to further reduce symptoms and get to the bottom of your health issues.

- [NES health](#) - New to Myers Detox, NES addresses the body's energy blockages. The body's energy is negatively impacted by EMF, radiation, cell phones, computers, medications, vaccines, toxins, abuse, trauma, etc, etc. Information is sent to your body on energy waves. When your brain or heart is attempting to send information and instructions to your body (and cells) is blocked or distorted, health issues are the inevitable result. Freeing you from blocked energy resolves pain, disease, emotional and sleep issues, to name a few - all in a paradigm completely proven by quantum physics that is almost completely ignored by the mainstream medical community. It helps get your body detoxing much better by improving energy and the functioning of the detox organs.
- [Metals Urine Push Test](#) - This test employs chelators like DMSA and biosil to get a more accurate portrayal of your body's toxic metal burden. The urine metals push test measures 35 minerals and metals. This is a great test to do if you don't have metals coming out on your hair mineral analysis due to fatigue, methylation, or genetic issues. It is recommended for everyone.
- [Metals Stool Analysis](#) - We analyze the stool to find metals like cadmium and silver that do not show on other tests very accurately. Does not require a push with chelators. If you cannot tolerate DMSA for the urine metals push tests, this is an alternative.
- [Combo Urine and Metals Test](#) - Do both the urine and metals tests for a discount if you do both at the same time (highly recommended). This, along with a hair mineral analysis, will give us the most complete picture of your metal toxicities so we know all the metals that are causing your health issues.
- [Hair Mineral Analysis](#) - You need a hair mineral analysis retest.

Retesting Frequency

It's important to retest with a Hair Mineral Analysis and other metals tests about **every 6 months**. This helps to update your Myers Detox Protocol according to new changes so you get optimal results!

Retesting helps to track detox progress, adjust supplements and course correct when needed. Regular testing will help you to measure your progress as you push toxic metals out of your body.

Support

Email

You get unlimited email support during the length of your Myers Detox Protocol. We realize you have a lot of questions and need direct access to your health care practitioner. We pride ourselves on the level of support we provide!

Please email your practitioner if you have any questions about your program.

Karen.calomino@myersdetox.com

Please direct all store and test ordering questions and issues to Support@myersdetox.com

Myers Detox Protocol Support Facebook group

I have started a facebook group for clients on a Myers Detox Protocol. You can post questions and concerns. It's a wonderful resource of support and information.

<https://www.facebook.com/groups/myersdetoxprotocol/>

Webinars

You will receive emails to sign up for our monthly webinars. You can call in and ask Wendy questions live after the webinar.

Myers Detox Protocol Video Series

Sign up to receive a 20 part weekly video series about various aspects of the program [here](#).

Yours in good health,



Wendy Myers, FDN, CHHC
Myersdetox.com