Introduction and Guest Background

Through. Hi, this is Doctor Park. Today I have a special guest who has been in the beauty and health industry for a long, long time and is coming to us with a passion for what she does.

And you'll tell that will be pretty obvious when she gets going. So I just want to say the title of today's, session is called Bringing Low Intensity PMF stacked with infrared and crystal energy to the home setting.

That's her passion, and that's what she really wants to do, is what it wants to get you all out of therapy at home. Everyone should have access to PMF and crystals and infrared, the combination therapy and it all.

I love all the bio hacks. Exactly. And that's what that's what we're going to be talking about. So tell us about yourself and your passion and how you got to where you are today with higher dose.

Yeah. Awesome. Well, thank you so much for having me, Doctor Pollack. You know, as soon as we thought about launching anything to do with PMF, you were the first person that I, you know, watched and listened to your podcast and your videos.

I asked you to hop on a phone call. You did. You've been so supportive to just, like, helping us launch PMF, into the world. And I just want to start off by saying thank you so much.

You're very welcome. Godfather of pent. So my background, I'm a holistic nutritionist and health coach. I also was a TV presenter for ten years. I used to have my own show called women Versus Workout, which was a really cool show where I tackled all sorts of crazy different challenging fitness things from like Navy Seal training, NASCAR driving, motorcross, anything insane, you name it, I tried it, it was an awesome show, and that show led me to host for other brands like EA sports, IMG, and then also just like led me to a career of being in front of camera and speaking to camera and also being somewhat of an investigative reporter.

Let's just say. And, but really, my true passion has always been in health and wellness. So about ten years ago, I was working for a health and wellness startup called Aloha.

My job was to develop products for them, and I was also building out the ambassador program. So I got to spend hours in a boardroom with the most influential wellness people from doctors, naturopaths, fitness experts, nutritionists just picking their brains on what's the best technologies, what's the best products, what should we be considering when developing our own products?

And funny enough, that's when I was introduced to the infrared sauna over ten years ago and I looked up the only one that existed in New York City, which was in the basement of a clinical center behind a curtain.

Like really bad experience. But I went and tried the infrared sauna and could not believe the immediate benefits that I saw. I left there, I felt calm and connected.

My skin was glowing. I slept like a baby for the first time and I don't know how many years. Especially for all you people that have lived in New York City.

And you know how hard it is to stay calm and relax there. So I just couldn't believe that, like one everyone didn't know about infrared sauna and that everybody wasn't doing them all the time.

So of course I wanted to research it and find out more about the technology. And what I discovered with the technology is that it's super safe. It's so safe that they put them in baby incubators.

When babies are premature. That's infrared, you know, it's so gentle and so safe that it's almost good for anyone. And they have tons of scientific research and studies backing up the efficacy of the technology.

Then on top of that, it's a crazy list of benefits that it's good for that including detoxification, detoxes you seven times more than traditional. Sweating down cortisol levels helps you sleep by, putting your body in parasympathetic state, downing inflammation in the body, increasing blood flow and circulation.

Discovering Infrared Sauna Benefits

Amazing for recovery. And best of all, it's amazing for your skin. So I was just like, you know, the bells went off. I was like, I am starting my business on infrared.

I don't know how to start my own company, but I learned enough at Aloha that I'll just kind of manage my way through it. But what I did know is that I needed a sophisticated business partner who knew more about putting, you know, panels together and, you know, putting decks together for investors and having that conversation.

So I, I pitched Katie on, infrared. She went and tried it, loved it, and just knew that this was addictive in a healthy way. So I knew she wanted to start Higher Dose with me.

And that was, seven years ago that we started Higher Dose. And originally we started off with just infrared sauna locations and quickly over, I think five years.

At one point, we had 11 infrared spa locations in New York City and Brooklyn. So it just spread like wildfire. Literally everyone that tried it felt the same thing that I felt and was just blown away.

Blown away by the amazing benefits and just wanted to come back for more. So you can imagine just how quickly it caught on. Whereas like when we started at seven years ago, no one knew what infrared was.

We're fast forward seven years later and you could ask probably like five people and I would say at least 1 or 2 out of five people know what infrared is in the benefits.

Well, fantastic. So infrared was just the beginning for you at the beginning, but it's still the common denominator amongst all of our products. We always use infrared technology in all of our wellness tech.

So, you know, about three years ago we launched our first product, which is our take home infrared sauna experience. The issue with having locations is that you can't reach that many people.

And we really wanted to have, you know, people having access to the amazing benefits of infrared in the comfort of your own home. The issue with infrared sauna is that, you know, not everyone can afford a sauna.

Not everyone has the space. Not everyone wants to take care of one. So what we did is take this amazing technology and make it portable, easy to use, affordable and just like bringing it to people's homes as as you say, right?

Like that's definitely our core mission. That higher dose is bringing amazing wellness technologies to people's homes so that they have access to this amazing technology on a daily basis because it's so good for you.

It's it's a lifestyle. It's not a one off. And it's the same with pump, right? You don't just do pump once and that's it. You're healed. You know, it's you got to keep doing it.

It needs to be a part of your lifestyle. So that was our mission with the infrared, sauna blanket was bringing infrared saunas into the comfort of people's homes.

Okay, but you didn't stop there. We did it. You added quartz. Well, so the crystals that you added PMF. Yeah. So tell us about that. Yeah. Decision making process.

So, yes. When you actually heat crystals, it promotes a natural infrared wavelength, which is incredible. Right. We want to replicate the healing benefits of nature in the comfort of people's homes too as well.

And we want to have the most therapeutic dose of infrared, too. So when you go out in nature and it's a hot, sunny day and you're laying on a stone, and the stone heats up naturally from the sun and you lay on it, that's a natural form of infrared.

That's pretty much what we're replicating with our sauna blankets and our mats as well, because both of those two products have the crystal therapy. So I'll just kind of back it up a little bit and give you a little bit more about the timeline at higher dose.

So we launched our sauna blanket about three years ago, and we couldn't believe the demand for the sauna blanket. We saw that side of the business grow at about 400% versus our locations business growing about 25%.

Again, because you can, you know, access more people with direct to consumer than you can with locations. So when the pandemic hit, for us, it was a blessing in disguise because we were forced to close all locations overnight.

But it allowed us to focus on, you know, our sauna blanket product and and developing more products for people at home. So all of our resources, all of our money, all of our staff went to producing amazing products.

So that's where we developed, which you're probably referring to, which is our infrared perm TMF Crystal mat with our sauna blanket. It's quite the commitment.

You know, when you go in there, you're going to sweat like you've never sweat before. Not everybody wants to deeply sweat every single day, but they want the therapeutic benefits of infrared.

So that's why we created the infrared mat where you lay on it and you get all these healing benefits of infrared, but without the commitment of sweating.

So then from there, we were thinking, well, what other technologies do somewhat similar things that would be complementary to a recovery style mat? And that's when we decided to put PMF into our mats.

And that's mainly because PMF does somewhat similar things as infrared does in a very different way. Right downs inflammation in the body. It puts your body into a parasympathetic state, rest and digest, increases blood flow and circulation.

It's amazing for recovery. So it's an incredibly complementary technology that goes with infrared. And then on top of that, like I said, we added over 25 pounds of crystal therapy.

So when you heat those crystals, it's promoting an even deeper and more therapeutic dose of infrared while emitting negative ions, which is what you experience also, in nature.

So our mat becomes this recovery, grounding, healing, juicy like device that helps deepen meditation and relaxation for people. Which is why we decided to put in low levels of intensity of PMF, because what our mat is meant to do is just help people relax.

You know, as you know, you know, PMF is used for all different amazing things.

Launching HigherDOSE and Home Infrared Products

And the more intense you go, the more deeper it is. The more therapeutic can be, right? Like, the more deeper can go. It can heal bone and ligaments and like help people with all sorts of ailments and diseases.

Whereas at higher dose, what we really just wanted to focus on is helping people relax and using lower level frequencies that are much more similar to the Earth's core frequency, so that it's more grounding and relaxing.

And just like that, you know, amazing feeling that most people are actually looking for, which is just to have a device that can help them relax. Well, what are the things that you and I discuss?

This is that one plus one doesn't equal three? Yes. I didn't say one plus one doesn't equal to, one plus one doesn't even equal two. Yeah. In this case one plus one plus two can equal 10 or 20 or a thousand. Yes.

Infrared frequencies are very short wavelengths. And that's why you sweat. Because they're absorbed by the body. They basically cause heating and then they cause sweating.

PMF does no heating. It does not heat at all, but low intensity PMF applied superficial in a blanket. Presumably you're going to be laying with relatively little clothing on.

Yeah, right. Because if you do that, then the PMF, the low intensity PMF, combined with the, infrared and the amplified infrared with the crystals, what that does, it stimulates the acupuncture system of the body.

So the whole body gets acupuncture therapy in one session passively without having to have needles put in. So that's where the amplification becomes even more important.

Even though it's low intensity, there's that significant amplification. And that's one of the other sort of additional benefits. So perhaps give you a different set of frequencies, a different set of actions.

But when they combined with the actions of infrared separately but together, now you get much, much better amplification. And that's why I think what you're said is absolutely correct.

And for the home setting, for the price, for the cost, for the amount of used time that you have, that could be a very useful technology. And it's very introductory.

Now, if you have cancer or if you have, osteoporosis or if you have something else, as you said, then you're going to need something else. Exactly. Right.

But for home use, for general general utility, general wellness and even for less. And get into this, I'm not going to get into this for biohacking. Biohacking.

I love, love biohacking, such an interesting community and so much amazing information. And they're really the ones to discover all of these great technologies and, you know, share it with people because, you know, there's such amazing things out there that can really help you heal that we don't even know about because no one talks about them.

Which is why I love the biohacking community so much, is because they really do help share the word of these amazing wellness technologies and products and, and, you know, different like lifestyles with people to really like, help optimize the health.

Right. And that's what we're really focused on at higher dose, it's more about like optimization, helping people feel better as it is opposed to like, you know, helping cure.

And I think that's really where my passion comes in as a health coach. You know, I always believe that people should see a health coach and a nutritionist before they go to a doctor sometimes.

Right? Because there's so many, like, natural tweaks and just someone's lifestyle that they could do before thinking about going into a more intense therapies or even like getting on medications.

Right? So this is kind of like the health coach version of PMA for people. And it's so gentle and easy to use that, like you can't really mess it up, which is also something that's really nice for people too, is they don't have to be an expert on pump.

They don't need to know exactly how the technology works. They don't need to know if I go on level one of the higher dose mat versus level four, am I going to mess it up?

Am I like going to do something harmful? It's like it's so easy to use that, you know, it's just a piece of cake. Well, speaking of easy to use, what are the contraindications to your system?

Well, we always tell people that you should always consult with the doctor before, because we're not doctors. And, you know, we definitely feel like that's just an important thing to put out there.

I'm going to stop you right there, right now. What you say on your website is fine. Yeah. And I understand why you would for various, various legal reasons.

Yeah. But I'm going to tell you right now this system has virtually no contraindications. Yeah. Which again and I want to say that but from a legal standpoint, you know, you're only allowed to say so much.

And it's just liabilities. But I don't think there's any contraindications. Put it this way, when I was pregnant with my twins, I used my infrared pump my every single day.

And it helped so much with like, my, back pain, relaxation and helping me sleep to the point where I wanted to bring it to the hospital. When I went to deliver.

Well, two primary contraindications with PMF tend to be, but not necessarily tend to be for any implanted electronics like pacemakers. But the intensity of this system is low enough that it's even lower than what you get going through an airport screening system.

Right? You have much more exposure and therefore in airports than you will on this system. So there's no real contraindications with equipment. There's no cough indication with pregnancy because we know that there are women who were working while they were pregnant in Mira units.

And you're talking about tens of thousands of magnetic fields, right intensity of magnetic field versus what you're describing. And the last contraindication that I talk about regularly is transplant.

Because this system is such a low intensity, it's not going to have a major impact on the immune system. So I don't think you have to be concerned about it causing any kinds of problems in that way.

I want to bring up the contraindication issue because I think that's that, that that scares people. When I see PMF that scares people. Yeah. And I'm glad you said it and not me.

As you are the doctor. So I think people always trust when it comes from, you know, doctors versus, you know, like founders who maybe are like pushing product.

So it's really nice that it comes from a doctor and especially you as the expert in PMF, because I 100% agree with all of that. And it sucks as a female and as someone that knows that females have been left out of a lot of wellness and fitness research, mainly because we have a 28 day cycle as well as it's not humane to test on women before they even have kids or when they're pregnant or breastfeeding.

So I 100% agree with all of that. I use all of these technologies when I'm pregnant and breastfeeding, and if anything, it's helped me immensely. Well, and you don't have to be female either.

So what percentage of the biology of a female is purely female versus a male and female? That's a good question, I don't know, all I know is that our hormonal system, our endocrine system is very different.

And, that is only true to some extent. Oh, really? Yeah. As men produce, estrogen as well. But I mean, we're on a 28 day cycle. Men are on a 24 hour. Well, I agree that's why I said what percentage of the biology is different?

It's different. But what percentage is different? So if you take the individual cell itself with the same we have the hormone differences and they amplify and change all kinds of things in the body.

Adding PMF and Crystal Therapy

But basic biology, your calcium levels, your potassium levels, your magnesium levels, your protein production, your genetics, your stem cell production.

Yeah, the there are influences, but basically our biology is male or female biologists are hugely comparable. Yeah. Yeah. It's kind of interesting. The more and more I like dig into this idea of like female biohacking versus male biohacking.

It is quite interesting because there's been a lot of like theories in biohacking that I've sort of like deep dived into that ended up not being great for me based on many factors.

You know, my genetics, which make me very different than somebody else, you know, my hormonal cycles as well. And then thinking about like when cortisol is good for my body versus when it's not based on my cycles.

And I'm just so all about like bio individual like therapies for people. And, you know, I think also what women have done really well is tapped into their intuition to know whether or not something's good for them or not, which is why I personally fell in love with infrared and EMF and red light therapy is because I know, based on the way I feel after doing any three of those technologies, I feel an elevation in mood.

I feel more relaxed and more calm. I feel more like myself. I sleep even better. My skin looks amazing afterwards, and you just get all these amazing benefits that like, you know, just tapping into the way that you feel afterwards.

You know how great these technologies are for you. Well, one of the big questions that will be asked, of course, is what's the cost? Yeah. So our, infrared map, we have a pro size which fits on a massage table.

We designed this one. You know, for people that want to have their whole body, but also for practitioners that are, you know, chiropractors, osteopath, specialists giving any sort of therapy, you can always layer in the amazing healing benefits of infrared PMF and crystal therapy.

But it is very heavy. I mean, 25 pounds of crystal therapies alone. It's a 50 pound mat. It's not for the light hearted at all. Like, you know, if you're planning on traveling and bringing this all sorts of different places, I would say go with our go version, which is half the size.

And what's really cool about our go version too, is it fits perfectly in a chair. So you can get all these, you know, calming frequencies and intensities and light therapies while you are, working from home.

So I love to have it on, my computer desk, which I was originally going to take this podcast downstairs with, my go mat all plugged in and set up to show you guys.

But I had to come upstairs because of the echoing. But, I do all my back because I was being fussy and particular. Yeah, which is fine, but, I was going to show you guys, you know, I always find that for me personally, I don't know if it's just the calming of the nervous system or if it's the soothing benefits of the heat, or the grounding of the pants or the increased blood flow and circulation.

But I just feel more on point, more clear and more centered when doing big talks like this. While I'm on the infrared mat, so I love it. All right, well, I raise the question of cost.

Okay, so hold on. Let me, let me well, let me let me jump in first and then you can jump in after that. One of the reasons I raise that question is that there are many manufacturers selling very low intensity EMF devices, where the cost is really good.

Maybe around $1,000, let's say $1,000 for practical purposes. Yeah. And you're getting extremely low magnetic field intensity for $1,000. Yeah. This system, by combining the infrared and the crystals and it enough gives you a lot more benefit for the cost than a pure, very low intensity PMF system.

Correct. I think that's a plug for you. Yeah. And it's one of those things that you leave on all day long till some people put it on their couch. But we leave ours running all day long, so my kids jump on it.

You know, if you have an animal at home, like, forget about it. You will not have access to that infrared PetSmart. You have an animal, but my whole family hops on it, you know, and I do my meditations on there.

I do workouts on there. I use it for stretching. I use it to take a break, you know, between calls, which I find is really like helping to reset me. I use it at the end of the day, you know, as like, female entrepreneur of, like, making decisions and, you know, getting people to do things all the time.

I find that, like, my energy can be, like, pretty intense after a workday. So I, I go lay on my, higher dose infrared pence mat. I lay on there for 20 minutes and I immediately feel calm, connected, and I don't like boss around my husband as much or like have less patience with my kids because I have that tool to help me like transition from that stressful go go go entrepreneur lifestyle into like being a wife, a mother, you know, a nurturer.

Which was really important for me because I struggled with that as an A-type personality. You know, I really had a hard time going from both of those two roles.

So. Well, let me ask you then, about the functionality of the system. Does you do you select separately, select the PMF versus the crystals versus the infrared?

Yes you can. You don't have to turn the PMF on if you don't want to. Okay. So you do have to select the button in order to put it on with the infrared.

So I mean, it's rare that I don't select it because again, it's such low intensity that, you know, it's not ever going to jolt me into like an energetic state that I don't want to be in.

It's always complimentary in my opinion. So I always have it on. But you never know what people are using it for. You know, like maybe they're using the infrared just to loosen up the muscles and, you know, they don't want PMF for any reason.

There is the option to choose one of the others. Mind you, the crystal therapy. If you choose the red, the infrared, that's automatically going to be on because it's not necessarily a technology, it's just tons of stones that hold the heat, that penetrate the infrared, that emit the negative ions.

Yeah. You do mention the negative ions. Let's talk about that for a second. But to go back to that functionality perspective, you can keep the whole system on continuously.

You. So we have an hour or a 3 hour or 12 hour. Okay. So yeah, you can have it running all day long and it takes very little energy. So it's like super energy efficient to as well.

And then to go back to the pricing. So it's $1,000 for the pro size. And then it's $500 for the go mat that sits in the chair that's more portable that you can take places with. You.

I think that's, an amazing price, quite frankly, for what you're getting now, especially since it weighs 23 pounds. Yeah. Like I always wondered why. Maybe you have the answer to this.

Say, the Beamer, is so expensive. I think you know the answer. I mean, people doesn't need the price. The point it you're making, the point you're making is it doesn't need to be that expensive.

Doesn't need to be that expensive. And people always ask me that all the time. And I'm like, I only can speak to our

technology and what we do. I don't necessarily know why they charge such crazy prices for something.

Safety, Contraindications, and Pricing

I believe everyone should have access to. Well, I as I, as you say, I think is way overpriced for what you end up getting. And I learned that a long time ago as I use PMA therapy for medical purposes, for treating significant conditions, you're spending about mile.

It depends on what you buy, but you're spending about $6,000 for about one goes. Yeah. So you're not you're spending a lot of money for very little physiologic benefit.

So this is a this is a huge value. Your, your your equipment and the portability with the smaller the Gohmert and the Gohmert costs $500. I mean, this is something that you're going to have for years.

You know, it's not like it only works for a year or two years. Like, honestly, we've been selling them now for it's been two and a half years and no one ever messages up and just say it's like turns off.

Obviously there's the odd one that does that, but this is a piece of equipment that you're going to have for years and hopefully even a century. You know, we'll talk about sleep and how what happens when you use your system all night long on your bed.

So I you know, my husband is one of those guys that loves to use the infrared pump mat before bed, and he always falls asleep on it. It guaranteed, because it's going to down cortisol levels and put the body into parasympathetic state, which is rest and digest, which is the state that you want to get in to have restful sleep in the first place.

So for all those people that have issues going from go, go, go hectic, you know, exposure to blue light, you know, like all this like light pollution and just like stress and whatnot, it's always hard to like adjust to go from like high cortisol, high stress, you know, sympathetic state to just drop into a peaceful sleep.

So sometimes, like using technologies especially like pumping infrared together to help drop the body effortlessly into those states is the best tool.

And I'm not one for like, taking sleeping pills. I think that there's so many more issues that you're going to have. But I am about being aware of what kind of like lights and frequencies that I'm exposing myself to.

After 5:00. I try not to be on my computer. I try not to look at my phone. I have a red light that goes on my phone afterwards, so I'm not exposed to blue light.

You know, I'm like watching the sun go down to reset the circadian rhythm. Like, this is why I love biohacking because it really teaches you so much. But then using the infrared pencil mat on top of that puts your body into such a restful sleep that it is just like, for sure, going to improve your sleep.

Guaranteed. Like, if there's one thing anyone's going to feel is that so? So that means you you could be using it all night long. Yeah, like we never designed it to do that.

I mean, mind you, the setting of, like, having it on for long hours. You could do that. And we have multiple clients that say they sleep on it and they have the best sleep ever, which I am all down for.

But it wasn't designed for that. And it is quite hard. You know, it's not like, yes, it's quite firm. Yeah. It's firm, it's not. It wasn't designed to be the Beamer that is like, you know what, you sleep on.

But if that is what you need, because maybe you're dealing with some intense like injury or inflammation or anything in the body where you need extra, you know, time on it.

By all means, sleep on it. It's safe to put on any surfaces. Which is great. Yeah. You could theoretically, I could see that you actually put a yoga mat on it so that to lessen some of the, firmness of the pad, I you advise that it would go through the yoga mat.

Yoga mat is thick and thin enough that it's going to absorb enough of your weight on the pad and still be able to go through the yoga mat. Yeah. We did develop a, towel that goes on top of it, just in case you do have any animals on it.

Or if you're like, you know, I like to do a deep workout and if I'm, like laying on it, I just want to make sure to cover it. So like you said, it will go through the towel.

We have, Tencel and organic cotton towels, so there's no chemicals in there. That's another thing about all of our products, you know, they pass both standards of California.

So they're extremely clean materials that we're using. Virtually no EMF. The umbilicus is so low in terms of the EMF. And then we're omitting the negative ions, too, which is is definitely neutralizing the body and giving it amazing negative ions that you would experience in nature, too, as well.

So I just think all of those different technologies together are like giving you the best experience for like what you get to experience. If you just like laid on a, a warm stone in the middle of Arizona with, you know, Schumann resonance and the frequency of the earth and like, and, and the heat from the stone, like that's exactly what it feels like.

It's so calming and nourishing and charging for the body. All right, well, all that is fantastic. Now, not to take away from the higher dose equipment.

Yeah. What other technologies do you recommend or use or stack. Yes. So we also are in love with red light therapy. It's extreme like infrared PMF and red light therapy by far our favorite wellness tech.

Mainly because those three technologies have been around for so long, are so gentle and safe for everyone, and have, tons of scientific research and studies on the efficacy and the benefits of these technologies, which is what we love.

We did not invent any of these technologies. I'm not even an expert in most of these technologies. But which is why we love these technologies, is because they are so safe that we can bring them to our audience and know that it doesn't matter who you are, you're going to benefit from them in some sort of way.

So we also launched a red light infrared face mask, which red light is also an incredible technology. It feeds the mitochondria and produces something called ATP, which is energy for the cells, which means all your cells in your body are working better.

It also has all these amazing mood boosting properties. It balances hormones for women, boost testosterone in men, which is incredible. And, is great for the skin.

You know, it it's kind of funny because we've turned into somewhat of beauty biohackers. And that's because we believe when you focus on health, beauty comes effortlessly, right?

It's from the inside, you know, that is going to be the most powerful beauty serum or tool that you're ever going to have, is when you're focusing on healing the inside.

So red light therapy does the exact same thing. It's amazing for skin. It downs, you know, gets rid of, fine lines and wrinkles by producing, ATP, downing inflammation in the skin and producing something called collagen.

It's incredible. And you'll actually see red light therapy actually be more popular in the, esthetician world.

Sleep, Daily Use, and Product Functionality

And, dermatologists world because of the amazing benefits that red light has on the skin. But it has incredible benefits on the whole entire body if you can, you know, have your whole body getting red light therapy because you just get such amazing benefits, which we have in the works right now, a red light mat so that you can lay on that too as well and get all the healing benefits.

So I wish we could start off with red light therapy, but I don't know, maybe someone else will do it. Maybe you'll do it. I don't know. Well, the thing is, you can't you can't even together.

And there's no reason that you can't actually lay on a, red light mat and have PMF underneath it because the pavement will go through it. So then if you have a high intensity PMF, it'll have just synergistic.

That actually is a good idea. We should definitely make this red light mat. Something that you can stack on top of our infrared mat. Thanks for that idea.

Well, actually, you'll need a stronger PMF mat than yours, okay? Right. Because magnetic fields have to be strong enough not only to go through the red light mat, but then go, at least reasonably deeper in the body.

We could we could talk about that separately. Yeah. Yeah. No, I think that's a it's a really, interesting point. I love stacking, these amazing wellness technologies, mainly because we only have a certain amount of time in a day.

Right. And we want to get, like, all of these amazing healing things for our body, in the shortest period of time because, like, again, who has six hours in a day to, like, spend doing biohacking things, there's only a small portion of the world that does that, especially when you're you're basically having to sit there to do it because they have plugged in the current, plugged into the wall.

There is a biohacking, thing that you can add on top of it, stack on top of this. And that's called the flex pulse. I know your flex pulse very much so.

How do you know the Flex Pulse? Because I like researched you and listened to your podcast. And you know, I'm like such a big fan of your work. So I know the flex falls very well.

So let me tell you a little secret about the flex pulse, especially if you do a lot of flying, especially if you fly across country or go to Europe. Listen to the Ben Greenfield podcast.

So you have. Yes. All right. So I call that I call that Flying Delta I love that. That's hilarious. Right. So you put they put the system in Delta attach it to your head.

And then you can basically just sleep while you're, you're on your, while you're flying. Because the flex pulse has the more of the lower intensity. It's $200 maximum intensity.

So that's very, very safe. That's going to be very effective into the brain. So when you combine again, you can combine pmfs. So if you want to do an even deeper dive in terms of relaxation, combining a higher dose and then doing the Flex Plus as well what you can do together, there's no reason you can't.

But then on top of that, once you're done your, higher dose therapy, you can put it on your head and go on about your business. You put on a back or a shoulder or elbow.

So this is a multi. That's why we call it the flex pulse. It's got many many different uses. It's a really it's really a Swiss Army knife. Yeah. And it's a great intro for people I'm sure to pmfs to your right is to like play around with a device that, you know, you can use anywhere and travel with and like biohacking, airplane ride and see if you feel any different, you know, because I always feel so crappy with the emfs and and you can put and you can put it on your angry neighbor.

So, yeah. The kid. Yeah. So again, I have a question. I have two twins there, you know, two and a half years old. Would you suggest using lower level intensities PMF with kids or does it not matter?

I have a blog on my website about PMF and total, and there are clearly lots of children who have all kinds of problems. And if you have a child with autism or autism spectrum disorder or ADHD, PhD, or even a behavioral disorder, PMF therapy can be very useful for changing the mood.

It can change it almost instantly. I'll give you an example. Not a child, but this is an adult and kids are even more susceptible, as are animals, to perhaps they react much more vigorously to the PMO system.

Their nervous systems are wired differently. And so they're more they're more attuned to it and they react better to it. I had a woman in the office who was seeing me for anxiety, and she came into the office and she sat down, and within two minutes she started walking, pacing.

I took a flexible coil put on the back of her head, and literally you could see the elevator going down. That's amazing. Yeah, you really need to stack this technology with all sorts of different therapy.

You know, when someone's talking with which you can, you can easily do that, but you need an extra tool sometimes to, like, kind of get out of their own way and allow, you know, for them to like, be in a place that makes them feel safe, where they can do the healing that they need to do, but not everyone has the tools in their toolbelt to be able to get there.

So this is why I really love these technologies, because it really helps people get there without, you know, them really having the the expertise on how to do that for themselves.

So and you don't need medication, you don't need supplements.

Red Light Therapy and Technology Stacking

Actually they work better with supplements, but you don't even need the supplements because it's it's acting on your physiology directly. And that's all you're basically getting from the supplements as well anyway.

And the medication, most of the time medication doesn't cure anything. It simply controls. So aren't you better off controlling with something safe that's going to balance the body and produce a lot more benefits to the body than you know what a single benefit that you're getting from a medication?

Yeah. This is again, the idea of like, you know, prevention, you know, versus like going straight to like something like surgeries or medication, like there's so many things that we could do before you get there.

And like that's what what we're really focused on on higher dose like higher dose dose stands for dopamine, oxytocin and serotonin endorphins, which are four main happy chemicals.

That's so cute. Getting high naturally and releasing those happy chemicals. And how do you do that? Right. And there's so many ways to do that. Like there's so many hacks that you could do just in nature, like walking barefoot or watching the sun go down, or like being by the ocean and the negative ions and like so many amazing things that you can do.

And then there's also these amazing technologies that brings the healing powers of nature into the comfort of your own home. And we need, as a culture and society to be more connected to nature, I think, and I think the further we get away from that with the news and fear and, you know, bad lighting and all the things that we have in our homes that don't make us feel good, the worse someone is, you know, and you know, that's again why like just making these technologies more well known and a part of someone's lifestyle is like such a gift that you can give to people, I think.

Well, and I thank you for doing that with us today. Yeah. No, I'm so honored to be here speaking to you. I was

honestly quite nervous because, you know, more about when what else?

I was like, what am I going to say? How is he going to interview me? But I think overall, like our missions are aligned and I think that there's a place for more intense, you know, intense, frequent or PMF more intense PMS to like, do some deep healing, wound healing and like bone healing and ligament and physical and nervous system and, you know, diseases.

And I just like really thank you for that. And then again, if you are looking for something that is like more every day that you could just give to someone, that's an intro to pens that just wants to make them feel like, you know, more calm and relaxed.

Definitely check out that the higher dose infrared camp mat and any of our wellness technologies. So where do they go to find more information? So you go to higher dose.com.

It's really cool because we really want to educate people too, about all of this stuff. But we also have this really cool show called Biohackers, and it's about female biohacking.

And we get to experience all sorts of different technologies and, you know, treatments to, to increase your dopamine, oxytocin, serotonin, endorphins and get high naturally.

It's funny because life comes up a lot. You know, just the healing benefits of, of of that technology. So definitely check out Biohackers definitely check, which you can find on our blog, on our website.

And then definitely check us out at higher dose.com. And then Instagram higher dose. Or if you want to follow me, I'm like not the best at Instagram, but I am really trying to like show you how I biohacking my everyday lifestyle and and use these amazing, technologies into my everyday.

I've started to check out your Instagram page and there's a lot of information there. So it's I think it's very helpful and nice short videos. Yes. All right.

Lauren, thank you very much for taking time out of your I know, very, very busy day. Thank you. I appreciate it very much. And we look forward to interacting in the future and hopefully, we'll get your message out.

Thank you. I appreciate it. Bye, everyone. Enjoy.