Black Friday Alert: Save 30% on the Best Red & UV Light Panels! Transcript

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Introduction and guest announcement

Hey, it's Dr. Rimka, and I'm coming at you live tonight. We are going to have a special guest, Chris from EMR Tech, the owner of EMr Tech. My friend of very many, many years.

Will let him get on. And we're going be talking about my ultimate favorite red light panel now. Now we have massive upgrade to announce. Chris has basically done something nobody else in the industry has done.

And so when he comes out, I'm going to let him talk about it, but I've been using this new panel for a few months and I really wanted to get comfortable with it and see how I felt about, it do a little bit of research and like, well, why this, Why that?

And now that I have some of my questions answered, and finally said, okay, let me, Let's come on here because if somebody's going get one panel, this is the panel to go.

I am going freshen myself up here. Look at my lines up there. Oh, love it. freshen up freshin it up you don't know what this is you can send me a message about that later but chris is coming he'll be on i just hung up with him he's in uh i believe el salvador I can't keep up with these young bucks.

They just flutter around the planet, do what they do, sprinkle in their magic. Okay. We're going to be talking about red light panels, but in particular, we're actually going be talk about UVA and UVB being added to your light therapy.

So photobiomodulation is the science and art of using light and ultimate light source is the sun, but using light to change biology, light, to restore health, like to optimize your health.

And you can use light for a number of things. But there's two different, well, there are three categories. Let's basically say there is three category people talk about kind of when they do this.

Red light which includes the infrared and red light spectrum. So we have our reds that people talk about. That's very common to talk, about red-light panels.

Then we, have, our ultraviolet lights and there's you can get tan and you, can, get vitamin D or the hormone D. so we'll talk. About that and then there is also blue light, right?

And green light. There's some other colors, but bright white light which kind of blue-light. And so that helps with, we talk about the 10,000 lux and that it helps people with seasonal affective disorder.

Now the reality is all of those things help with that because the sun helps us all with it and the Sun has all that in it. What we do is just take pieces of the son's entire spectrum and say, okay, this part of sun really helps this.

Let's make a panel to amplify those results. This part of the sun helps with this. Let's make a panel with light bulbs to amplify that part. This parts of sun help with that.

Lets make something a box or panel to help that aspect.

Light therapy basics and spectrum overview

You know to decrease symptoms in some area or the other. Chris has combined a light panel that is taking the infrared light near, middle, far, and red light, as well as the UVA and the UBB.

That now is my new favorite panel. And if somebody's gonna invest in something, that is the light. So we have a Black Friday special he's got going on.

I'm gonna not wanna misspeak, I waiting for him to pop on, my code is rimca20, EMR tech, rimc20 will get you there. There I was his second affiliate I think ever.

so I've been with him a very, very long time. And I'm bored with the company and talking and advising and asking questions to him about making the panels better.

And what about this? What about that? And why this bulb and why that tell me this, you know, for long time. and I've watched him grow and develop and make these products better and better.

And I watched Chris, hey, Brian, you need to call me. We need get some business together. It's like, I see you. Yeah, optimistic park. There's EMI, there he is.

So I watch him ask questions and makes upgrades that nobody else has made. All right, here we go. Here he is coming on, the owner himself. Also a product developer.

Ah, there we go. Okay. Hi. All right, I gave them all a little bit of a rundown. Why don't you just do a quick intro, tell them who you are. Yeah, just say it in case anybody doesn't know.

If they haven't been following me, they don' know who are, and I feel sad for them. But there might be somebody who came last week who doesn' t know about me.

Yeah, so I mean, just like a really quick backstory, I got vitiligo, the same disease Michael Jackson got when I was three. I grew up trying to fix it, probably about 20 different naturopaths, dermatologists all over North America.

My mother threw light. At that point, and I already had full blown tanning beds in my house, in bedroom, might have to punch in the password, could barely open the door to these things.

I started like literally using doing my own therapy when I was like six and even programming the time in whatever and It just, nothing was working and it was spreading all over my body.

Pretty disfiguring. By the time I was like nine, it really, really bad. My mom felt bad for me. She did a lot of library research and she found this German doctor.

Her name was Dr. Karen Schellruder. And this doctor was a dermatologist and a PhD researcher. He basically invented this cream called pseudo catalase.

I would apply it to my body. And then in specific narrow is called narrowband UVB 311 312 nanometer light. um I repigmented all my body except like there's some spots on on my hand here you can't really see it in this lighting but uh and right here and my feet I can I cant rep pigment but that's actually completely normal if you're lucky enough to actually repicment your skin uh youre probably not going to be able to repigmat your hands and feet so I was introduced to light, light therapy very, very early.

Then I got kind of interested in the science. I had a really weird kid reading like a pub med studies in my basement and highlighting them when I'm like 15 years old.

By the time I 18, I always like my doctor put me on transdermal, pregnant alone. And I literally trying to direct the conversion to testosterone. So my parents thought it was pretty weird.

Um, and, um, I actually feel like that worked, but we'll never know again. Yeah. So you guys, he's lived a journey where light had a direct influence on something that he had embarrassment around.

Shame was teased around, you know, and his mother. So you fall into the story of what I deal with to practice, like

a warrior mom that's like, I'm not going to take no for an answer.

I will figure this out, and I'll figure out. And she has a PhD. She just has the very science mind herself. It went to all ends. This wasn't even something like leukemia or cancer or autism.

it really is more of a physical issue. But a lack of melanin does cause some other issues outside of just cosmetic, because melanins is an incredible chelator of heavy metals.

and offers protection against UV. If you don't, when you lose all the vitiligo, you guys, actually the sun becomes incredibly painful, right? Because there's no protection.

Chrisu2019s personal story and early UV therapy

You get no UV, there is no melanin protection, but it's a personal pain story that showed you purpose, like do you think you ever, you know, how would you have ever come to love and adore light and respect light the way you do and, have your mind focused that way, which led you to one, discovering it really firsthand experience and then studying it and creating a red light panel company, this is what you and that's what got you in the blue blockers and understanding light in circadian biology.

And it was all, because you had a skin condition that caused kids to tease you. Yeah. I mean, I actually have one of my old, not girlfriends, but friends in my class make a joke.

Like I teased you and now you have this business. You know, she actually said that. So we still talk. But I, mean yeah, it's interesting. so, you know I started off with red and near infrared lights and those I think they're like the best on the market.

I'm finally kind of getting the recognition that my company deserves. We never did a lot of paid ads, but now like all the Kardashians have them, all their genders have, Chloe bought six as their Christmas present last year, we got Sebum, Chris Bumstead, six time Mr.

Olympias, like, you know, and these are guys that are just coming up to me and I am not chasing them down. So this is what people would ask me about the other light panels that there are some bigger brand names, right?

And when it for me, it was, I don't know, seven or eight years ago, we talked. I didn't even know how long it's been. It's a long time. Been a while. You and I.

Right. And that I chose this and they didn' go with a big name that have. like a bunch of like kind of celebrity biohacking endorsements right and I was like no actually because they're not as good and here's why and it sometimes that takes me to convince people because I see ads for these other things all the time and so I kind but he's got a superior product and here's why.

He's the only one talking about Flickr, he is the one only talking non-native EMF off the machine and even carrying. he has got higher quality bulbs, more radiance.

What are you guys not understanding here? And he goes, you get more for your money. I don't understand. Better customer service. It's just better. A lot of people like talking bad about my company.

That's like a real trend right now, but it's just because we're making better products. The reason that most of the red lights look the same is because they are all the At first when I was coming out with my lights, people would say that I actually wasn't designing them and then that really stopped when i released the firehawk and I continued to make the Ultron and these new cryptons and stuff.

No one really says that anymore but I went by the the ideology from Elon Musk, where he's like, just make the best product and it will eventually turn out.

You know, I did lose kind of hope at one point, but it's really started to pay off now. And the amount of research that goes into our products is pretty wild.

I can talk about a little bit about our new UV lights. Yeah, let's talk the new panel. Like this is no I've talked to tunnel we're not going to get into you guys the benefits of red light therapy He's been up since the crack of dawn.

It's three o'clock in the morning. We're gonna try to keep this a little short and sweet I got another zoom to do it. I gotta teach a class tonight So we wanted to just do a bit He and I maybe we'll do another live on Sunday depending on how we both feel and if we might go deeper into some of the science but let's talk about the Krypton yes, the new panel that has The infrared, so we're getting you guys all the benefits of the mitochondrial support.

We're, getting decreasing inflammation, increasing energy, decreasing exclusions on water, and increasing sub-cellular melatonin, right? What you're very much used to about, you've got pain, You want more energy.

You wanna sleep better. Uh, do you want muscle recovery? You even want fat loss, weight loss. Do you wanna blast through fat? Red light and infrared light like these panels are amazing He's the only one on the market with zero flicker and zero EMF available in the pro series like that I can do a whole other video separately on why that matters But it's off the charts important and he's only One that's cared enough to do this everybody else cared more about making money He cared about the safest and most effective red panel on earth now he finally stacked UVA and UVB light right into it.

So please explain what you've done and why your bulbs and your bandwidth are far superior to everybody else's on the market because they are. I can tell you first kind of to pre-context this why I came out with my UV devices because I've always known how to make these devices.

Why the Krypton panel stands out

because I grew up with them in my room and I knew exactly which bulbs to use because i read what bulbs i was using and okay so why is everyone using phillips who seems to know what they're talking about like the big company like solar systems like i knew this like a long time ago but you know i i saw a lot of uv led products and you guys might want to stick around for this because it's pretty interesting But I saw a lot of UVB LED devices coming out.

And I remember a couple years ago, I sold one of these devices and it was measured and actually had a UVC diode in it. So UV-C destroys all viral DNA.

The most mutagenic wavelength in the UVC spectrum is 254, and at 2.5 milliwatts per centimeter squared, it destroys all DNA. And actually I've made a robot that goes around here, I was killing COVID with that light, so it's legit.

And, you know, that's one thing. So there's FDA reporting requirements that none of these companies are doing that are releasing UVB LED. They don't even know it exists because they probably don t have like a regulatory federal regulatory agent on staff.

But that s a problem. The bigger problem is that there are some of the companies that They read one study, and I'll cite an example, like 294 nanometer ultraviolet B.

So a narrow band, one wavelength in the UVB spectrum, 295 specifically in this study was shown to increase vitamin D 10 times more effectively than others.

But guess what? There's no safety profile on it. What this company did is it goes and makes a light, with 294 nanometers and say, well, you can get vitamin D in your skin in about this big of an area in like 30 seconds because you're just going to blast your.

Skin with it with the isolated wavelength of light in the UV, the most hazardous spectrum with no safety profile,

You're. Just going. To blast it at insane irradiances and get your vitamin d in, like a small faction of your stand.

I was like, hell no. So. um and here's the thing 311 312 nanometers the reason that it's used is because it has the the lowest mutation frequency along with a couple other things that safeguard your skin it literally is the least mutagenic it creates the let the leased cyclobutane pyrimidine dimers in your scan or ubb fingerprint mutations and so You know, on top of that, we're using Phillips, which is, you guys all know Phillips is a German company.

It's been around for as long as, I don't know longer than I've been alive, probably. And they're the most vetted bulbs, ultraviolet bulbs on the planet.

On top of that, the Health Canada and the FDA are actually really what they're really worried about is actually in fact people cutting themselves on these bulbs, which is kind of weird to me with all the other things that could go wrong so.

We put tempered glass in front of them, three millimeter. We tried two millimeter, some of the stuff broke. So we're using three millimeters is very good.

But also a lot of these companies, they just put a cage around these bulbs. And if one of those bulbs breaks, you can just Google what happens if my ultraviolet bulb breaks and it's anywhere between like you should evacuate the house.

Like, so that's not gonna happen with our product. These fluorescent bulbs, these UVA and UVB fluorescent, bulbs they do flicker. And so you have to have electronic ballast to support them to reduce that.

We've done that as well. So, you know, it's just a lot of research and a long knowledge goes into my products. They're also looking way cooler. And then on top of it, you have, yeah, they are way cooler.

Yeah. There's like nothing. They're really like, I don't want to be like biased about it. But there's, there is nothing, nothing like it out there. It's just, it's better in every single aspect built medicinal or therapeutic.

kind of sexy, you know? Yeah, it is sexy. So I'm going to recap real fast. I want to pause you a quick second. Keep your brain, I know you're tired, but listen, and I wanted you guys to hear a couple of things he said, because he says so many things there.

One, he's said UV light is the spectrum that is most hazardous, has the potential for the most harm. If you use the wrong light and the wavelength within that, then you are going cause the And he said, that was one thing.

Some lights are out there saying they're using UVB, which is the bandwidth that we use to raise vitamin D levels. And some actually are lying to you and putting in a UVC bulb.

A UV C bulb is very toxic to this. Now, again, this is in natural sunlight, but we get a very, very little bit in your Yeah, I've seen it before. cheaper products, off-brand products trying to go for the cheapest little deal, you don't know what you're getting.

And some of these products are so powerful, they can be dangerous. Ineffective and a waste of your money is one thing, but dangerous and toxic is another.

So I want you to hear that's what he said. Then he says, UVB, we've got a big wave, a group, range of where you can most of the literature is saying 311 to 312, right?

But other people, like there's a really popular panel right now. that I've sold, it's 250 to 400, right? So which includes the 294, so you have this big, its broadband basically.

It's not narrow. So you don't have just the thing that's been shown with the most research to show this is really the more effective and the safest. This is going to give you the benefit with least amount of risk, this what we want.

So he's also said, like, so that one at 294, one study is isolating, saying, well, I could just hyper blast the skin and make you make an excessive amount, but what is happening to the scan that that light is penetrating is the question.

There's no safety profile as we're 311, 312 have safety, profile research. So I wanted you guys to hear that because just personally, Chris, we'll go talk more about it.

But like over here as a clinician for 30 years, I have to battle my patients every single day from ordering supplements, oral things on Amazon because it's an 83% counterfeit rate.

Like not only are they ineffective, are the even safe? And we've had major problems at times that people think they're taking vitamin D and they are taking like, you know, car oil, for all I know, like it's really bad.

So I no, and about 70% of the cosmetics and beauty products on Amazon are counterfeit and fake. Amazon has no regulation, you guys, so I get very concerned when I hear about some of these light stories.

And so my job is to try and find the things that are safe, try to find things are effective. There really was only one D panel on the market that I thought was safe like only one and Everything else I was like the rest of them.

I don't trust as far as like it's wrong And I didn't say it was the greatest. It's the only when I knew that. I thought it safe then yours came along and I it took me a while to figure out the difference so And i'm not gonna say the name yet yet, you know, and i'M still trying to assess Are we safe to use this?

And it's just, it just nowhere near as good as this. So here's the thing, like, there's some data showing, I was just talking to a woman called Alexis Cowan, she's like a She's very smart in this.

UVB safety, bulb quality, and flicker concerns

She literally drained my energy. Because she can talk, she could put up a fight here with me. So she's got so much information. But it's essentially part of the thing that triggers POMC is actually the mutations.

And so she was like, maybe it is a good thing, that it causes mutation. I was, like yeah, I'm like so are you saying that the more mutations the better?

She was not really. we're actually thinking about, you know, testing my lights and seeing, oh, does the narrowbed 311, 312 create more POMC, or does broadband UVB create PompC?

But that's what she wants to do. It's like, well, okay, yeah, but then we also have to a skin biopsy and look at the mutation frequency and probably a bunch of other stuff, because it's always a risk benefit ratio with UV light.

And yeah, I mean, right now there's a reason why all the clinicians recommend 311, 312 for psoriasis for vitiligo. It's because it's the safest, you know?

And that's what all of the phototherapy research is done using because, it has been found to have the lowest mutation rates. This is what you've been using, this is where the German beds were.

So, inside you guys, the giant panel, we have a traditional Red light, the infrared and red light panel. So he's got that and now he put in. Um, so tell them what you've got 2 bulbs that are.

Yeah, yeah, this small ones are the short, short little horizontal ones and then the ones down the side are narrow band 311 312. so. So the narrowband UVB is going to give you vitamin D in your skin by synthesizing cholesterol into vitamin d.

The UVA is actually going oxidize your melanin and turn you brown. Essentially what happens when UV B hits the skin so you generate melanine. it actually shifts those melanin pigments to the apex of the nucleus to shield the

DNA.

The UVA blasts down and it creates a lot of free radicals or reactive oxygen species and these free-radicals oxidize the they oxidize the melanin pigments and that's you know you turn you cut an apple in half you turned brown.

That's actually what's happening to your melanins. This melanine shield that is over your nucleus now is actually blocking the UV light and absorbing the free radicals like a free-radical sponge turning brown so it is going to give you a little bit of color It's going to give you vitamin D and it's gonna support natural vitamin production.

That's what I can say. I was going to say something else, but you're literally been up since 330 AF. That's okay. So it's kind of like, so the UV, you guys understand, like the UVB light is helping you make more melanin.

Melanin is an incredible molecule. We have three different subtypes of it. And what people don't often, we would ignore, there's actually neuromelanine.

We have a melanin in our brain. Melanin is a good thing. You want more melanit. I actually caress before I go on your, in front of these beds. So I got in his lights every day in my house.

and I lie in front of them, I got them all lined up so I'm six feet tall. So I need all of, the biggest and the best I can get. I wanna cover everything.

People always ask which panels to get, like get the big one you can for your body, start there. Now that this one, this is the Krypton, so people are asking, how do you get it?

Go to emr-tech.com, all drop the link in, use the code RIMCA20, and that's my code, A, am an affiliate. And you can save right now black Friday is what?

30% off. So this is the 1, if you're going to buy 1 pit, you just get this. This covers all of your needs and you turn. You can select. you. Can do it without the UV and the just the red, like, I, that you only keep those on like.

a couple minutes. It's very short and it's timered on each little thing. But I'm going to say, before I do it, I inject Melanotan once. Do you? I get Melantan, yeah, a few times a week.

I want to do that, but I am scared it is going do something to my vitiligo. We can help you with that. When I fly down there, we'll talk. You're going get caught, it doesn't matter.

Yeah, so because I want to increase, I do a very, very low dose. I only do very tiny once or twice a week because of the brain enhancement. Actually, and I don't do it much to tan, it's just a little bit, but especially in the winter, you know, Indian, African, Lithuanian descent.

So my mitochondria and L1 haplotype, deep African. And I need a tremendous amount of red light, tremendous number of UV light. and I do better when my melanin is more popping.

And it protects you, you guys, it is a protection. So what he's saying is so that UVB helps you make more melanins, so I add a peptide to make myself make a little bit more.

It makes like an umbrella dome protection kind of that the UV A has to go through, and so they're all good. So listen, even the UVC light we just said, this is all in sunlight, you guys.

I don't believe there's a single thing in the sun that's designed to kill us. Well, the U. V. C. doesn't generally penetrate the ozone layer. Correct. But there is some filth.

There's like this mildest whatever. It does exist. Its made from the Sun. Yeah, so we've leveraged using it in in therapeutic medicinal purposes because we can disinfect things with it you guys so they can blast UVC lights to like disinfect medical equipment in a war zone that kind of stuff.

So we do have ways you can just in fact they could blast it into place. It's going to kill all the stuff all of the bugs in the area. That's what's nice, but you don't want that on your skin in high doses.

And what we're saying is some people are selling those to you. They're lying to. Well, the QA just isn't there. Like you're like a lot of like, okay, like.

A lot. Of these, these UVB LED things, you are literally trusting one of these Chinese suppliers to make sure that. that they've made sure that every single one of those diodes on one these manufacturing chains that the people get paid like nothing for.

You're trusting that, they care enough to make sure, that everyone is tested with a spectrometer and that's not happening. And when I saw that I was absolutely shocked.

I'm like, this is seriously bad. It's a serious problem. We'll go back to the crypt on you guys. Let's see, what else? Do you want to tell them about this panel?

Because then we can just let you go. It's an incredible panel. We can talk more about it, you guys. I'll start posting more of the lights. This one took me a minute to get used to.

Because I would say, this is what I say might surprise people, the price point is a little high.

How UVA and UVB work in the new panel

right yeah okay but you maybe want it like when i understood what goes into making sure this is the safest most effective high quality it's the phillips it is a philips bulbs that we use like one of those narrow band ubb bulbs is 100 us dollars so i mean i could i literally wouldn't have had to change the price it was a little bigger because we had the incorporate the the Philips bulb if i did leds i to be able to have to change the price at all.

I could just sell it. That was super tempting for me. But like, you know, it's just, first of all, there's, FDA reporting requirements that none of these companies are doing, because they wouldn't meet them.

And And, uh, it's just, I don't want to be spec testing the, with a spectrometer, every single light that comes. It's literally like that's impossible to do for me and for my company at this point.

So, um, you know, we use Phillips and they're expensive tempered glass and that, the. The, that MEB, if you called it that whatever you're putting in to deal with the flicker on the electronic.

Yeah. Those are, you know, that requires you can use a $5 one or you could use $75 one kind of thing. Some of these are manufacturing things. When he talks about this, people who don't own companies sometimes are like, what is he talking about?

Like $100 doesn't sound a lot to you guys, but when you add up how much everything costs when your making something and then we have to deal with the price, The shipping and the suppliers and this and that, like, were you your profit margin and what your it's the Phillips bulbs that make it so expensive.

But, you know, at the end of the day, I like UV lights are are kind of hazardous enough. They have like they have an intrinsic. Danger component to them.

So if I'm going to do it, I want to. Do it completely right with the absolute highest safety profile, no matter the cost, because safety is at the end of the day, safety's number one.

Yeah, always. Let people know this is my number 1. panel choice. Like, people now are asking, was this in a private, my subscription membership, the Intercollective, a monthly membership that we have Zoom every Tuesday night from 630, whatever, instead of 90-minute Zoom with them.

They hear everything first, they get information first. So, if you're interested in that, you can get on my website, InterCollective. You can subscribe to the membership.

It might be one of my VIPs. And I had to kind of let them know, I'm like, this is hands down. If you are going to get one panel, Like, I'm not getting rid of my other panels, Chris, because I have them.

But like, this is going to be the one I am going start pushing. Like we're going make the investment. It's our best selling product now. Revenue wise, it's my best-selling product already.

So it is pretty wild. kind of almost doing everything you need. And I like, I don't think most of like the, um, seasonal affective disorder, blue light boxes do that much.

I think UV and red commands are much more effective for, for winter depression, winter immune system. Like this is such a much effective light and you have such safety.

What? Leases beta endorphin. Yeah. Yep. So you're feeling your your, your D hormone levels. You're raising beta, endorfins, dopamine, serotonin, you doing it, bringing inflammation down, modulating pain, increasing.

Let's not even talk about the beauty aspects. I mean, You and I are both kind of pretty, but it keeps us in. So, red light, like, I never ever, ever talked about red, light therapy for skin and hair before I started using this 15 years ago in the, in, the practice to do crayons, trans cranial photo by modulation.

I cared about the brain. during neurofeedback or before neuro feedback. I'm trying to modulate neuroplasticity in patients, right? That's all I cared about.

And then I was also using it for calming people's nervous system sounds, activating the vagus nerve. So my red room are like the trauma room. We use just the chicken bulbs, those heat lamp bulbs.

That was what I started with, I like to light them up. because it would calm them down. If you could only start with a $50 bulb, it's better than nothing.

Then the fire wave came, and I felt really comfortable telling Paces to do that. Listen, $230, start there. Now, if you can only started the Fire Wave, It's an incredible starting point.

But if can go ahead and get yourself into the Krypton, end the story, game over, you've got it covered, because its gonna do all of it. So I started that way, but now, listen, I'm in my 50s, and different things happen.

And I had no idea how many people were slathering on outrageously toxic chemicals on their skin or lighten their faces up with Botox and fillers. I didn't know this was a thing like 30 and 40 year olds were doing.

They don't even know how dangerous and toxic. So red light therapy as well, while I'm doing it because of I broke my back and a herniated disc and I've broken things.

in the face, I punch people in face. I've been bruised and beaten and that was just on the soccer field. It increases collagen and it decreases the enzyme that breaks down.

So it helps me make more collagen, and also stops my own breakdown of the collagen. Makes my skin have a better texture and elasticity. It helps with acne.

So like that's what it's also doing. You can just meditate in front of it in the morning. Like, you know, it is going to give you a really nice glow. I promise you, especially if you live in like a winter.

And you can use this every day. Its like, its not like an acute dose from a tanning bed. Uh, where it just like oxidizes your melanin and you turn brown and it's going to photo age your skin.

And this is like, you know, how you like you can set it. You get no tan. I'm not using, I only using it like for a minute and a half. Yeah. So I not doing it for like five minutes.

Could up it up, but that's not what I am doing for you. But I'll increase it in December, January. Well, Steph, the thing is that when I made those first devices, because I used to only do, you're supposed to achieve, it's called minimal erythema dose.

And an erithema is when the ultraviolet B hits your skin. Because ultra violet B is such short wavelength light, actually the blood comes to the surface of the skin and that's why you turn red to harvest the light into the black.

That's where you can displace you push on your skin and displace the blood. It's called dermal pooling. God, I forget where I was going with this. The timing, maybe how much time I'm spending in front of it.

Oh, yeah. So it's okay. In the literature, it is called minimal erythema dose. That's what you're trying to achieve. When I were using the lights in my bedroom as a child, my timing was one minute and seven seconds.

Using the panel for skin, recovery, and beauty

that was determined to create the minimal erythema dose in my skin. And so that's kind of what I modeled it after. It turns out that people were tolerating it a lot better, so I increased it to five minutes and five minute.

So I'll have to probably ship you a new one so you won't have inject so much melanocytes or whatever, melanotan. So if mine lacked it, it won't go, so I haven't really changed it.

You got to give yours to an albino, I think. Yeah, because I don't get red at all. Because I was trying to be real safe about it you know, but you, know that's just I'm just you I didn't want to burn Dr.

Rinca. Oh, see he's very, listen you guys, he is very thoughtful. He's a very kind young man. I always think of you because you're not in your 20s anymore.

Oh, don't remind me that I was like, I think it was 25 or 26. Yeah, 30 hit me hard. Listen, it gets better. The 30s are a little bit telling you 40s and 50s.

Uncle Chris. I'm a stepdad now. Really? Yeah, like kind of. I'm flirting with the idea. Well, listen, I am going to back you with that. Listen, children can't go on the motorcycle.

That's why they like me. It's the only reason they want to hang around me That is not true. You are more likeable than your Harley's. And you know I love a Harley, but don't put the babies on the bike.

No babies. There's your parenting advice. All right, you guys, let me let him go. So he has a Black Friday sale right now. My code is rimfed20. It'll get you 30% off.

We've talked about a multitude of panels. If you want to really treat yourself to a health upgrade, Nothing moves a needle like light and we can do another talk, but modulating light, bringing the right light into your life and keeping the wrong light out at the.

Right times basically is going to be a game changer. So. I think investing in red light panels is absolutely worth it. I Think it's one of the best things you can do for your health because it is a one-time purchase that is going to last you, this thing is gonna last seven, ten years, I've had these things forever.

He's got the Best customer service I have ever seen of anybody that has done anything. And I will just say this as an aside, i've mentioned things to Chris over the years like, hey, can I get a special deal?

for a patient who this or there's this woman on Instagram and she's just so lovely and She follows me and but she struggling and I'll just ask if I can get a good price Every single time this guy sends them a free because I just send

them something free seven.

No, no, don't you worry about it? Let me take care of Like he sends free panels to autistic moms all the time, if I just mention it. And he doesn't need to do that.

Or if somebody says, oh, don't worry, I'll take care of it, you know, like you've offered such kindness to, honestly, these women would have never, they are struggling financially.

Like they spend so much trying to recover their children. And they have that gift for them was like something they were going to have to save up for special treated and talk to their husband about and could they get permission to spend the money.

It's a lot of that. I get it. So it was so it's always been so sweet. Like, I'm always like, sorry, like to tell people that like he's hell of a nice guy.

And a generous business owner, so I appreciate you doing that and I'm always and you make a high quality product that you're always trying to make better.

And I am assuming because you know how much it impacted your life and how it helped you and, you had high-quality doctors taking care of you. I also love EMR Tech.

There's been a lot of stuff. It's taken me two years to design my own face mask. I could have released that face masks that everyone's using. Part of the reason is I can't do it to EMr Tech, I don't want to be a me too product person.

Like I really can do to my baby. Yeah. Well, that's what you're thinking about. Because everyone always asks me. I'm like, I don't use a face mask. Let's use the panel.

Why do I need a separate thing? I have the panels. Like, you guys, this is incredible for face beauty. If you want to just use that, then just do it for that.

But it helps regrow hair. It helps collagen. Listen, it help tighten up your perineum and your vajayjay, ladies. All the ladies suited up the wahoo, Chris.

That's like a big part of my protocol. Well, yeah, so the technicals they creep up a little bit and the vajayjay, you know, there's a lot of quivering It does work It really does because what's the vagina collagen?

They don't people don"t know this. I don' know their bodies. Yeah, it's collagen so Yeah, and you don't wanna, that's why I tell people I put the red light everywhere.

I'm trying to stay pretty everywhere, Chris, all right? And on that note, EMR Tech, you guys, I'll drop my link in the thing in RIMCA 20 at checkout. If you're gonna buy one and heard about it from me, it doesn't cost you anything to use my code.

You would save 30% and I make a little bit of commission by bringing you this education.

Final recommendations, blue blockers, and closing

It needs a lot. I will add, he's got the greatest blue blockers. I forgot mine, so I apologize for not wearing it. Love his gold. Often give away your 24 karat gold, I like the yellow ones.

And actually, the light bulbs. So I don't want you guys to underscore. If you're like so new to this, get a pair of the blue yellow blocker and get the red.

Get a couple white bulbs, zero flickers, here's the problem with lights is the flicker, and that's a whole other thing. It

causes the nervous system to go into panic, basically.

Your neurology doesn't know that, you can't see that it's flickering that much, but it is making you agitated neurologically and so you're in fight or flight and you cannot heal like that.

You don't sleep well like. If you just change the light bulbs in your bedroom to red bulbs, get a zero flicker bulb. Don't go to Home Depot and buy a party bulb because they have too much flickers.

I've bought them and used them. Going through this for 15 years with lightbulbs, okay? Hit you really want things that are people have taken the extra time.

It's it's worth the little bit more money. So help you sleep better. Like just like better, you get people sleeping. If that's the first start, that your first red light therapy, fix your bedroom.

100%. That's what it is. And then make your kids, I only let the kids and you want to watch a movie. I'm like, if the sun is down, you have to have a pair of blue blockers on.

Everybody will sleep better, everybody will feel better. When everybody's tired, they're cranky the next day. Moms are crank, dads are cranking, and the babies are crazy.

So if you get everybody sleeping better it feels better everybody has more neurotransmitters, everyone's inflammation is done. and your blood sugar goes down.

People don't know how much light is affecting diabetes, but that's a whole nother talk. And we're going to go now and we could maybe talk Sunday about light and diabetes because they just dont seem to get it.

You know? All right. On that note, you guys, I'll put everything in. Chris, thank you so much. Hope I didn't worry you out. Go to bed. Ill talk to you this week.

See you. Bye guys.