



# Essential Alchemy

## The Ancient Art of Healing Naturally

### Season 1, Episode 16: Fastest Ways to Relax Your Nervous System with Wendy Myers, FDN-P

**Jodi:** Hi, I'm Jodi Cohen and I am here with one of the smartest people I know. Wendy Myers is a detox expert, a functional diagnostic nutritionist, an NES bio-energetic practitioner. She is the number one best-selling author of *Limitless Energy: How to Detox Heavy Metals and End Exhaustion and Chronic Fatigue*, and she is super passionate about the importance of detoxification to help live a long disease-free life, and she created the Meyers Detox Protocol and Mitochondria detox after working with thousands of clients, and she's just super smart, and always has cutting-edge information. So I'm super excited to find out more about what you think are the top causes of stress and sympathetic dominance.

**Wendy:** Yes. Yeah, well, so this is a huge topic. It's something that I address a lot with people that I'm working with, especially right now we're under a tremendous stress with this pandemic. Stress, it's one of the number one reasons people develop chronic illness. Stress can also be caused from emotional trauma, but a big stressor right now is EMF or Electromagnetic Fields.

And so we have a lot of this invisible stress that's acting on our bodies that we're not really even aware of, but it is acting on our bodies. There are thousands of research studies that show that EMF is a stressor that can cause anxiety, and depression, and so many other different symptoms. And then there is the nutritional stress, and there's like financial stress right now that so many people are dealing with. Even if people don't feel stressed, there are still stressors acting on us that are impacting our health in significant ways.

**Jodi:** Yeah, and I love that you pointed out like the emotional stress, the physical stress, even if we're eating a food we're allergic to, and then those silent stressors, the things that we don't even realize that are really impacting us and all around us. I'm curious, like what are some of your strategies? Especially with the EMF frequencies, grounding your body, helping to give it a negative charge, balancing that frequency, how do you prefer to accomplish that?

**Wendy:** Yeah, well, when I'm working with clients, my goal is to get them into a parasympathetic state because I can't do with them what I want to do unless they're in that state. So they can't detox or digest or rest and recover, unless they're in that parasympathetic state. And a lot of people aren't aware of that, they're just going from protocol to protocol to supplement and this. And they don't realize that they're not digesting their food. And they're not able to meet their health goals until they relax and get in to that parasympathetic state.

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**Wendy:** So I have a number of tools in my little toolbox, too, when I'm working with people. So number one, grounding, I want people to do Earthing. And this is very, very simple. Just walking on the beach or laying on the ground, or going for a picnic, or walking barefoot, or going forest bathing, or what have you, and/or ranch bathing, which is what I'm doing here in Texas.

**Jodi:** Basically, anything in nature because it puts your body back in balance. But I want to hit on something you said earlier because I really want to stress that point. This idea that you can't even start, it's like trying to get in the car and getting it to go without having the keys to start the ignition. Can you talk about that just a little bit more, the need for parasympathetic state as a precursor to detoxification?

**Wendy:** Yes, well, the body only has so much energy. Okay. And for many people, they're in this chronic stressed-out state. Their thoughts can be on a loop, or this negative loop, or these negative thoughts. Their immune system is constantly fighting stuff at night, or they're not sleeping well because they're stressed, and they wake up the next day, and are on this blood sugar rollercoaster.

All these domino effect things are happening when people are under stress and their body just doesn't have the energy or resources to then think about heavy metal detoxification. That's on the back burner. That's the last thing the body is dealing with, they're just trying to keep the brain power to get some nutrients from the food. Just the basics. And that's—

**Jodi:** Yeah, you can't mow the lawn when a house is on fire.

**Wendy:** Yeah, yeah, so you have to get back to the basics. You need to get into a relaxed state. And that's so hard for people in our fast-paced society. And they're looking at their blue light screens constantly, and the television, and the cellphone, the lights are on. I've got a light shining in my face right now telling my brain and my body, "It's noon. We're not sleeping!"

And then add the EMF in there that's constantly acting on our bodies. There's just more and more radio waves and EMFs are acting on our body. Every neighbor's got a wireless router and they've got 5G towers going up. So there's just so much acting on our body that we're not aware of. And the body just can't relax. And so we've got to biohack the body, work with it, and get back to the basics, get back to nature, and trying to work with the body to help it relax. And that means—

**Jodi:** Yeah, and you mentioned heavy metals. And I'm curious if you can talk about how heavy metals interface with EMF?

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**Wendy:** Yes. Yeah, so metals act like antennas, they will attack EMF. Dr. Klinghardt has talked about this and so has Mercola, where if you have heavy metals like mercury or lead, aluminum, other metals, which we all have some, of those three metals, we all have some of that to a degree, it's impossible, it's statistically impossible not to have--

**Jodi:** Well, it's in our food. It's in our vaccines. Sometimes it's being sprayed in the air. It's really hard to avoid.

**Wendy:** Yeah, it's in the air, food, and water. Even if you're drinking perfectly filtered water, you're showering in metals. If you're breathing air, all the smoke stacks from industry and mining. And look around you, everything is metal, they came from somewhere. And all that gets in to the atmosphere and you breathe it in every time you go walking.

**Jodi:** Right. And you're right. Most of our houses have metal pipes.

**Wendy:** Yeah, mmm hmm, yeah, exactly. And so we're just exposed to this everywhere. And so you just need to aware of this fact of...I talk about heavy metal detox a lot. But EMF is a big thing that I work with with my clients to try to reduce that exposure or give them tools to help to reduce the negative effects on the body so that people can get in to that parasympathetic state, and get better, and get on that track to healing.

**Jodi:** What are some things that work pretty well? Like, what are strategies that you've had a lot of success with in helping to get people into the parasympathetic state, especially in the face of all these challenges?

**Wendy:** Yeah, so, I mentioned grounding, but that isn't enough today to counteract the effects of the EMF. The growing amount of waves, magnetic waves, that are interfering in your body, and so our body's processes and how it works. And so we have to do a lot more than that.

So some very simple things that I do is I work with a friend of mine, his name is Robert Marking, and he developed this pendant about 20 years ago. It's called the Harmoni Pendant.

**Jodi:** Twenty years ago, wow!

**Wendy:** He developed it 20 years ago. It's a Harmoni Pendant with an I. And so this is a very, very simple tool that I use that helps to just very quickly get people in to a parasympathetic state. It's very, very quick. And you feel...When I first put mine on, I met Robert, and he activated it, I immediately went from this super high-stress state to being totally relaxed and yawning to where I almost wanted to go to sleep. My body was just like, "It is time to rest."

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**Jodi:** I think that's pretty common. It's almost like after you've run a marathon, you just want to take a nap. Like, you just haven't given yourself that break.

**Wendy:** Yeah, yeah. I was in an incredibly stressful period of my life when I met Robert. And this Pendant helped me so much. I really wanted to get the word out to people. So there's more info about that at [HarmoniPendant.com](http://HarmoniPendant.com).

**Jodi:** I love that because that's an easy thing to do, right?

**Wendy:** Yeah, it's very, very easy. It's one of the basic things I do. When I'm working with people, I encourage them, if they're open to it, to try it. And there's lots of info about it on [HarmoniPendant.com](http://HarmoniPendant.com). But another thing that I love is this water. It's called Watt-Ahh. There it is Watt-Ahh.

**Jodi:** Watt-Ahh.

**Wendy:** Watt-Ahh! So you can get this on [AquaNew.com](http://AquaNew.com). I have no affiliation with them, I just drink the water. And this has a polarized water that grounds your body. What does grounding mean? When you drink this water, you're feeding it billions or trillions, I don't know how many, of negative ions. And so that helps to give your body a negative charge where EMF frequencies give your body a positive charge.

**Jodi:** Oh, so you're just balancing?

**Wendy:** Yes, you're just negating the bad effects of EMF giving you that positive charge. And it's amazing. And it also gives your body tons of oxygen and tons of hydrogen. So it's not the water you're drinking, this is just purified water, but there's a gas infused in to it. It's the fifth state of water that's infused into it. And that's what you're feeding your body.

**Jodi:** Right, right. Can we talk about that a little bit--

**Wendy:** Yes, mmm hmm.

**Jodi:** About like water and what EMF is doing to the water in our cells? Do you want to go into that?

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**Wendy:** Yes, yes. So what happens with EMF...So EMFs from wireless Internet, from cellphones, from our computers, from the 5G satellites, there's about 60 a month of these satellites being launched into the air so that everyone on the planet can enjoy 5G, and getting Netflix on their phone anywhere in Africa or anywhere in the world. And so there's going to be about 20,000 of these by the year 2022. So the Earth's just going to be blanketed in these frequencies.

So people need to be thinking about this because if you think people are stressed now, just wait. Wait. And I'm very concerned about the increase in anxiety, depression, immune system issues, sleep, and all of the other health issues that we know are proven in the research caused by EMF.

**Jodi:** Well, yeah, it's radiating us. And there's even, you might have even been the one to tell me about this, every time the Earth changes its electrical frequency, there's an outbreak of a flu or pandemic.

**Wendy:** Exactly. And I personally believe that's what's happening right now with COVID-19. And there's a book, it's called The Invisible Rainbow. And this talks about how every time there has been an increase in EMFs in the environment, say in 1917, all the radio towers went out to people to have radio.

And in 1918, there was a Spanish flu pandemic. Even before then when electricity was installed along the railroads, there was another outbreak at that time. And then, every time there has been an uptake or some increase in radar or radio waves or 5G towers or what have you, or we go from 3G to 4G, which happened a couple of years ago, we have an outbreak of illness because people that have not adapted to this [sound fades 12:11] bodies are just not accustomed to dealing with this, it interferes in their body. And those people are more prone to illness.

**Jodi:** Well, we're electrical beings and we need to recalibrate. And, also, to your point, we're mostly water. My daughter Rose, where there is a lightning storm, they're not allowed out on the water.

**Wendy:** Yeah, mmm hmm. Yeah, and so our bodies have an energy field. And we communicate, primarily, in that energy field. That's where a lot of communication's happening. It's happening on energy waves. Information is transferred on energy waves. That's why when you're listening to a radio and you're tuning in to a certain frequency, you're getting that information transferred on that radio wave. And that's the same thing that's happening with cellphones. That's what happens to your body. That's how your body works.

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**Wendy:** And so, yeah, these EMFs were interfering in that communication. That's why everybody gets sick. But we also have inflammation stored in our water, in our body. And this water has to have a negative charge to work correctly. And like I mentioned, the EMF causes a positive charge on our body. We don't have the correct charge on our body or in our cells so, course, everything starts going haywire, including our immunity.

And it's proven that EMF reduces the action of macrophages, and our natural Killer T-cells or B-cells, and slows them down or they're not working as effectively. And that's why people that are exposed to EMF, they are less resilient to a pathogen if they catch it. And the EMF irritates these pathogens and causes them to replicate.

**Jodi:** Well, I've seen pictures of like mold and how when it's exposed to EMF, it just makes it grow faster. And it's almost like it's poking the bear, it's causing smaller problems to become bigger problems. But one of the things that I love about what you're speaking to is EMF, it's this external outside microwave that we can't really control, especially with what they're projecting at us from space.

But we can control that's a different frequency and we're our own frequency. And it's like hygiene, right, we can eat a pint of ice cream because we're stuck indoors, but if we brush our teeth or go run five miles, we're balancing what we're doing as we go. And the water strategy, the Earthing strategy, the pendant strategy, these are all really good ways to offset the negative.

**Wendy:** Yeah, you've got to do everything that you can. Every little bit counts. I also really like, there's a mat called a PureWave mat. And that's PMI and PEMF mat. So it's the first one that was on the market. So they own all the patents, right, of that in the 80's.

And this mat, by laying on it twice a day, helps to charge up your cells to the correct voltage and clear off any EMF. So after you lay on the mat, you're protected for about 8 to 12 hours. And so you do it twice a day. And that really helps to reverse a lot of EMF damage and protect you from future things. But that's one thing. I believe the website's PureWaveNow.com. But you can look it up on the Internet and find it. And so you would need to do that.

But, more importantly, there's lots of strategies and ways to block EMF, but it's going to get worst. So like I mentioned, the satellites are going up and you have to think about strategies to protect yourself, but you need to mitigate the EMF in your own environment, as well.

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**Wendy:** You need to identify where you have EMF. Many times, people are shocked if they get a little \$200 TriField meter, you can get it on Amazon, walk around your home and measure the EMF, and you can look for high sources of it, and people are surprised that their refrigerator that they were just next to, or that they eat next to, or an appliance in their bedroom has really, really high EMF that it's emitting.

And that can have a dramatic effect on people's health and that people can get very gravely ill or even get cancers. Forget the stress, people get really strange diseases.

**Jodi:** Well, it causes stress. It's like background noise that never goes off. And even, like our house was built in 1930. And it turned out you can get those really cheap things that you just plug in to the outlet to see if it's grounded. We needed to ground our house, that made a huge difference, and even pulling your bed away from the wall so that it's away from the electricity when you sleep.

**Wendy:** Yes, yeah, because distance helps a lot. Let's say if you can't replace all the wiring in your home, because who can do that, you can at least pull away the bed away from the wall. A lot of people don't realize, they have a smart meter that's in the wall where their head is sleeping at night. And that meter's sending out a signal 25 miles, sometimes every few seconds, just to tell the electric company how much electricity you're using. And so that can have a profound effect.

So there's lots of different sources that we need to be aware of. It's not just your computer, it's not just your phone, it's not just the wireless Internet, it's not just your neighbor's wireless, it's the electricity in your home. Your appliances, sometimes even a clock radio is emitting huge frequencies. And luckily, the things that are coming out now, the appliances or like computers, even the little earbuds, not these, but the little earbuds, they actually don't produce a ton of EMF, surprisingly.

**Jodi:** Well, that's good. My daughter runs with that. I always worried that she's going to get brain cancer.

**Wendy:** Yeah, the newer products coming out, they're aware that consumers are not happy about this and are producing better and better products. The newer microwaves are made better. But this is a growing issue. There's growing awareness about it. And these are some of the top tools that I recommend to people to help mitigate EMF in their environment and in their body.

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**Jodi:** That's amazing. And once you help them navigate the external stress and switch in to parasympathetic, is it easier for them to detox? Like do you notice a difference? Do they notice a difference?

**Wendy:** Huge! Yeah, absolutely, huge because one of the first things I give people is this Harmoni Pendant. And that helps to help their body deal better with EMFs so their bodies not as affected by EMF. But it's doing a lot of other things, as well. It helps to fulfill much less stress. It gets them in that parasympathetic state. But there's other things that I recommend to them, as well. But that can give them a huge shift to be able to meet their health goals where they're finally sleeping better. A lot of people just aren't sleeping. And that could throw a huge wrench in any plans that they're trying to make with where they're trying to get with their health.

**Jodi:** Oh, yeah! So it's like trying to bike uphill and being in the highest gear, it's going to be a lot harder than if you can downgrade, if you can get them in the right state with the parasympathetic pendant and mitigating EMFs. Is there anything else that you recommend? Like grounding, is it enough to just walk their dog for 20 minutes: Do they need to be intentional? What do you tell your clients?

**Wendy:** Yeah, well, every little bit helps. Getting out in nature. Getting the sun on your body. A lot of ya'll just don't do basics. They don't get any sun ever. And then they wonder why they're not well or they don't feel good. You need to get sunlight in your eyes like that early morning sunlight into your eyes. And that's really, really helpful to set your circadian rhythms and what not.

But also, minerals are super important. Minerals are huge, too, because you're going to be in a high-stress state unless you have adequate levels of minerals in your body. And just taking minerals can help really calm things down and get you sleeping better and help you feel less anxious. So that's a key thing, a very basic thing, that people just are overlooking. We're just talking about super, super simple things, here, that--

**Jodi:** Well, and I'm curious because, for minerals, like I know you have the option to really do a very personalized self-assessment for minerals. Is that a good place to start? Like, can people mess it up? And there's a balance between all of the minerals, do you want them to be targeted? Or can they just take magnesium, which is relaxing? How do you approach the mineral piece of the puzzle?

**Wendy:** Yes. So you have macro minerals and trace minerals. So the macro minerals are things you need a lot of. You're going to need more than you would get in a typical multivitamin. So that's magnesium, zinc, some people need calcium, not everybody does, and then selenium. So you need quite a bit of those, and maybe potassium.



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**Wendy:** And the other minerals, trace minerals, you just take a trace mineral supplement to get about 80 of those. And I really like Healthy Salt. That's the one that I use. It's really the best trace mineral product that I've found. There's lots of great products out there.

**Jodi:** Well, then, also, maybe you can talk about if you're deficient in minerals, it's harder to detoxify metals. Do you want to speak to that?

**Wendy:** Yeah. And people who are deficient in minerals, their body's going to be forced to hold on to metals because metals and minerals can do some of the same jobs in the body. If you don't have adequate levels of zinc, your body can use cadmium to repair your arteries. And that's why a lot of people get hardened arteries is from cadmium deposits in their arteries when they're deficient in zinc. They're not eating red meat or eating foods that have zinc in there and what not. And so there's lots of examples like that.

But when you take minerals, you displace and you push metals out of your body. But not only that, when you take minerals, you are relaxing your body and also giving it the nutrients it needs to work properly. Minerals are like spark plugs in the body. We have to have minerals for our body to just function properly. And just taking adequate levels of minerals solves a lot of people's issues. If they're trying to look at all different types of supplements or programs, just back to the basics, we just have to work with our body to get it working correctly.

**Jodi:** Right and stress burns through minerals so quickly. That's such a good point. I forgot about that. Thank you for reminding me because it's really important.

**Wendy:** Yeah, and there's not a lot of like information about minerals out there. Especially people that are like selling supplements or marketing or writing articles about minerals, they're not that exciting. So people just overlook them or, "Oh, I'm taking my magnesium," but they're usually taking the wrong forms. And so the forms are important and the amount that you take is important. You don't want too little or too much. So I have a lot of information on my site about that.

**Jodi:** You've got great information about that and about like assessing your own personal mineral levels.

**Wendy:** Yeah, yeah, you can do a hair mineral analysis to test your mineral levels or just test your tissue levels of minerals. Testing blood is pretty much worthless.

**Jodi:** Yeah.

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**Wendy:** Yeah, because by the time you have mineral deficiencies in your blood, you're pretty much, you're pretty far gone in your health. So we're not looking at blood, hair is much more accurate in the case of tissue levels of minerals. And so you're not going to hurt yourself by taking minerals. So you don't have to do a test to take minerals. But again, it helps as a guide and gives you some good information.

**Jodi:** Yeah, that's great. This was so helpful, Wendy. How can people learn more about all the products you've been talking about and about working with you?

**Wendy:** Yes, well, if you, guys, want to learn more about heavy metal detoxification, or learn more EMF mitigation and reduction in your environment, how to protect your body, you can go to [MyersDetox.com](http://MyersDetox.com).

**Jodi:** That's wonderful. And I just had the thought that EMF and heavy metal detox go hand-in-hand because the more you can detoxify metals in your body, the less the EMFs are impacting you. So great information.

**Wendy:** Exactly.

**Jodi:** Thank you.

**Wendy:** And all that stress you have, it's just another stressor that you're removing because some metals can be very stimulating. They can be very, very stimulating and cause stress, and interfere in your hormones, and interfere in your immunity. So they're a huge stressor. They interfere in all the enzyme processes in your body and just mess it all up.

**Jodi:** And you've got fantastic information about all of the metals, and where you might find them so you can avoid them, and what symptoms they might present. So yes, definitely, please check out more information on Wendy's site. She's fantastic. Thank you so much!

**Wendy:** Yeah, thanks for having me!