An Overview of Quantum Biology Research and Its Application in Bioenergetic Assessments Transcript

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Introduction to Quantum Biology

For. Welcome back, everybody, to the bioenergetics summit. I'm your host, doctor Greg Eckel. Today I have Steve McCardle on board. We're talking about an overview of quantum biology research and its applications in bio energetic solutions.

Steve is a certified NASA practitioner, which he started in 2007. We can call him the old guard with a young mind. Steve was among the first practitioners in the health family and saw clients through his private practice in Michigan.

He also has an extensive professional career as a writer and teacher, and today combines all of those in his role as director of education for health.

He has written and taught extensively on health and wellness topics, including the physics of biology, and is the coauthor of the book Restore Your Energy with bioenergetics.

Welcome aboard Steve. Thank you, Doctor Greg. It's always good to connect with you. Indeed. I'm excited for this one because we've been talking about all kinds of facets of bioenergetics.

And this one I want to you know, we're going to take a little deep dive into assessments and solutions in particular and what the research is showing.

So let's start out with how did you get interested in quantum biology in the first place. Well, so when we first started a health practice, we'd gotten interested, my wife and I, in starting a health practice, because, you know, when when you're starting a family, health becomes a really central topic for you.

And, and I was not interested in going down a conventional medicine route. I see a lot of value in that in terms of emergency management. But I had really been more intuitively attracted to energy medicine, natural medicine, this type of thing.

And so we went that route with our practice. And once that was open, I mean, in terms of studying, studying to open a practice like that. But then once I'm in practice, I'm doing a lot of ongoing research because I want to continue to understand more and more about that.

And, bioenergetics was really the core of what I was doing. NASA was the centerpiece of that. And so I, just found myself studying a lot of the articles and things that are out there about this topic, and one of them just always stuck with me as sort of my starting point.

And I just wanted to share that real quickly on screen so people could see where I kind of started with this idea. And so you can see this article that I came across where they had done research at the University of Michigan.

They were testing for electric fields within the cells. And the conventional view at that time was that there shouldn't be any within the cytosol of the cell.

And instead, what they found and you can see it here, they said the standard paradigm is that there shouldn't be any. But in all the 13 regions they measured, they had a high electric field strength as high as 15,000,000V/m.

And this was really cool for me because it just showed me how much we still have to learn about the body and how big a role, electricity. And when you go beyond just traditional electricity into quantum physics, how much there is for us to discover about how the body really works down at that level?

And through the years, I've just found more and more things that build on that. So a couple of years ago, in fact, right before I did a training, I brought this right into the training because I thought it was so cool.

Early Research and Bioenergetics Foundations

I found another article, and you can see it here, where neuroscientists said that they'd found an entirely new form of neural communication, and they call it wireless.

They said that messages could leap from one neuron to the other, even in cases where they'd been surgically severed. And it's the same as with the cell where they found that electricity.

Well, we have to go back to the drawing board and figure out what this means in terms of our model of the cell, in the same way they're saying, well, there's some process that's not understood through conventional views, on how communication happens in the brain.

And so again, they're going to have to go back and think about it. But at Nass, like the wireless communication is what we've talked about for decades.

Right. And it's the foundation of the company, this idea that the body has this wireless communication system. So these are some of the things that I have found really interesting over the years and that I like to continue researching and finding.

So as just a really high level, because I know we're we're limited on time and we have a lot to cover, but just at a really high level, you and I have talked about some of these things in the past, but I just want to go over them here for everybody who's watching to show how much even conventional research has already demonstrated, the impact of physics, not chemistry, but physics on the body.

I mean, we know that because the sun shines on your skin and you make vitamin D, I mean, we know that the electromagnetic spectrum has this huge impact on the body.

Here's just some some articles I found specific to light and how it can manipulate our us down to the level of the genes. Sound can do the same thing.

And I'm, you know, again, going high level quickly through these just to give people an idea of what all is out there, the impact of magnetic fields on the body here we have pulsed electromagnetic fields.

And again, you can use this is just a collection from PubMed. You can go and research these types of things on your own. You just find out how many different situations in the body can be affected by things like pulsed electromagnetic fields for for example, here microcurrent technology.

And both of those is you're familiar with our our my health technology. It uses both that and the Microcurrent as well as some, some things that are specific to ness, combined with them.

But that's just really an idea for people to have of, of the conventional research that's out there and how much we need to learn about the body, how much can be taking place beyond just the traditional chemical model.

And I think that's the bottom line, what I want to get across to people, I love that, and that is a message that really is coming out in the whole summit.

You know, where these terms of like, oh, that's really out there or woo woo or whatever, when when you hear that you really have to understand people aren't actually reading the research because the science, there's actually hard science that is coming to fruition.

And, you know, you that first article you showed was 2007. There's, you know, there's literature way before that as well. But for your introduction and in that part, that's why I was really excited to see the title of this talk with you,

because you really are in the research and bringing it forth and helping us, you know, really assimilate it because it is changing so rapidly where you had, you know, you had the electricity in the cell, you had neuronal connection that wasn't happening before.

You've got, you know, the, the, the frequencies of the pen off the, you know, low tens unit component electrical, input. You have the sound vibrations and effects on DNA repair.

You know, that is like, that's hard core, in the science realm and bringing it from that bio energetic realm. So, you know, there's so basically we've got the science there.

Medicine hasn't caught up. And so there are some ways of measuring and then actually employing and utilizing these therapeutics. So let's start with, you know measuring the testing and assessments like where what are companies doing out there right now in Taat in terms of the bioenergetics and utilizing assessments?

Because, you know, what gets tested can get measured and changed. So there are different ways of looking at this. So what did you find with setting up your clinic and then just now in the industry.

Yeah. So when I first started obviously I wanted to know what's what am I going to be using to work with clients. And so I researched a lot of different, equipment.

And I bought a lot of different equipment, and I tested it myself and found out what I did and did not like. And so it's really important for people to understand if they're going to see a clinician who's using any of these, what sort of the the groupings of different types of assessments.

So I don't go into brands so much. I talk about these these general concepts. One of the early versions of of assessment in the bio energetic world is, often called Eevee or electro acupuncture.

According to Vogel, who was a fellow who helped to develop this. But it's really if anybody has seen these point probes that you basically put on the skin and, and you kind of take an electrical measurement right at, really an acupuncture point, you're trying to find out where there's blockages within a specific acupuncture point along a meridian.

And I liked the concept of that. Honestly, I owned one of those systems, like one of the top end of systems. I liked the concept. What I didn't love about it was that, number one, I love the idea of the meridian system, but with ness, what I found is we we do talk about the meridians and we talk about a lot of other things.

Assessment Methods in Bioenergetics

And in this case, it was just the meridians that you were that you were dealing with. On top of that, it took a long time to assess somebody and it actually wasn't that comfortable.

I, I, I realized I was not going to be able to do this on little kids because that point was actually uncomfortable. And in theory, you could do it just on the the fingers would take a while to do because there's a lot of different points you have to test on both, but really you should also be doing it on the feet.

And is a long assessment. And the other thing I didn't love about it was that, honestly, the exact placement you have and the position it's in when you put it, and then you sort of tip it to get a reading differential, all of these things.

There was so much variability in how the practitioner, actually handled it. And so it could be manipulated. The readings could be manipulated a bit by the practitioner.

So I didn't love that. And I ended up getting rid of that system, even though I think there's something to it. I think there's some value there. But there were some things I felt were limitations.

Galvanic skin response is another of the really popular options, and that is basically sending in electricity somewhere on my hand, usually into the fingers, and then taking a reading maybe from down here and, and what they're doing is they're, they're saying, they're saying that they're looking for a differential between those.

And that represents a stress response by the body. And they say that this galvanic skin response is the same technology as is used in lie detectors. So that sort of helps to legitimize it.

Interesting point about that is that when we did some research into actual lie detector test, we found out that they can't, that they were not testing things more than once every 3 or 4 seconds.

And these devices actually test many, many, many items per second. And so that was a little suspicious for me. But I did on, again, one of the top of the line GSR devices.

And you know what I found? Great. I found that I could manipulate the reading with little movements of my fingers during the assessment. And, and so I had a lot invested in it.

And so you can imagine I have a financial interest in this thing working. I ended up having to sell it for a huge loss, because when I realized that any movement of the finger would manipulate, it would literally tell the the tell the system, hey, this is a stress response.

And hey, you need to you need to address this in their body. And I'm thinking, well, what if somebody is just uncomfortable and they're moving after like holding their hands there for 2 or 3 minutes.

So so GSR, galvanic skin response is another type of assessment that's out there. That was the limitation I found. With that I could literally decide which stress items I wanted to show up and make it happen.

Yeah. So not my favorite, of what is out there. I have less confidence in that than in something like the EAV system that I described before. There's another one that's pretty interesting gas discharge visualization.

It's really a form of curling and imaging. And you put your hands basically over these plates and you get a reading, based on light emitted from the finger, essentially, my reading of it is that they're attempting to pick up again, sort of meridian points, ends of the meridians that end up in the fingers.

And because of that reading again, I'm going to say there's a little issue with it's it's not as holistic as what I ended up loving about the nest system.

It, it it seems very interesting. I have used them before. I never own one. There seems some potential there, but again, it's going to rely on that exact placement of the finger, for example.

And and how it what it represents. So there are some limitations that to me are a little similar to the EV. But again it's like people are exploring these different avenues with bioenergetics.

And I think that that's really important because we're in the early stages of moving out of just chemistry or medicine. Right? And moving into something new.

How do you work with the energy body and make an accurate assessment? So those are some of the other things that I've run into. And then of course, you end up with a system like, what NASA has, which is, you know, the company that I work for now, and that's what I call field based.

And that means you're you're interacting with a field that's generated by the body. You know, you're bringing an electronic field into interaction with the body field.

And through that interaction, you're able to take an assessment. What I love about that is that there's no opportunity for manipulation, like I said, by the practitioner in how a needle is placed or placement of the hand or anything like that.

It is two fields interacting. And so there's no opportunity for manipulation or misplacement. And it happens rapidly. As you know, you experience that it happens within a matter of seconds.

And so that's what I do like about it. And if you don't mind, I'm going to show just a couple of screens just so somebody can see what that looks like. Yeah.

Because it's helpful because it's hard to know. Right? I mean you've done a great job of explaining those, but let's see what that what the actual assessment looks like.

So that's great. Yeah. Because exactly. You know what I'm what I'm saying is it's sort of limiting when you're just dealing with the meridians, which you and I both agree.

That's a that's a great system to work with. What what else could you be looking at. Right. And that's sort of what I think is worth worth sharing. And so let's see if I can get to this screen here.

What NASA does is it starts by actually looking at how the body field is interacting with its environment. So that's one of the things that we're doing is we're saying, hey, you're not just this individual unit.

You're you're looking at, you know, the earth itself generates fields and you're interacting with food and water and, you know, oxygen and all these things.

So we look at that and then in the screen that you see here, I know it's very small. It's just really to give people an idea of what it looks like. You're looking for the, the purple and orange items, where those are really priorities, where the body needs support.

As you know, we don't we don't go in and say, oh, you have liver disease because the liver field is showing up. It's literally just saying, hey, there's some compromise to this strength of the energy field around the liver, and we want to support that right.

Sort of that, that approach. But we look at how well powered the overall field is. It's like you and I were just joking about how, oh, modern technology has got to be actually plugged in and turned on. Right.

Our bodies to everything needs to be energized if it's going to do something. And that's true of the body field. And so we look at that as well as what you and I have talked about here, like the meridian system, we have a very similar thing called the integrators.

Then you look at sort of the energetic immunity system, right. How are how are the not only the, the everyday operations that the meridians work with, but what what are called divergent meridians, which I'm sure you're familiar with, with your background, divergent meridians and their role, bioenergetics and actually correcting tissues in the healing process of the body.

And then key that we we talk about a lot. I know you are really aware of this. And that is the whole emotional component, the stress shock traumas and how those live in the body and actually affect us biologically.

And so we do look at that as well. So that's just just a very high level that we have a lot more screens of course, but that's a very high level idea of how we go beyond just meridians and why I liked that system as a practitioner, beyond just sticking with some of the other systems that were out there.

I, you know, let's go a little bit more in depth on that, because it's important, I think, to make that distinction, because the there are pluses and minuses for each one of those that you went through, like there's certain research, studies that are just using the, the, the gas.

Yes. Visualization. And that's good. Like we're, we're looking for like there is an agreed upon measurement. And I think having different facets in a bio energetic world or is important to understand.

Like we're not just saying it's one or the other. Now you're with what NASA is doing, I find is a very comprehensive read on multiple different fronts.

So it's using multiple kind of multiple looks at the same bio field from different angles. Let's maybe say it that way. How do you explain, you know, kind of that that difference of the bio field bio energetic read that you are getting with the next system?

How do you describe that to just the general public? Just to get a sense for folks listening, viewing. How does Steve McCardle do that? Well, it's hard to keep it so simple, because I want to.

I want to dive down into quantum physics. Right? Yeah. You know, at the end of the day, we we tend to think of the body biochemically. Right? And that's nutrition and medicine are all based on chemistry.

But when you get down below the level of chemistry or how does chemistry work? Well, you have the exchange of electrons between molecules.

How the NESA Field-Based System Works

And that builds things right. Well, that gets you down to the level of independent energy particles. And all of those produce fields is really interesting.

I know we think of particles when we when we talk about electrons, protons, neutrons and things that make up an atom. But dating back a hundred years, they've had wave models for this.

What? That I know that sounds like sounds like it's going too deep, but it's like, yeah, it seems like a particle, but in fact, it's just the center point of a wave that's going out in a wave that's coming in, information going out, information coming in.

And all these waves are interacting and creating patterns basically in space. And so a unique atom, a unique molecule, a unique cell, each one, all those combinations of, of interacting waves create a unique biosignature.

Essentially, it's a field that's being emitted. And that's what we're we're going in and we're saying, okay, the individual cells do this, but then the body as a whole carries that information out from it.

Even our voice carries that information out from us because it's acting as a carrier wave of the information. And so no wonder when we're just near somebody, they can feel good or feel bad based on what we're emitting, or our voice can affect somebody in a positive way or a negative way.

Tone all these things have, they carry information. They're actually interacting with people in ways that I think a lot of people don't even understand, you know?

And so it's really interesting. That's really what we're doing is we're getting down to the information that's carried out by these fields that are emitted by everything in the body.

Yeah. Yeah. Not not a two second explanation, but that was awesome. Actually. That's what I was looking for because it's sometimes, you know, when we talk in too much Vega, it's hard to put get in on it.

So yes, there is a level of complexity that needs to be explained. And I think you did that really, really beautifully. So thank you for that. Well thank you.

And and I wanted to I wanted to add one thing because there's one new type of device that I think you're, you're aware is being is, is in development right now.

And I wanted to touch on that because you have a background in Chinese medicine. Right. And how much have you used pulse to make assessments yourself.

Is that something that you've done in your foot? Oh, yeah. I mean, we so we've been I've been taking pulses for over 25 years and I've had to go out and study with masters around the globe, and then I've been able to, you know, you can quantify that in a, in a electrical pattern and correlating that in, on with a pulse prototype.

And it's like, I don't like to admit it, Steve, but it is a better read than my actual pulse taking by my fingers. So, there is, you know, technology that reads off of the the electrical signature of the pulse of the, of the human being.

And so that. Yeah, that's been my early, early discoveries, right. With the, pandemic, looking for ways to get into somebody's living room. Not in a creepy way, but in a therapeutic way.

And and now with people coming back into the clinic, it's like correlating those things together, and it's like, wow, this is really well put, well put together.

Yeah. Right. And and what's interesting, you have a lot of devices out there, right, that are measuring people in terms of heart rate variability, blood oxygenation.

I mean there's there's a bunch of devices that do that. Right. But now now under development, you know, NASA's sister company really is is, I think, the first technology I've ever heard of that's using this idea of Chinese medicine, saying, hey, there's within every pulse, there's a lot of variability, and it tells you what's going on in a totally different way.

And that's a great example of where different types of assessments can complement each other, because that will be inherently a different look than, than what NASA's doing with everything else or what GDB is doing.

It is inherently a different look. And when you combine those things, then yes, you can potentially get more holistic pictures, you know? Yeah, yeah. That's great.

I'm glad you mentioned that one too, because that's kind of the new the new one on the block. But it's really showing, tremendous promise. So we've got these assessment components.

Then I know our viewers and listeners are wondering, well, what do we do with that assessment? Like what is there something that we can help people with their health.

And there are different routes of going after that. So I want you to kind of dive in there. Yeah. Well, the two primary pathways you have is in terms of remedy is there's there's of course lifestyle.

Right. So some of these assessments can give you direction on lifestyle in terms of, you know, exercise sleep and those types of things. So there's that side as far as what you might use in terms of bioenergetics solutions for somebody.

You really have the oral, the oral approach, which would be, you know, nutrition and supplements, of course, herbs, as well as bio energetic options, more like homeopathy, where you're dealing with the, the body at the level of the body field.

And what nest does with goals. So let me touch real briefly on those and then we'll talk about the other route, which is really technology. There's a lot of different technology solutions out there.

So nutrition and supplements you know we like to say that those are working chemically with the body. Now truth be told, anything that's working chemically with the body is working bioenergetics.

Because for the same reason I said about the body, everything is omitting information. And so it's not it's not just a chemical discussion.

Bioenergetic Remedies and Technologies

Every chemical discussion is also a physics discussion or a bioenergetics discussion. But we think more chemically about those. But a lot of these assessments, even the NASA assessment, has a nutrition page where we do look at how the field is interacting with, various nutrients in the body, that type of thing.

So there's always that component that a lot of them will deal with. And then you have of course, herbs, which kind of goes with that idea of supplements.

But I wanted to bring out herbs specifically and to have a conversation about that and homeopathy for specific reasons. So here's what I mean. Herbs are still chemical, but they have what's called a form.

They they create a form medic response in the body. They actually sort of, test the body. And it can be like a mild toxin. Actually, a lot of what we consider antioxidants are mild toxins, and it's the body's response to it.

It's like being stressed, sort of like when you're stressed by an exercise that's a form medic stress. Your body responds and grows stronger as a result.

So that's a good type of stress to have in your life. And so homeopathy works in a similar way. It's sort of it. It's this diluted down to essentially a field or information, but it's diluted, stressors.

And so when it's introduced to the body, it's done so at a very mild ways. The body can respond with a healing response and grow stronger. That's the idea of it.

Ness works on that bio energetic level. That is it's information in a bottle, so to speak. It speaks to the body through resonance, but instead of doing so as sort of a stressor, it's actually a support mechanism.

It reminds the body through correct resonance. That is the the the frequency of a healthy cell, for example, and reminds through resonance where something needs to be, and it helps the body come back to where it needs to be.

And so again, you could actually combine the hermetic stress of a homeopathic substance along with, you know, a nest in a circle and have both sides introduced to the body.

The stressor is there. And the answer that the body needs to give is there. So it's guided back to where it needs to go. So that's just how NASA's a bit different.

Use the option of what we call positive information as opposed to negative or homedics stress information. So that's high level. Some of the the oral options when it comes to bioenergetics.

Love it. Well so then let's get into the technologies as well. Yeah. Technology. So a lot of people are familiar with things like red light therapy, infrared therapy.

I mean we've got these infrared, saunas and things like that. So a lot of these things are pretty popular. And that is light interacting with the body and generating positive results.

Now, those aren't necessarily going to be recommended by one of these assessments, but I just want to bring up this idea of various physics solutions or bioenergetics solutions that can work with the body.

We're familiar with even something as simple as blue light blocking glass. And so in the evenings, you're not having, you know, computer screens, TV screens trigger the wrong hormones that keep you from falling asleep at night. Right. So there's some of that.

And then there's there's different technologies within bioenergetics that aren't even associated with an assessment. And I take Rif, for example. You're familiar with rice.

Oh, yes. Yes. Yeah, yeah. So Rif the whole idea of Rif system, which he developed, I think back in the 30s, the

story around Rif is that he had built this tremendous microscope and could see things happening at the microscopic level that we haven't been able to sense.

And so that's a story I can't personally validate. The idea was he his career and and equipment were destroyed. And I've now seen they're developing microscopes that have a similar power.

So we're actually going to be able to test some things that we haven't been able to in the past. Because usually to get down that small, you need an electron microscope that doesn't view things that are still alive.

So the idea was he was able to look at how frequencies were interacting with things like bacteria, and he can tune a certain frequency and supposedly destroy it.

And so, Rif frequencies are all about really killing pathogens. It was not about positive information. It was about negative information, but negative information for those pathogens, the way you might resonate with a glass and shatter it.

The idea there was to resonate a pathogen and kill it. Nass has not opted for the kill stuff approach. Not saying that that doesn't have a role. Again, there could be a complementary role there, but what NASA's approach has been is introducing positive information because a healthy terrain in the body potentially can throw off those pathogens on its own.

You need balance of the different microbes in the body, right? So there's that. And then there's other systems that do claim to use frequencies that are optimizing the body.

With nets. We do something similar to that. But again, it goes back to that common flex of frequencies I was talking about. When you have a whole molecule or a cell, you have all these energy particles all interacting with each other and producing a very, very complex frequency set.

And that's what I use the term frequency set. Just to say it's not like 480Hz or something like that. It's this other thing. It's a complex set. And that's why NASA's, approach is it's it's, research in the past involved this matching process that said, well, what what can we get that resonates with, a liver cell, for example, because we think it's more complex than just a frequency.

It doesn't mean you can't find a frequency that benefits on liver cell. But we were we really looked at it as it's more complex than that. Right. So, so there's frequencies, there's optimizing frequencies and there's an optimizing frequency set, you might say.

So there's all of that. There's meditations. We know that meditation. You know, there's a lot of research going on right now in the world of meditation in terms of the benefits that can have.

And one of the things that NASA has explored specifically is, well, how can you combine meditation with some of these other things we're talking about?

So, for example, in our system, we combine a meditation with, you know, with and it's a guided meditation. So it's an audio track. But remember, as I said, our voices are sound waves.

They carry information right? In the same way you could use the tech. Now, the the audio from a guided meditation to carry corrective information into the body.

So we actually combine some of those different, those different types of ideas. And and on that note, ending with that same type of system we were talking about with the pulse analysis, that equipment is actually going to imprint directly into the body.

So what nest does is it imprints into water and people take water solutions, or it uses our bioenergy or bio bioelectric technology into my health. We introduce information into the body with this in a similar way.

This item, this, this gem that is going to test pulses, it's also going to have a little magnetic disc and lights that can introduce those same type of information sets or frequency sets into the body.

Research Resources and Next Steps

Right on the spot. It's going to be able to combine that with things like meditations. Again, that system is really going to be about optimizing emotions and bringing somebody into a healing state.

Because what did we talk about before that, that role of stress, trauma, shock and the implications on biology? Well then we need to get the emotions into a state where healing is ready to take place.

That's one of the keys that keeps a lot of people from actually getting well. So big picture just of the the oral approach, the technology approach. There's obviously again for baby steps.

Right? I mean, we're in the very beginning of bioenergetics. I think NASA's been doing this for 20 years publicly and was in researching for decades before that.

But when I say we're in the early stages, I see this for the next century and beyond. And this is where some of the research I know you've talked about in other talks, within this summit, those types of things are going to be necessary to carry bioenergetics out into the mainstream and complementary, the role that that biochemistry has to have these things coming in to clinical and, I'm really appreciate it.

Steve, is there any parting words of putting somebody into action around their topic? So, you know, I'm springing that on you at the 11th hour here. Great. I'll take it.

Well, look, in terms of just learning more, a lot of the research that we've done and again, as you said, there's research on GDP, there's a lot of research out there.

Go to PubMed, research some of these things. NASA puts its research right on to its website under our information tab. So I encourage people to go and learn more about that.

But you mentioned the book that I coauthored with, Harry Massey. I mean, get a copy of this. This is available on Kindle, restore your energy with bioenergetics, or go find one of our, one of our practitioners.

And if you create an account under them, you can actually get a PDF of this for free from within your account. You can go to NASA health.com/p locator for practitioner locator.

If you wanted to find somebody to connect with and be able to log in get get this. That's a great action step actually because we built into those accounts, if you connect with somebody and you feel resonance with them and you can go get an account for free with them, you can download a PDF of this.

We also have some of the imprinted music I talked about that actually carries information on the music. There's there's videos. There's all sorts of stuff in there that is a great way to just continue learning about experiencing bioenergetics.

Lovely. Steve McCardle, thank you so much. Thank you doctor. Very appreciate it.