



## **Are Your Health Issues Caused By Emotional Trauma**

**Greg Eckel, ND, LAc With**  
**Wendy Myers, FDN-P, NC, CHHC**



### **Greg Eckel, ND, LAc**

Hi everybody. Dr. Greg Eckel of the Bioenergetics Summit and we have Dr. Wendy Myers, naturopathic doctor and founder of [myersdetox.com](https://myersdetox.com). She is a detox and bioenergetics expert, as well as number one bestselling author of "Limitless Energy: How To Detox Toxic Metals To End Exhaustion And Chronic Fatigue." Wendy is the host of a top 100 rated podcast. "The Myers Detox Podcast" about protecting your health and detoxification. Dr. Wendy, welcome aboard.

### **Wendy Myers, FDN-P, NC, CHHC**

Thanks so much for having me.

### **Greg Eckel, ND, LAc**

You are very welcome. I'm really excited for our topic in this segment, which is, are your health issues caused by emotional trauma or another way of saying that is, how to do an emotional detox. So I want you to share with us, what does the research show about how physical health issues are primarily caused by emotional trauma?

### **Wendy Myers, FDN-P, NC, CHHC**

Yeah, so there's a lot of amazing studies out there that, so there's the ACEs study that was done in collusion with Kaiser Permanente. And it talked about how, it shows that about 67% of physical health issues are caused by emotional trauma or adverse childhood events. That's what ACEs stands for, adverse childhood events. And so these traumas that stem from our childhood, from our primary caregivers or step parents, or what have you, or adoptive parents doesn't matter, whoever was taking care of you, those kind of abuse that can happen or neglect or just interactions or anything that happened to you emotionally, that you weren't ready to deal with. Other things can happen, death of a loved one, or losing everything financially or a physical health diagnosis. All these different things can cause traumas that the biology can translate into a physical health issue. And so it's astonishing 67% and there were issues with that study as well.



There's a lot of traumas that weren't accounted for. So a lot of the experts in the field like professional professor Bessel van der Kolk who's an expert on emotional trauma and he's done years and decades of research himself feels like it's higher than 67%. And that diet and lifestyle account for about 20% of physical health issues. And there's some, the rest of it is due to genetics, genetics that you can work around, about 5% of illness is genetics that you can't do a ton about but yeah, the research clearly shows that physical health issues are not just due to physical issues. You need to be looking at emotional trauma and addressing that with, I use bioenergetics and frequencies to address this with my clients and my patients. But the research is clear and it's not just this ACEs, there's lots of other research supporting this data as well.

**Greg Eckel, ND, LAc**

And the word trauma sometimes is really loaded, right? So some people will just discount that of like, oh, well, that doesn't apply to me, I didn't have any trauma, but you're saying the numbers being even higher than 67%, Van der Kolk who wrote "The Body Keeps the Score," which is a marvelous book out there with kind of putting this together for us. Most folks are looking for physical solutions to their health issues and ignoring this whole emotional component, or don't think that the traumas from the past, or even I'll put traumas in quotations, because I don't want people to discount that 'cause you can hear the percentages affecting health are much higher, I mean the majority of illness is caused from emotional traumas. So how does it physically manifest in as illness and disease, what are you seeing in your practice?

**Wendy Myers, FDN-P, NC, CHHC**

Yeah, so I mean it can really be any illness, any disease, any illness, cancers, or autoimmune disease, immunity stuff going on, it can be just be symptoms, fatigue. It could be mental distress or mental health issues, diagnosable clinical conditions, it can be really anything, digestive upset, anything, doesn't matter. And so we know where people have, say they have. So let me just start from the beginning. So emotional traumas reside in our energy field. So we have this energy field around our body and this is where the emotional traumas lie. And this is also where our physical body takes direction. So we get information in this energy field and that's what the physical body takes instruction from.

So if you have energetic blocks in your energy field, so you have a trauma, death of a loved one, or you have even isolation just being alone for long periods of time can cause physical health issues with the kidneys, people having some sort of trauma that they can't, they just can't accept it, can cause digestive issues or issues in the stomach. And we found there's a correlation between, or there's a lot of research out there that shows there's a correlation between specific



types of traumas and how they specifically affect different parts of the body. It's absolutely fascinating. And there's software out there that can detect this namely, there's a different company that I use, but there's a software. You can do a scan and you can detect what emotional traumas you have and what physical organ it's affecting, impacting its physical function. And so it's really important for people to understand this is how the body works. And it's so simple and elegant to work in this energy field, determine where the energetic black blocks are and clear them and you can do that with bioenergetics. You can do that with sound therapy. You can do that with frequencies, frequency music, music that has different hertz frequencies infused into it. There's lots of different ways to work in this energy field to release these traumas permanently and improve physical functioning as a result of it.

**Greg Eckel, ND, LAc**

You know that I have been saying for years, this is the future of medicine in the frequency therapies, the sound, light, et cetera. So this is really exciting to hear you with your practice and in particular, the emotional trauma component. Tell us about your own journey to address trauma and feel better emotionally because a lot of times it's our own journeys that have brought us into this work. So I'm curious as to your path.

**Wendy Myers, FDN-P, NC, CHHC**

Yeah, so I'm like a lot of people, I got into the health space with my own health journey and my own intense personal interest and in feeling good. And I just had reached a point in my health journey where I had done everything physically that I could, I had the perfect diet at all organic food. I cooked my food, a huge bag of supplements, working out six to eight hours a week, no stress just doing, my full-time job was my health. And I still woke up feeling like crap every morning. And I just thought, what do I have to do to feel good? What, I'm doing everything, and so, and then I met Harry Massey who's the founder of NES Health. It's an amazing bio-energetics software that can help you address your emotional traumas, identify them and address them.

And I use this software with thousands of clients and just amazing the results and I started doing it myself. And as soon as I met him, I was open to it and doing this scan I saw these different emotional traumas that I had and negative emotions that were resonating with me at that time of the scan and I just thought, gosh, I just really hadn't thought about working on emotions. I thought I'd done 10 years of therapy. I had read all the books. So I had just done everything. I kind of felt like I had worked through a lot of things, but you know what? The research shows and professor Bessel van der Kolk showed this, he said very famously that yapping doesn't work, talking in therapy does not address your emotional traumas because they're in your energy field.



And so you can't talk or intellectualize your way out of that. You can become an expert in your neurosis and talk therapy and understanding of how you interact with in your relationships and things like that. And that's an amazing body of knowledge to have, but you don't release your emotional trauma. So they still affect you physically and mentally. And so this was something I didn't fundamentally understand. So when I started doing NES Health, which is part of my recommendations to people who are interested in releasing their emotional trauma, I may started making big headways in how I was feeling, how waking up, feeling good. I just wanted to wake up and feel good. I just wanted to feel good mentally. I'd done all the physical stuff. And I was just ready to take my health to that next level. But in learning about bioenergetics and sound therapy, it's really phenomenal, the results that you can get in your mental space, your mental health and feeling good.

And 'cause when you say, you know, can't just think yourself positive. I think a lot of people out there are just, ask themselves. And I asked, I said this to myself too. I have a really good life. I have everything to be grateful for. I don't really have any problems or stress. Why don't I feel good? And I think a lot of people have traumas or they even have intergenerational trauma, That's still in their field. And there's research that proves this too. The survivors of the Holocaust that their family members go on to, they pass this trauma down generationally, 'cause it's transferred in the energy field. Unless you start, you know, you have awareness of this and you start thinking about this and address it, you're you're gonna have a really tough time meeting your goals or fulfilling your life purpose, 'cause you're kind of just weighed down by these low frequency emotions and traumas that are preventing you from feeling that joy and from stepping into your life purpose and into the relationships that you want. 'Cause you're just attracting things on a lower frequency level. That's why I say the law of attraction, maybe it's not what you've heard about that. Maybe it's not working for you because you have to release these low frequency emotions and traumas to raise your frequency. So you're attracting higher frequency things in your life.

**Greg Eckel, ND, LAc**

That's a lot there. Let's unpack a lot of that there because I want, let's start with the component around talk therapy and why that isn't enough because you're saying the emotions are stored in the energy field and by just expressing the word that like you said, you noticed in your own life, I did all of the talk therapy and the other research is showing, well there is there's levels of ancestral traumas or the epigenetics that got triggered from our great, great grandmothers and how to clear that from our field. Because then I do want to go from that, why the talk therapy's



not enough, storing those emotions in the field and what protocols that you put in and then really talking about that law of attraction. I think that's a great flow here.

**Wendy Myers, FDN-P, NC, CHHC**

Yes, so when it comes to yapping doesn't work as I think some of you guys might have find about 10 years or five years of talk therapy, and you still kinda don't feel that great. The thing is that we have trauma in our energy field, that's where it's stored. And many of these traumas that we had or experienced happened before we could speak or they happened before we could really verbalize or have an understanding of language. So many of these traumas, they actually become part of a core part of your personality. They're not just something that you can talk about and then get rid of so to speak, you can't intellectualize them because they're in your energy field and they've actually become ingrained into your core personality. And so you can't just talk away your personality and these are, people develop survival mechanisms.

They develop reactions, different personality traits that help them cope with the neglect or isolation or physical, sexual, mental, and emotional abuse that they may have suffered as a young child and it doesn't have to be abuse. It could just be your parents just never talk to you or you weren't to be spoken to until you were addressed or your parents just like fed you and clothed you and got to your basketball games on time. But you just really didn't, your feelings were never acknowledged or just doesn't have to be overt abuse. Neglect is probably the biggest form of abuse that people or traumas that people experience today as children. So all of these things happen, but you can't, you're not always able to verbalize that because you don't have awareness of it. A lot of people, they don't even know what is causing them to behave in the way they do with their addictions or compulsions or overspending or alcohol addiction. They don't really know what is driving that behavior. And they don't know or why they are that way. And they don't know that they've suffered traumas, okay? And so this is why you can't talk about something you're not consciously aware of.

And even if you are aware of it, like for me, I had a lot of awareness about what was going on with me, but I still, you still can't talk it out. It's something that has to be addressed at its root with it's just lying in this energy field and you can transmute it and release it with bioenergetic protocols like using NES Health and they use a protocol. They are things called in pharmaceuticals that are, they have information imprinted in water. You take them, you ingest them. And that sends new information to your energy field to release the traumas. And it works without a shadow of a doubt. And then they also have a device called miHealth. Again, it looks like a little cell phone, again, sends new information, new operating instructions, new frequencies to your body that



instruct you to release various traumas. There's also things like Biofield Tuning. Like it's a tuning fork, looks like a little metal tuning fork. You hit that on a table or something hard and you have this vibration and you put that on your sternum and that will vibrate outta the edges of your energy field and release emotional traumas. And most people need about 200 hours or more. I'm sorry, most people need 400 hours of Biofield Tuning, okay? So this can be done 30 minutes to an hour over a 18 month to 24 month period. So it's no overnight snap your fingers solution, but those are the two methods that I use to help people to release their emotional traumas permanently, to get rid of them and the research, there is a plethora of conventional medical research, not woo woos research, conventional medical research that shows that sound therapy using frequencies helps to release emotional traumas from the energy field.

And I've compiled all of this data, I mean, hundreds of research studies to support what I'm saying in my emotional detox program. And I also in the program also recommend NES Health as well, it's something that I use very successfully to work on emotional trauma. Within two months of doing Nes Health, I was pretty much have been bulimic since I was 16 years old. And I started doing Nes Health when I was about 42, when I started doing it. And within two months I stopped doing that and there was nothing else I was changing. I'd had all kinds of therapy to try to stop doing it. I just didn't really know what to do. And I mean, within, like I said, a couple of months, it just stopped because that underlying trigger, whatever that was, I don't know what it was, was released in transmuted using the frequencies with this therapy. And I also have had, I mean so many clients doing Nes Health. They just stopped smoking, they stopped drinking. They're not even trying, it's just that underlying impetus, that compulsion, whatever that trauma was, is just released. And that's the basis of addiction. That's the basis of people developing mental health diagnoses, personality disorders. That's the basis of people being unhappy in their life and having repressed joy. It's just these emotional traumas that are just there and you have to address them at the root.

### **Greg Eckel, ND, LAc**

On that front, are you seeing, because you're seeing trends. I know you can't say specifically, well you did with 4000 hours of that work with the Bio Tuning, the tuning fork, Biofield Tuning, but with using the remedies and the protocols that you're doing, is there an average, are you saying, you know, you wanna really stick with this protocol for three to six months? Or what do you see on average?



**Wendy Myers, FDN-P, NC, CHHC**

People, anything that you do, you're gonna see more results the longer that you do it, I've been doing Nes Health for, since I was 42, I'm gonna be 50 this month. It's also very anti-aging by the way, but I've been doing it for eight years, so, and I still continue to use it. I mean, there's always experiencing new traumas and new stuff going on that is unsavory that you have to address, but you know, and I've been doing Biofield Tuning as well. I think Nes Health is easier to do. It's just easier and faster, but Biofield Tuning with tuning forks is very, very effective and inexpensive to do. But yeah, the Nes Health, I really want people to do it for two years, but you start seeing results right away. When you first start doing Nes Health, you start having lots of really vivid dreams, lots of very vivid dreams because you are processing things in your dreams. So when emotions are releasing or traumas are releasing, you can have very vivid dreams and then they kinda release out of your field. So dreams definitely intensify the first 30 days. And you feel it, I mean, you know that it's working without a doubt, but you need to continue doing it. There's no, if you had you're 50 years old, you've had 50 years of unsavory things happening to you, you gotta put some time and effort into that to really get the results that you're seeking.

**Greg Eckel, ND, LAc**

Sure. That all stacks upon each other. And then there's new traumas that occur through kind of our heart centered beings. Moving through time and space is the way that I talk about that.

**Wendy Myers, FDN-P, NC, CHHC**

Yes.

**Greg Eckel, ND, LAc**

All right, so that component of the traumas and clearing and the protocols, so the law of attraction, 'cause I thought that was an interesting side of why does it not work for most people?

**Wendy Myers, FDN-P, NC, CHHC**

Yes, and that's one thing I think that a lot of people just need to understand so that anyone listening to this, you know, you care about your health, you're trying to work on yourself, you're trying to live your best life. And I think a lot of people have seen the law of attraction and they just have to think positive and try to manifest what they want or you write down what they're wanting out of their life and their goals and whatnot. They make their little vision boards and stuff like that, that people do, gratitude journaling, but you know, you have to raise your frequency as much as you can. 'Cause the higher you raise your frequency, it's the law of attraction. The higher you raise your frequency, the more high frequency people, opportunities,



abundance is going to be attracted to you. But if you are just mired down, you can't get, many people, they can't get past their addictions. They can't get past overeating. They can't get past attracting narcissists or having a jerk in their life because they have trauma that is causing them to bond or stay in these unhealthy attachments in relationships that don't serve them. Or you have friends in your life that are draining you. There's a lot of different examples of ways that trauma causes to be like people pleasing or perfectionists or different personality traits or things that people do. Behaviors that prevent us from really stepping into our true life purpose, okay, that prevent us from feeling good. 'Cause if you don't feel good you're just not gonna be productive that day. If you don't feel good, you're just not gonna attract into your life what your potential is or what you deserve or what could be. And so you have to have awareness around that also, you've got to get these negative emotions and traumas are lower frequency and they need to be released in order for you to live your best life and attract what the potential that you have to attract.

**Greg Eckel, ND, LAc**

Love it, that is a missing key for so many people where they're maybe sitting at home on their couch, wondering why aren't things coming to me the way they're supposed to? And it makes sense in that you have to inhabit the frequency that you are wanting to attract those things in on, that's phenomenal. Last things that you would like to share with folks around this.

**Wendy Myers, FDN-P, NC, CHHC**

Yeah, so when I developed my emotional detox program, I developed it on a few different levels. So we have a module on bioenergetics, which helps people to understand the science behind how bioenergetics works, how sound therapy works, education on PEMF therapy or pulse electromagnetic fields and things of that nature. And then there's that psychology mindset component where how to deal with other people in a healthy way, developing a flow state where you are able to in releasing your emotional trauma is you're just able to flow more in your life and what that looks like and developing the right mindset. And I also want people to understand what's called the Enneagram Typing System, where those survival mechanisms that people develop as a child, as a result of their neglect or abuse, how that forms your core personality.

And so you can figure out what your Enneagram type is and see how you cope with situations and how these coping mechanisms don't work in adulthood. And you can do sound therapy to transmute that Enneagram type or that personality type that you've developed that's become a core part of your personality. So if you're a people pleaser, or you're constantly doing things for people and they're not returning it back to you or you're maybe a bully or you attract narcissists



in your relationships, all these different things, you can transmute all those things. You can release these things and be done with them forever. So I talk about that as well. And then I also talk about the physical aspects, how stress affects us physically and how you to address emotional trauma you also have to, we have a physical body and you have to take care of it. And I talk about how to do that optimally and how to lower your heart rate variability. Because when people have trauma, your heart rate variability is like, what's called HRV, it's a measure of stress. And so when people grow up in a stressful environment or the mother was really stressed when she was pregnant, you just develop kind of like a higher stress set point where you get stressed easier in response to your environment, you stay stressed longer than maybe the next person and you have a harder time calming down.

And I talk about how to lower that stress set point with vagus nerve stimulation and using tools that help measure your heart rate variability, which is a measure of stress and how you can kinda track what you're doing is working or not. And lots of different tools I talk about to help lower your stress set point. And it goes beyond things like yoga or meditation and things like that, 'cause they work as long as you're doing it. But when you stop doing it, maybe a couple hours later, you go back at that high stress set point. So I talk about how to permanently lower this high stress set point that forms as a result of trauma and adverse childhood events. So there's just a lot to it, the emotional trauma release, but I cover it completely in my emotional detox program. It's about 30 hours of education. So it's very thorough,

**Greg Eckel, ND, LAc**

Oh, lovely.

**Wendy Myers, FDN-P, NC, CHHC**

Very thorough with all the research.

**Greg Eckel, ND, LAc**

Awesome. Thank you for sharing that. What is one thing, somebody making it this far in our interview, what could they do today? One technique that you could share with them to just kind of put into action right now?

**Wendy Myers, FDN-P, NC, CHHC**

One thing I'd recommend people do is to do a Nes Health scan. I mean this tests 500 different data points. It gives you a wealth of information about what your emotional traumas are, what organs they're affecting, maybe the negative emotions that are resonating with you, gives you so



much information that you can act on and it's not expensive at all. So that's one thing that I really encourage people to do to learn about it, to give it a try, give it a chance, be open minded about it because like I said, I put thousands of people through this program. It's really the first thing that I want people to do no matter what health goal they're trying to reach or what they're trying to address, because it does get to the root cause of physical health issues, emotional issues to address them successfully.

**Greg Eckel, ND, LAc**

Lovely. I agree. It is one of the most accurate diagnostics that I've found out there in the bioenergetic realm because it really correlates really well clinically that that's been my experience as well.

**Wendy Myers, FDN-P, NC, CHHC**

It's eerily accurate.

**Greg Eckel, ND, LAc**

Yeah, eerily accurate, it is. And it's really worth taking a look at. Dr. Wendy Myers, thank you so much for coming on the Bioenergetics Summit and sharing your wisdom and knowledge with us.

**Wendy Myers, FDN-P, NC, CHHC**

Thank you for having me.