Building an Affordable Wellness Movement with Theo Cosmo Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and rebrand update

The home clinic concept u2014 SCENAR, red light and hydrogen at home

Welcome to the Wellness on Tap podcast Welcome to the Wellness on Tap podcast with your host Dr. Debs Eastwood. with your host Dr. Debs Eastwood.

Franchise clinics and cosmotherapy explained

>> It is a pretty light, so >> It is a pretty light, so >> Oh, don't worry about it. >> Oh, don't worry about it. We we love molecular hydrogen water.

We we love molecular hydrogen water. It's not a problem. It's very pretty. It's not a problem. It's very pretty. Yeah. Yeah. Yeah. >> Pretty >> Pretty >> Pretty >> Yeah.

>> Yeah. >> Yeah. >> bit of lighting just to >> bit of lighting just to >> Mood lighting. >> Mood lighting.

Dr Debs arrives with vertigo u2014 what happened next

>> Yeah. Mood lighting up a bit. >> Yeah. Mood lighting up a bit.

Molecular hydrogen u2014 science, studies and three ways to use it

Why animals respond to frequency before humans do

>> So, things have changed a lot for you, >> So, things have changed a lot for you, Theo, since we you were last here. Theo, since we you were last here.

How to spot a bad hydrogen bottle

There it goes. There it goes. As if on cue. As if on cue.

The IBFA training academy and a shoutout to Danielle and Natalie

Yeah, they've changed a lot, haven't Yeah, they've changed a lot, haven't they? I mean, you're still obviously in they? I mean, you're still obviously in health care.

health care. >> Yes. >> Yes. >> Yes. Yeah. Yeah. Yeah. Absolutely.

Self-treating on the train u2014 no limitation on where you use these

Absolutely. Absolutely.

The client who changed everything

Yeah, I mean, it it's changed a hell of Yeah, I mean, it it's changed a hell of a lot. a lot.

The wrist injury that started it all u2014 from sceptic to convert

Home training course, Cyprus retreat and charity vision

this awakening to happen. this awakening to happen.

Wrap-up

I went and saw a branding coach. I went and saw a branding coach. >> Okay. >> Okay. >> Okay. >> And uh yeah, he just evaluated my >> And uh yeah, he just evaluated my business. And basically said things need business. And basically said things need to change.

to change. >> Mhm. >> Mhm. >> Mhm. >> Because you've got your company, you >> Because you've got your company, you have your brand, have your brand, but it's not out there.

but it's not out there. >> Yeah. >> Yeah. >> Yeah. >> People need to know where to come, >> People need to know where to come, who to find. who to find. >> Yes.

>> Yes. >> Yes. >> You know, and >> You know, and when I met you, when I met you, it was a bit more specific to one brand. it was a bit more specific to one brand.

>> It was. >> It was. >> Um but now it's representing my company. >> Um but now it's representing my company. >> Yeah, cuz you were doing the other >> Yeah, cuz you were doing the other stuff.

stuff. stuff. >> Yeah. >> Yeah. >> Yeah. >> But in the background. >> But in the background. >> Yeah. >> Yeah. >> Yeah. Yeah, in the background. And with the Yeah, in the background. And with the clinic as well, clinic as well, I set up another wellness clinic uh 4 I set up another wellness clinic uh 4 years ago, and again, it didn't have my years ago, and again, it didn't have my Cosmo brand name, but this company's Cosmo brand name, but this company's actually from 2014.

actually from 2014. >> Wow. >> Wow. >> Wow. >> So, when I went to go and see the >> So, when I went to go and see the branding coach, he said, "Look, we've branding coach, he said, "Look, we've got to make these changes. We need one got to make these changes. We need one umbrella company, and then we need your umbrella company, and then we need your fantastic products underneath that fantastic products underneath that company." company." company." >> Yeah.

>> Yeah. >> Yeah. >> You know, and he goes, "Look, you're an >> You know, and he goes, "Look, you're an innovator. You're in the wellness game. innovator. You're in the wellness game.

You always want to be ahead. You always want to be ahead. So, this is what I recommend you do. So, this is what I recommend you do. And that's what we started to do. Yeah, And that's what we started to do. Yeah, we pushed the brand.

we pushed the brand. >> Yeah. >> Yeah. >> Yeah. >> Rebranded the whole website, all the >> Rebranded the whole website, all the products, and then have all the products products, and then have all the products underneath the Cosmedic umbrella, underneath the Cosmedic umbrella, including the clinics as well.

including the clinics as well. >> So, you are heading that up. It's your >> So, you are heading that up. It's your baby. baby. baby. >> My baby. >> My baby.

>> Has been for what, 12 years now? >> Has been for what, 12 years now? >> Well, a bit longer. 20. >> Well, a bit longer. 20. >> Gosh. >> Gosh. >> Gosh. >> Yeah.

>> Yeah. >> Yeah. 20 years. It's my 21st year. 20 years. It's my 21st year. >> Wow. >> Wow. >> Wow. >> Yeah. >> Yeah. >> Yeah. And And And I was just talking to Pollyanna outside I was just talking to Pollyanna outside as well, and as well, and I actually said to her, "What's your I actually said to her, "What's your vision?" vision?" vision?" You know, where do you want to be? I You know, where do you want to be? I said, "Because last year said, "Because last year I actually didn't know. I was happy I actually didn't know. I was happy just, you know, selling products here, just, you know, selling products here, and and and and then I had and then I had this

awakening where I was like, "No, I this awakening where I was like, "No, I want to have 100 wellness clinics that want to have 100 wellness clinics that I've helped train and facilitate and get I've helped train and facilitate and get to that next part of them helping to that next part of them helping thousands of people. Because if I did it thousands of people. Because if I did it by myself, it would take forever." by myself, it would take forever." >> Yes.

>> Yes. >> Yes. >> You know, so >> You know, so that's my goal. that's my goal. >> Yeah. >> Yeah. >> Yeah. >> My vision. >> My vision. You know, and meeting you as well was You know, and meeting you as well was definitely part of that journey, for definitely part of that journey, for sure.

sure. sure. >> Thank you. >> Thank you. >> Because I still see us doing quite a lot >> Because I still see us doing quite a lot together. together. together.

>> Oh, yes. Oh, yes. I don't think we're >> Oh, yes. Oh, yes. I don't think we're history yet, are we? history yet, are we? >> No, absolutely not. And we just went for >> No, absolutely not. And we just went for a walk around Doncaster now, a walk around Doncaster now, and when we went to Sheffield, we did and when we went to Sheffield, we did the same.

the same. >> Yeah. >> Yeah. >> Yeah. >> I think what we want is to set up as >> I think what we want is to set up as many of these clinics in and around many of these clinics in and around >> Mhm.

>> Mhm. >> Mhm. >> each other. >> each other. >> Yeah. >> Yeah. >> Yeah. >> 4 miles apart, 20 to 30-minute drive. >> 4 miles apart, 20 to 30-minute drive.

Problem is today, Dr. Debs, people do Problem is today, Dr. Debs, people do not want to travel. not want to travel. >> No. >> No. >> No. >> And some people cannot travel.

>> And some people cannot travel. >> That is also very true. >> That is also very true. >> So, >> So, >> So, that was also part of my vision. that was also part of my vision. >> Yeah.

>> Yeah. >> Yeah. >> You know, it's to have these clinics in >> You know, it's to have these clinics in and around and around so the population don't need to travel so the population don't need to travel too far or if they can't travel that too far or if they can't travel that it's there and it's available.

it's there and it's available. >> Yeah. >> Yeah. >> Yeah. >> And it's happening. So from Yeah, from >> And it's happening. So from Yeah, from January this year January this year we've already now opened our fifth we've already now opened our fifth clinic clinic clinic >> Nice.

>> Nice. >> Nice. >> as a Cosmo franchise. >> as a Cosmo franchise. So they don't need to be named Cosmo So they don't need to be named Cosmo Care Health and Wellbeing. They will use Care Health and Wellbeing. They will use our equipment that's been approved by our equipment that's been approved by us, you know, that we've worked with the us, you know, that we've worked with the manufacturers to approve that yeah, it's manufacturers to approve that yeah, it's great. It's built to a medical grade great. It's built to a medical grade standard standard standard which is very important.

which is very important. >> got to be. Yeah, it's got to be. If >> got to be. Yeah, it's got to be. If you're going to get people like me on you're going to get people like me on board as well.

board as well. >> Absolutely. Yeah. >> Absolutely. Yeah. >> I know that's the first thing we'd look >> I know that's the first thing we'd look for, isn't it?

for, isn't it? >> Yeah. Yeah, and it's very important to >> Yeah. Yeah, and it's very important to make sure it works. It's been tested. make sure it works. It's been tested.

It's been third party tested and it's It's been third party tested and it's actually approved, you know, so we actually approved, you know, so we looked and make sure that it was ISO looked and make sure that it was ISO 13485,

13485, 13485, that it has FDA registration, that also that it has FDA registration, that also it has third party testing, you know, it has third party testing, you know, and I was first to take it on, put it in and I was first to take it on, put it in my clinic, but before I let anyone use my clinic, but before I let anyone use it, I used it.

it, I used it. >> Yeah. That's so important, isn't it? >> Yeah. That's so important, isn't it? >> Yeah. So important. For sure, because >> Yeah. So important. For sure, because I've used other products in the past and I've used other products in the past and they've been very effective.

they've been very effective. But I think part of this and the But I think part of this and the rebranding process was to have products rebranding process was to have products that were affordable that were affordable >> Mhm.

>> Mhm. >> Mhm. >> is the most important part to this. >> is the most important part to this. I I had a goal and a vision of all these I I had a goal and a vision of all these products to be in a house for the products to be in a house for the individual individual individual or in a clinic space, but to be or in a clinic space, but to be affordable for that clinic to be able to affordable for that clinic to be able to buy them buy them >> Yeah.

>> Yeah. >> Yeah. >> and facilitate and use their services. >> and facilitate and use their services. >> Yeah, cuz I think I remember last time I >> Yeah, cuz I think I remember last time I was just thinking about it as you were was just thinking about it as you were talking then. Last time I saw you was at talking then. Last time I saw you was at the launch of Soap Soap's house, but the launch of Soap Soap's house, but prior to that prior to that it was in a different lifetime for you it was in a different lifetime for you now, a different work space cuz we were now, a different work space cuz we were at IPM in Central London and that was at IPM in Central London and that was all about a different brand, wasn't it?

all about a different brand, wasn't it? My god, did we My god, did we bake that week. That was bake that week. That was >> It was like 38°. >> It was like 38°.

>> It was mental, wasn't it? Getting on the >> It was mental, wasn't it? Getting on the tube at rush hour on that was like tube at rush hour on that was like But anyway, that was literally a But anyway, that was literally a different world.

different world. >> I mean, that was a great show and >> I mean, that was a great show and exhibition. exhibition. exhibition. >> Oh, yeah. Yeah. >> Oh, yeah. Yeah.

>> And I think just speaking to so many >> And I think just speaking to so many different practitioners there, different practitioners there, you kind of get the same response from you kind of get the same response from all of them. Everyone asked the all of them. Everyone asked the question, question, question, "Theo, how much is it?" "Theo, how much is it?" >> Yes.

>> Yes. >> Yes. >> "How much is it?" And you you answer >> "How much is it?" And you you answer that. And it's like straight away that. And it's like straight away >> retract.

>> retract. >> retract. >> Yeah. >> Yeah. >> Yeah. They pull away. They pull away. >> Mhm. >> Mhm. >> Mhm. >> And I've seen this now over the years, >> And I've seen this now over the years, >> Yeah.

>> Yeah. >> Yeah. >> but not just for practitioners, but also >> but not just for practitioners, but also the home users as well. the home users as well. >> Mhm.

>> Mhm. >> Mhm. >> So, we'll take Skenar as an example. >> So, we'll take Skenar as an example. >> Yeah. >> Yeah. >> Yeah. >> That is one product that we have the >> That is one product that we have the Skenar professional unit for the Skenar professional unit for the clinician and the practitioner, but we clinician and the practitioner, but we also have the home device, also have the home device, which is a cheaper option.

which is a cheaper option. >> Ah. >> Ah. >> Ah. >> Which I have one somewhere >> Which I have one somewhere in my bag here, I think. Um and it just in my bag here, I think. Um and it just has less of an option.

has less of an option. >> Okay. So, it's safer for >> Okay. So, it's safer for untrained individuals to use. untrained individuals to use. >> a home user.

>> a home user. >> Yeah. >> Yeah. >> Yeah. >> Absolutely. It has far less functions. >> Absolutely. It has far less functions. Still has the same type of power and Still has the same type of power and very effective, but for home use.

very effective, but for home use. >> Yeah. >> Yeah. >> Yeah. >> So, you're not going to go and use that >> So, you're not going to go and use that in a clinical setting, let's say.

in a clinical setting, let's say. >> Yeah. Okay. >> Yeah. Okay. >> Um yeah, and I think >> Um yeah, and I think I took that concept from Skenar. I said, I took that concept from Skenar. I said, "Hold on a minute.

"Hold on a minute. We then have the hydrogen home unit We then have the hydrogen home unit filtering your water like you do at filtering your water like you do at home.

home. home. And it's X amount. And it's X amount. But what about when you're traveling and But what about when you're traveling and you're out and about?

you're out and about? We now have a cheaper portable option. We now have a cheaper portable option. >> Excellent. >> Excellent. >> Excellent. >> The hydrogen water bottle that you can >> The hydrogen water bottle that you can travel with.

travel with. >> Yeah. >> Yeah. >> Yeah. >> And the same with the red light therapy. >> And the same with the red light therapy. We have the clinical grade.

We have the clinical grade. And now we have something for the home And now we have something for the home as well. as well. >> Yeah. >> Yeah. >> Yeah.

>> We have the Cosmolite photobiomodulation >> We have the Cosmolite photobiomodulation pod, pod, pod, which is utilizing 2,800 which is utilizing 2,800 medical grade LEDs, medical grade LEDs, which is you using which is you using the photobiomodulation 660 nanometer the photobiomodulation 660 nanometer wave the near infrared, which is called wave the near infrared, which is called invisible light that the human eye invisible light that the human eye cannot see.

cannot see. >> Mhm. >> Mhm. >> Mhm. >> That's utilizing 850 nanometer together. >> That's utilizing 850 nanometer together. >> Okay. >> Okay. >> Okay.

>> Yeah. So, that experience, you know, and >> Yeah. So, that experience, you know, and you've not actually used this product you've not actually used this product and I'd love you to and I'd love you to >> Yes, I've used the one where I was >> Yes, I've used the one where I was laying in it and for the lay person it laying in it and for the lay person it looks like a sunbed.

looks like a sunbed. >> Yeah. >> Yeah. >> Yeah. >> And that you lay on something and >> And that you lay on something and something else comes over the top of you something else comes over the top of you in that sense but that's where the in that sense but that's where the similarity with sunbed ends, isn't it?

similarity with sunbed ends, isn't it? It just physically looked like that. But It just physically looked like that. But I remember seeing that you were I remember seeing that you were investigating investigating investigating more portable things, you know, like a more portable things, you know, like a pad and there was something specifically pad and there was something specifically to for to go over your breasts and all to for to go over your breasts and all sorts of Well, could easily go over your sorts of Well, could easily go over your knees as well.

knees as well. >> Localized area. You know, so you have >> Localized area. You know, so you have localized treatment and you have full localized treatment and you have full body, but we now have both of these body, but

we now have both of these within the Cosmolite photobiomodulation within the Cosmolite photobiomodulation brand brand brand >> Nice.

>> Nice. >> Nice. >> that we've worked with the manufacturers >> that we've worked with the manufacturers that they've been built on medical grade that they've been built on medical grade standards. Um and we've tested them.

standards. Um and we've tested them. We've had them third-party tested as We've had them third-party tested as well. And like I said, we're getting well. And like I said, we're getting great results.

great results. Most importantly, they're available for Most importantly, they're available for a home users. a home users. >> Yeah, for people that can't do the >> Yeah, for people that can't do the traveling.

traveling. traveling. >> Yeah, we said that before last time I >> Yeah, we said that before last time I was on the podcast is we had the option was on the podcast is we had the option for home use.

for home use. >> Yeah. >> Yeah. >> Yeah. >> Um but we were still quite restricted. >> Um but we were still quite restricted. >> Mhm. >> Mhm. >> Mhm. >> So, now we kind of have the >> So, now we kind of have the the answer for everyone, let's say.

the answer for everyone, let's say. >> So, is that a lot of what you've been >> So, is that a lot of what you've been working on? working on? >> Yeah, solidly for about 18 months now.

>> Yeah, solidly for about 18 months now. Um it was all part of my vision and it Um it was all part of my vision and it was all part of my awakening, my was all part of my awakening, my rebrand, rebrand, rebrand, and uh it's been great. It really has.

and uh it's been great. It really has. >> So, in essence, people could have a mini >> So, in essence, people could have a mini clinic clinic clinic in their own home, could they now?

in their own home, could they now? >> Absolutely. Yeah. >> Absolutely. Yeah. Last month, we helped 50 clients Last month, we helped 50 clients have their own Cosmo wellness home.

have their own Cosmo wellness home. >> Nice. >> Nice. >> Nice. >> So, they will have our water. >> So, they will have our water. >> Yeah. >> Yeah. >> Yeah.

>> They will have our supplementation. >> They will have our supplementation. They will have our photobiomodulation They will have our photobiomodulation red light therapy.

red light therapy. And they will also have our PEMF unit as And they will also have our PEMF unit as well. well. well. And they will have Scenar, you know. And And they will have Scenar, you know. And it's lovely to see it's lovely to see >> Yeah.

>> Yeah. >> Yeah. >> And it also really helps clients who are >> And it also really helps clients who are very busy, especially in London, who very busy, especially in London, who can't get to a clinic once or twice a can't get to a clinic once or twice a week, be able to facilitate and give week, be able to facilitate and give their own treatment at home.

their own treatment at home. >> Yeah. >> Yeah. >> Yeah. >> Which is very important. >> Which is very important. >> It's quite liberating, really, isn't it?

>> It's quite liberating, really, isn't it? >> Yeah. >> Yeah. >> Yeah. >> And then you perhaps go in for something >> And then you perhaps go in for something more specialist.

more specialist. >> Yeah, exactly. So, with the clinic at >> Yeah, exactly. So, with the clinic at Soper's, especially, Soper's, especially, that's run by Despina. She's my sports that's run by Despina. She's my sports therapist who

runs that part of the therapist who runs that part of the business. Um so, she treats more business. Um so, she treats more sports-specific injuries.

sports-specific injuries. >> Mhm. >> Mhm. >> Mhm. >> And now she's starting to integrate the >> And now she's starting to integrate the use of photobiomodulation red light use of photobiomodulation red light therapy, Scenar therapy, where she's therapy, Scenar therapy, where she's just finished her level four course with just finished her level four course with >> with the IBFA, and which is our, you >> with the IBFA, and which is our, you know, International Biofeedback know, International Biofeedback Association training qualification.

Association training qualification. >> Nice. >> Nice. >> Nice. >> So, she's learned a lot more from that, >> So, she's learned a lot more from that, you know. And she's like, "Wow, I can you know. And she's like, "Wow, I can use it for this injury and that injury use it for this injury and that injury and really help, you know, the healing and really help, you know, the healing process." process." process." >> Yeah.

>> Yeah. >> Yeah. >> So, we see even more response and better >> So, we see even more response and better results when we use such modalities. results when we use such modalities. >> Mhm.

>> Mhm. >> Mhm. >> And it's the same with our clients at >> And it's the same with our clients at home, as well. You know, they would use home, as well. You know, they would use the red light, they would use the pulsed the red light, they would use the pulsed electromagnetic field therapy, and electromagnetic field therapy, and they'll ring up and say, "Hey, Mr.

they'll ring up and say, "Hey, Mr. Cosmo, what else do you have?" Cosmo, what else do you have?" You you and it's great. Yesterday, I was You you and it's great. Yesterday, I was on a Zoom call with two people from on a Zoom call with two people from Cyprus and one from America and one from Cyprus and one from America and one from Spain. You know, it's happening now. The Spain. You know, it's happening now. The word's getting out there, which again word's getting out there, which again has always always been part of my has always always been part of my vision.

vision. vision. >> Yeah, exactly. Cuz that's >> Yeah, exactly. Cuz that's it's got to be one person at a time, it's got to be one person at a time, isn't it? And they've just got to isn't it? And they've just got to benefit from one of the modalities, benefit from one of the modalities, which makes them curious.

which makes them curious. >> Yeah. >> Yeah. >> Yeah. Yeah. Yeah. Yeah. Yeah, so a lot has changed. Yeah, so a lot has changed. Um Um Um and we've brought in quite a lot of and we've brought in quite a lot of products.

products. products. Like I said at a more affordable price, Like I said at a more affordable price, but still at a very great standard. but still at a very great standard.

Um you know, built to a medical grade Um you know, built to a medical grade standard. standard. standard. And we are getting really nice results. And we are getting really nice results.

We're getting great referrals as well, We're getting great referrals as well, where clients are getting positive where clients are getting positive results and sending more and more results and sending more and more referrals into the clinic, into referrals into the clinic, into Cosmocare.

Cosmocare. Cosmocare. We're now working with quite a lot of We're now working with quite a lot of professional athletes, which I never professional athletes, which I never used to in the past.

used to in the past. Um yeah, and it's it's going really Um yeah, and it's it's going really well. well. well. >> That's wonderful. Have you Have you >> That's wonderful. Have you Have you focused more on the sort of athletic focused more on the sort of athletic side of things or still on the health side of things or still on the health Where do you see it?

Where do you see it? >> I tend to work more with the everyday >> I tend to work more with the everyday person

who needs these type of person who needs these type of modalities and treatments. Um modalities and treatments. Um I haven't really targeted athletes.

I haven't really targeted athletes. That's just naturally come to me. Yeah. That's just naturally come to me. Yeah. So, we're getting like I said more So, we're getting like I said more organic referrals from these athletes.

organic referrals from these athletes. We've now supplied the Cosmolight to We've now supplied the Cosmolight to three different professional football three different professional football teams, which is great.

teams, which is great. Um working with individual athletes from Um working with individual athletes from them clubs as well, you know, so them clubs as well, you know, so it's it's brilliant. And again, I want it's it's brilliant. And again, I want to keep this momentum.

to keep this momentum. >> Yeah. >> Yeah. >> Yeah. >> Um and the only way we do that, as I >> Um and the only way we do that, as I explained to Pollyanna outside, is explained to Pollyanna outside, is keeping your vision and your dream keeping your vision and your dream alive. And yeah, my dream, funnily alive. And yeah, my dream, funnily enough, my manufacturers messaged me enough, my manufacturers messaged me earlier and said earlier and said "Wow, you're on a podcast. Yesterday you "Wow, you're on a podcast. Yesterday you was here and" And I said, "Yeah, look, was here and" And I said, "Yeah, look, you know, I'm going to go and share this you know, I'm going to go and share this with with the world because we have the with with the world because we have the world's greatest products.

world's greatest products. >> Mhm. >> Mhm. >> Mhm. >> But these modalities really work. >> But these modalities really work. They're game-changing, life-changing, They're game-changing, life-changing, and we want to share that.

and we want to share that. >> Yeah. >> Yeah. >> Yeah. >> And get it out there. >> And get it out there. >> Which is amazing. >> Which is amazing. >> Yeah, so we're on clinic number six. I >> Yeah, so we're on clinic number six. I want to be want to be >> So, we've got two in London. Um one in >> So, we've got two in London. Um one in Solihull, Birmingham.

Solihull, Birmingham. We have hopefully one in Sheffield soon. We have hopefully one in Sheffield soon. Um we have one in Hertfordshire as well, Um we have one in Hertfordshire as well, which is Soaper's house.

which is Soaper's house. And we've just literally just acquired And we've just literally just acquired the next space, which is just around the the next space, which is just around the corner.

corner. corner. >> Oh, right. >> Oh, right. >> We've outgrown the space. >> We've outgrown the space. >> Okay. >> Okay. >> Okay. >> so we're quite restricted with the >> so we're quite restricted with the space, and we need we we need a a nice space, and we need we we need a a nice space to to run a successful clinic.

space to to run a successful clinic. >> Yeah, and I guess >> Yeah, and I guess the different modalities have different the different modalities have different requirements for requirements for the spaces they need, and you know, if the spaces they need, and you know, if you start integrating even more things you start integrating even more things in.

in. in. >> Yeah. Yeah. And you know what, Debs? >> Yeah. Yeah. And you know what, Debs? I'll I'll be honest, you actually don't I'll I'll be honest, you actually don't need that much of a big space to run a need that much of a big space to run a Cosmo franchise.

Cosmo franchise. We in the Solihull clinic, we only have We in the Solihull clinic, we only have two rooms. two rooms. >> Right. >> Right. >> Right. >> So, one is a Cosmo therapy room where >> So, one is a Cosmo therapy room where you have red light therapy, you have red light therapy, photobiomodulation, which is a panel.

photobiomodulation, which is a panel. Okay, but it's a full body panel. So, Okay, but it's a full body panel. So,

underneath you have a treatment couch.

underneath you have a treatment couch. Um and then on that mat that you're Um and then on that mat that you're laying on, you have the PEMF, the Cosmo laying on, you have the PEMF, the Cosmo PEMF, PEMF, PEMF, >> Right.

>> Right. >> Right. >> which is a high-intensity system that >> which is a high-intensity system that can be fully adjustable. So, you can can be fully adjustable. So, you can adjust it from 0 to 100%.

adjust it from 0 to 100%. >> Remind people what the PEMF does. >> Remind people what the PEMF does. >> Pulsed electromagnetic field therapy is >> Pulsed electromagnetic field therapy is a wonderful treatment modality to really a wonderful treatment modality to really help microcirculation.

help microcirculation. Um it also helps charge the cells and Um it also helps charge the cells and the mitochondrial function of of body. the mitochondrial function of of body.

Um and it also helps facilitate the Um and it also helps facilitate the photobiomodulation and absorb into the photobiomodulation and absorb into the body a lot better and a lot quicker.

body a lot better and a lot quicker. >> Ah, okay. >> Ah, okay. >> yeah, it's an FDA-cleared approved >> yeah, it's an FDA-cleared approved modality for microcirculation.

modality for microcirculation. Um, Um, Um, but but but what it actually does, it can really what it actually does, it can really help with the nervous system. It can help with the nervous system. It can help with your sleep. Um, and many help with your sleep. Um, and many studies have shown that it helps with studies have shown that it helps with pain reduction as well.

pain reduction as well. >> Marvelous. There's a lot of pain out >> Marvelous. There's a lot of pain out there, isn't there? there, isn't there? >> is. And yeah, that's where the full >> is. And yeah, that's where the full modality scalar therapy comes in with modality scalar therapy comes in with molecular hydrogen inhalation, which now molecular hydrogen inhalation, which now we've classed as cosmotherapy. So, we've classed as cosmotherapy. So, within a 20-minute treatment, you're within a 20-minute treatment, you're getting all of those modalities in one.

getting all of those modalities in one. And um, it's working wonderfully well. And um, it's working wonderfully well. >> Yeah. >> Yeah. >> Yeah. >> You know, and results, it was it's all >> You know, and results, it was it's all about results.

about results. >> Yes. >> Yes. >> Yes. >> Clients will get a result. And funny >> Clients will get a result. And funny enough, I was just telling Polyana again enough, I was just telling Polyana again two stories outside and she was like, two stories outside and she was like, "Wow." Yeah, and I said, "Look, client "Wow." Yeah, and I said, "Look, client come in and we never claim to treat, come in and we never claim to treat, diagnose, or cure any specific condition diagnose, or cure any specific condition whatsoever. We will always work to just whatsoever. We will always work to just help with the well-being of the help with the well-being of the individual, but they may notice that, individual, but they may notice that, like yesterday, the lady's sinusitis like yesterday, the lady's sinusitis improved.

improved. improved. >> Mhm. >> Mhm. >> Mhm. >> You know, and she was like, "Wow. I've >> You know, and she was like, "Wow. I've been and had treatment here and been on been and had treatment here and been on antibiotics and you've just done 20 antibiotics and you've just done 20 minutes and I feel so much better." minutes and I feel so much better." Um, yeah, and again, we will have Um, yeah, and again, we will have clients coming with chronic back pain.

clients coming with chronic back pain. >> Yeah. >> Yeah. >> Yeah. >> And they would just lay there, have a >> And they would just lay there, have a 20-minute treatment, 20-minute treatment, and they feel that their back pain's and they feel that their back pain's improved by 50-60%.

improved by 50-60%. >> Yeah. >> Yeah. >> Yeah. >> So, even though scalar therapy is >> So, even though scalar therapy is approved for acute and chronic back pain approved for acute and chronic back pain to help relieve that pain, to help relieve that pain, it's now the combination of the it's now the combination of the modalities that we're finding these modalities that we're finding these accelerated results with that we've accelerated results with that we've labeled cosmotherapy.

labeled cosmotherapy. >> With you, okay. I get it. Cuz that is so >> With you, okay. I get it. Cuz that is so true in life, isn't it? In many facets true in life, isn't it? In many facets of life that one thing's great, but of life that one thing's great, but combining even two, but and then more combining even two, but and then more and more together has more What's that and more together has more What's that phrase?

phrase? phrase? Bigger than the sum of its heart I don't Bigger than the sum of its heart I don't know what it is, but you know what I'm know what it is, but you know what I'm trying to say, don't you?

trying to say, don't you? >> You'll find it. >> You'll find it. >> Yeah. Yeah. More than the sum I could >> Yeah. Yeah. More than the sum I could I'm going to give up on that one.

I'm going to give up on that one. >> Yeah, and it's not always the more the >> Yeah, and it's not always the more the better. better. better. So, we find that this works really well.

So, we find that this works really well. You're not over stimulating the body. You're not over stimulating the body. It's not too much. And it's adjustable It's not too much. And it's adjustable on every level and every modality can be on every level and every modality can be adjusted from 0 to 100%.

adjusted from 0 to 100%. >> Right. >> Right. >> Right. >> From the red light. >> From the red light. Cuz other photobiomodulation units out Cuz other photobiomodulation units out there that just goes from 0 to 100%.

there that just goes from 0 to 100%. This one can be adjusted 1 2 3 all the This one can be adjusted 1 2 3 all the way up. way up. >> Ah. >> Ah. >> Ah.

>> So, it's great for young children or the >> So, it's great for young children or the elderly who are photosensitive, let's elderly who are photosensitive, let's say, to bright light. Um yeah, and the say, to bright light. Um yeah, and the same with the PEMF, the same with same with the PEMF, the same with Skenar. You can work at a very low level Skenar. You can work at a very low level for those who are very sensitive.

for those who are very sensitive. >> Yeah. >> Yeah. >> Yeah. >> So, we find that also works very well. >> So, we find that also works very well. And the same with our molecular hydrogen And the same with our molecular hydrogen inhalation unit now. We can adjust that inhalation unit now. We can adjust that down all the way down. So, I treat my down all the way down. So, I treat my children at a much lower level.

children at a much lower level. >> Yeah, of course. Yeah. Yeah. Yeah. >> Yeah, of course. Yeah. Yeah. Yeah. >> And I found that was very, very >> And I found that was very, very important, Dr. Deb, that we could offer important, Dr. Deb, that we could offer that.

that. that. >> I think so, too, because >> I think so, too, because it's just gives more people access it's just gives more people access to the benefits.

to the benefits. >> Yeah. >> Yeah. >> Yeah. Yeah, and again, we refer back to that. Yeah, and again, we refer back to that. I'm going to show you one little device I'm going to show you one little device here.

here. here. Um and this is the Cosmo Light Pod. Um and this is the Cosmo Light Pod. >> Okay. >> Okay. >> Okay. >> So, it's a very small pod. >> So, it's a very small pod.

>> It is that small? >> It is that small? >> And it was designed to work on a >> And it was designed to work on a localized area. Cuz a lot of people go localized area. Cuz a lot of people go and have red light done in a clinic and

and have red light done in a clinic and it would do the whole body.

it would do the whole body. >> Mhm. >> Mhm. >> Mhm. >> And we designed this to work on a >> And we designed this to work on a localized area for the elbows, for the localized area for the elbows, for the wrist especially, wrist especially, um the knee, the shoulder, you know.

um the knee, the shoulder, you know. >> It's for my bad neck. >> It's for my bad neck. >> For your bad neck. Exactly that. And >> For your bad neck. Exactly that. And just very simply, with a click of a just very simply, with a click of a button, these 18 medical-grade LEDs will button, these 18 medical-grade LEDs will flash the light of 660 nm red light, but flash the light of 660 nm red light, but also also also near infrared.

near infrared. >> Okay. >> Okay. >> Okay. >> Which is the 850 nm, which is what's a >> Which is the 850 nm, which is what's a lot more therapeutic and deeper lot more therapeutic and deeper penetrating treatment.

penetrating treatment. So, you just click it. So, you just click it. >> Yeah, okay. Cool. >> Yeah, okay. Cool. >> Yeah. >> Yeah. >> Yeah. >> Nice. >> Nice.

>> Nice. >> And you see the blue lights there? >> And you see the blue lights there? That's indicating that the near infrared That's indicating that the near infrared is activated.

is activated. >> Okay, cuz of course we can't see it. >> Okay, cuz of course we can't see it. >> You can't see it. Each red light has its >> You can't see it. Each red light has its near infrared built into it. Yeah? And near infrared built into it. Yeah? And if you click that again, you can if you click that again, you can deactivate the near infrared.

deactivate the near infrared. >> Right. Yeah. >> Right. Yeah. >> And then if you click it one more time, >> And then if you click it one more time, you deactivate the red light.

you deactivate the red light. >> And you've just got >> And you've just got >> Just near infrared. >> Just near infrared. >> Mhm. >> Mhm. >> Mhm. >> Which is invisible light, but still >> Which is invisible light, but still you're getting a nice treatment in that you're getting a nice treatment in that area.

area. area. >> Cool. >> Cool. >> Cool. >> And then one more click will turn it >> And then one more click will turn it off. off. off. >> Yeah. >> Yeah.

>> Yeah. >> But there's a hidden mode as well. >> But there's a hidden mode as well. >> Of course there is. >> Of course there is. >> You know you see it.

>> You know you see it. >> We literally keep our finger on >> We literally keep our finger on and this is called pulsing mode. and this is called pulsing mode.

>> Oh yeah, I can see that. >> Oh yeah, I can see that. >> using a 10 hertz pulse, and what that >> using a 10 hertz pulse, and what that would do is actually penetrate the would do is actually penetrate the localized area and give you that localized area and give you that flashing pulse treatment. What that flashing pulse treatment. What that does, it penetrates the light and the does, it penetrates the light and the near infrared a little bit deeper.

near infrared a little bit deeper. >> Okay. >> Okay. >> Okay. >> really good for like recovery um and >> really good for like recovery um and specific types of specific types of injuries, let's say.

injuries, let's say. >> Yeah, I'm going to say sports injuries. >> Yeah, I'm going to say sports injuries. Cool. Cool. Cool. >> And it comes with a strap that you can >> And it comes with a strap that you can strap it on any strap it on any >> Yeah.

>> Yeah. >> Yeah. >> localized area. >> localized area. >> That's it. >> That's it. >> So that's just something I had and I >> So that's just something I had and I thought, "Okay, in my mind, let's find thought, "Okay, in my mind, let's find that product and let's get it out on the that product and let's get it out on the market." market." market." >> Um

that sold out in the first day.

>> Um that sold out in the first day. >> Wow. >> Wow. >> Wow. >> Yeah. And that's how powerful it was >> Yeah. And that's how powerful it was because clients that coming into the because clients that coming into the clinics have always wanted that type of clinics have always wanted that type of product product product >> Yes.

>> Yes. >> Yes. >> that they can just strap while they're >> that they can just strap while they're watching TV and it will just switch off watching TV and it will just switch off by itself.

by itself. >> Yeah. >> Yeah. >> Yeah. And that's it. You know, it it's now And that's it. You know, it it's now getting these products and getting the getting these products and getting the word out there and having every single word out there and having every single product in its own class and modality to product in its own class and modality to be at affordable price, so not only the be at affordable price, so not only the clinics can have them, but the cosmo clinics can have them, but the cosmo wellness clients can have them within wellness clients can have them within their homes.

their homes. >> Cuz I remember >> Cuz I remember one of the the first when you came up to one of the the first when you came up to Sheffield when we first recorded um the Sheffield when we first recorded um the podcast and you were hosting um a podcast and you were hosting um a product demonstration product demonstration for me for me and I came in cuz I'd had a fall and and I came in cuz I'd had a fall and then I Yes, that's right. And I was then I Yes, that's right. And I was suffering vertigo. Yeah, bless you. You suffering vertigo. Yeah, bless you. You were. Yeah. Right before the event.

were. Yeah. Right before the event. Right before the event. It was a couple Right before the event. It was a couple of So I'd fallen a week before and it it of So I'd fallen a week before and it it took 7 days and then this vertigo came took 7 days and then this vertigo came on and Pollyanna wouldn't like she was on and Pollyanna wouldn't like she was walking and supporting me as though I walking and supporting me as though I was an elderly woman.

was an elderly woman. And I was walking around the house as And I was walking around the house as though I was drunk holding onto though I was drunk holding onto furniture and stuff. And I remember furniture and stuff. And I remember seeing your face. What the hell is the seeing your face. What the hell is the matter I thought to myself, you know matter I thought to myself, you know what I mean?

what I mean? Sitting me Sitting me on the PEMF Yeah. Yeah. We used the on the PEMF Yeah. Yeah. We used the Bemer that one. that one. Thank you for Bemer that one. that one. Thank you for correcting me. I knew I'd got it wrong.

correcting me. I knew I'd got it wrong. Um sitting me on the Bemer mat, Um sitting me on the Bemer mat, molecular hydrogen. I think I drained molecular hydrogen. I think I drained the system that night, didn't I? You the system that night, didn't I? You And like members of your team bringing And like members of your team bringing me a cup of tea and I'm like, "No, no, me a cup of tea and I'm like, "No, no, no, this is my event. I need to be no, this is my event. I need to be looking after you." And you're going, looking after you." And you're going, And it was wonderful and after 45 And it was wonderful and after 45 minutes, well I was like, "Oh, you put minutes, well I was like, "Oh, you put um um um We put the Bemer attachment which is the We put the Bemer attachment which is the PEMF localized around your neck area as PEMF localized around your neck area as well. Just to calm the nervous system a well. Just to calm the nervous system a little bit, which is great for that. And little bit, which is great for that. And we did all of that.

we did all of that. And And And 45 minutes later, cuz obviously I'd 45 minutes later, cuz obviously I'd pitched up early cuz it was my event, pitched up early cuz it was my event, I could hear people coming in I could hear people coming in the room behind me and without even the room behind me and without even thinking thinking thinking cuz I think the hydrogen had finished at cuz I think the hydrogen had finished at that point and I'd turned it off cuz that point and I'd turned it off cuz otherwise I might have got tied in a otherwise I might have got tied in a knot. I just stood up and turned round knot. I just stood up and turned round and looked at people and it wasn't until and looked at people and it wasn't until I'd done that I thought, I'd done that I thought, "I don't feel dizzy." "I don't feel

dizzy." >> Yeah.

>> Yeah. >> Yeah. >> This is amazing. >> This is amazing. >> Wow. >> Wow. >> Wow. >> And nobody would have known >> And nobody would have known >> No.

>> No. >> No. >> at that event >> at that event >> Yeah. >> Yeah. >> Yeah. >> if they hadn't seen me. >> if they hadn't seen me. >> clearly remember this, yeah.

>> clearly remember this, yeah. >> It was amazing, wasn't it? >> It was amazing, wasn't it? >> Yeah, and you was only sitting on the >> Yeah, and you was only sitting on the molecular hydrogen inhalation for about molecular hydrogen inhalation for about what, 40 minutes?

what, 40 minutes? >> Yeah. >> Yeah. >> Yeah. >> Which that type of system works at >> Which that type of system works at around 2,000 ml flow, which can really around 2,000 ml flow, which can really help penetrate the system and saturate help penetrate the system and saturate the body full of molecular hydrogen the body full of molecular hydrogen within 20-30 minutes.

within 20-30 minutes. >> Yeah. >> Yeah. >> Yeah. >> So it can be that effective. >> So it can be that effective. >> Yeah. >> Yeah. >> Yeah. >> So what you did there would be >> So what you did there would be equivalent of you drinking about equivalent of you drinking about 15 to 20,000 L of 15 to 20,000 L of molecular hydrogen-rich water, which is molecular hydrogen-rich water, which is never going to happen.

never going to happen. >> No, that's never going to happen. >> No, that's never going to happen. >> So it's probably equivalent to about 40 >> So it's probably equivalent to about 40 to 50,000 of these.

to 50,000 of these. >> Yeah, I still might have a way to go >> Yeah, I still might have a way to go with that and I've had a machine in my with that and I've had a machine in my house for a couple of years now, so house for a couple of years now, so >> No, I mean the inhalation is great for >> No, I mean the inhalation is great for something like that.

something like that. >> Mhm. >> Mhm. >> Mhm. >> You know, so when you're inhaling it, um >> You know, so when you're inhaling it, um it passes the blood-brain barrier.

it passes the blood-brain barrier. >> Yeah. >> Yeah. >> Yeah. >> And as we know now, many clinical >> And as we know now, many clinical studies are showing how molecular studies are showing how molecular hydrogen has many anti-inflammatory hydrogen has many anti-inflammatory benefits. It's also a selective benefits. It's also a selective antioxidant, so it knows which free antioxidant, so it knows which free radicals to help scavenge um and a lot radicals to help scavenge um and a lot of clients get that relaxing feeling of clients get that relaxing feeling after they've had that treatment.

after they've had that treatment. >> it really helps balance up the nervous >> it really helps balance up the nervous system quite well. So we don't use it system quite well. So we don't use it for a specific ailment or condition or for a specific ailment or condition or injury, we use it as a wellness modality injury, we use it as a wellness modality just to help give a little bit more just to help give a little bit more relaxation to the individual.

relaxation to the individual. >> Um >> Um >> Um but we then we get a lot of clients that but we then we get a lot of clients that have have have had their bloods done and you know, had their bloods done and you know, they'll notice that their CRP levels they'll notice that their CRP levels have gone down and you know, certain have gone down and you know, certain other inflammatory markers and just sort other inflammatory markers and just sort of more regulation happening and they're of more regulation happening and they're like, is it down to you know, we don't like, is it down to you know, we don't know. It could be, but it's there to know. It could be, but it's there to help assist.

help assist. >> Yeah. >> Yeah. >> Yeah. >> But are now researching molecular >> But are now researching molecular hydrogen. hydrogen. hydrogen. Um yeah, even more now. Yeah, for Um yeah, even more now. Yeah,

for different types of uses as well.

different types of uses as well. >> Cuz there's already a lot of research >> Cuz there's already a lot of research out there on molecular hydrogen, isn't out there on molecular hydrogen, isn't there?

there? there? >> is. And I think it's the fastest growing >> is. And I think it's the fastest growing um in terms of supplemental uh um in terms of supplemental uh nutraceuticals on the market. Yeah.

nutraceuticals on the market. Yeah. Which it's great cuz you can get it in Which it's great cuz you can get it in three different ways getting it into the three different ways getting it into the body.

body. body. >> Yeah. >> Yeah. >> Yeah. >> One would be drinking the water. Two >> One would be drinking the water. Two would be inhalation. And the third would would be inhalation. And the third would be bathing.

be bathing. >> Yeah. >> Yeah. >> Yeah. >> Which is something that we're bringing >> Which is something that we're bringing in now um into the UK into all the in now um into the UK into all the clinics as well.

clinics as well. >> Exciting. Cuz I did two out of those. >> Exciting. Cuz I did two out of those. >> You did. >> You did. >> I did the bathing bit. >> I did the bathing bit.

>> Next time you come you can have a bath >> Next time you come you can have a bath in the molecular hydrogen. in the molecular hydrogen. Um yeah, we're trying to bring this into Um yeah, we're trying to bring this into the clinics where you just you know in a the clinics where you just you know in a nice relaxing bath with a screen in nice relaxing bath with a screen in front of you. And again, front of you. And again, studies are showing that this is the studies are showing that this is the smallest element in the world and it smallest element in the world and it penetrates through the skin a lot penetrates through the skin a lot quicker than inhalation and drinking.

quicker than inhalation and drinking. >> Yeah. >> Yeah. >> Yeah. >> So, it's very good for muscular aches >> So, it's very good for muscular aches and pains, you know. So, it's a much and pains, you know. So, it's a much quicker way and route into the body.

quicker way and route into the body. >> Will my cats drink it? >> Will my cats drink it? >> Amazing. >> Amazing. >> Amazing. Yeah. Yeah. Yeah. >> And obviously they can't lie. They have >> And obviously they can't lie. They have no concept of what's going on.

no concept of what's going on. And And And one of them, one of them, she was she was she's still a diva. That ain't going to she's still a diva. That ain't going to change. That's her personality. But she change. That's her personality. But she was quite snappy and she seemed quite was quite snappy and she seemed quite stiff and she couldn't wash herself stiff and she couldn't wash herself everywhere that she needed to wash everywhere that she needed to wash herself, let's put it that way.

herself, let's put it that way. And after I can't remember exactly, but And after I can't remember exactly, but a few weeks, a month or so maybe, cuz a few weeks, a month or so maybe, cuz the cats don't don't drink much, do the cats don't don't drink much, do they?

they? they? Of doing this, Of doing this, she she's calmer. she she's calmer. >> Yeah. >> Yeah. >> Yeah. >> And she's more flexible. >> And she's more flexible. >> Yeah.

>> Yeah. >> Yeah. >> And I just wondered now, was she in >> And I just wondered now, was she in pain? pain? pain? And it's helped a little bit. And it's helped a little bit.

Like you say, we will never know, will Like you say, we will never know, will we? But that's the only thing that's we? But that's the only thing that's changed.

changed. changed. >> Yeah. >> Yeah. >> Yeah. >> Apart from the fact she's got older. >> Apart from the fact

she's got older. Pets are Pets are >> very aware >> very aware of energy and frequency. And the reason of energy and frequency. And the reason why I say that is I went to a why I say that is I went to a practitioner's home the first time I practitioner's home the first time I invested into the Bemer PEMF system.

invested into the Bemer PEMF system. And the the mat went onto the floor And the the mat went onto the floor and the moment I plugged the mat into and the moment I plugged the mat into the module and turned it on, the lady's the module and turned it on, the lady's cat cat cat come from down come from down the stairs the stairs and sat straight on the mat and laid and sat straight on the mat and laid down.

down. down. And I was just like, "Oh, wow." And I was just like, "Oh, wow." So, she could feel So, she could feel >> Yeah. >> Yeah. >> Yeah. >> the magnetic frequency and come and laid >> the magnetic frequency and come and laid directly on the mat and didn't move directly on the mat and didn't move until the Bemer had finished.

until the Bemer had finished. >> Wow. >> Wow. >> Wow. >> And I took a picture >> And I took a picture and um I remember the client she was she and um I remember the client she was she had her mouth open. She was "She never had her mouth open. She was "She never comes down when there's comes down when there's visitors or strangers in the home." visitors or strangers in the home." >> Yeah.

>> Yeah. >> Yeah. >> And I was like, "Oh, wow." So, she could >> And I was like, "Oh, wow." So, she could feel that vibration and that magnetic feel that vibration and that magnetic energy and come and laid straight onto energy and come and laid straight onto that PEMF mat.

that PEMF mat. >> Wow. >> Wow. >> Wow. >> Yeah, and PEMF is great. It really is. >> Yeah, and PEMF is great. It really is. And low frequency, low intensity PEMF And low frequency, low intensity PEMF units, you can't really feel anything units, you can't really feel anything happening, but now the word is getting happening, but now the word is getting out there.

out there. >> Yeah. >> Yeah. >> Yeah. >> Um and definitely more and more clinics >> Um and definitely more and more clinics are looking into what pulsed are looking into what pulsed electromagnetic fields can do um and how electromagnetic fields can do um and how they increase the microcirculation and they increase the microcirculation and what studies show microcirculation can what studies show microcirculation can do for the body as well.

do for the body as well. >> I see two more potential markets for it >> I see two more potential markets for it there then. there then. One One One >> You just hit the nail on the head.

>> You just hit the nail on the head. >> Yeah, exactly. You know, you just >> Yeah, exactly. You know, you just brought it out. brought it out. >> Yeah.

>> Yeah. >> Yeah. >> Yeah, Bemer just released one for pets. >> Yeah, Bemer just released one for pets. >> Of course. You know, it needs to go into >> Of course. You know, it needs to go into places like places like I don't know if it even still exists I don't know if it even still exists anymore, but Battersea Dogs Home, you anymore, but Battersea Dogs Home, you know, rescue centers.

know, rescue centers. >> Yeah. >> Yeah. >> Yeah. >> To help calm the animals there and and >> To help calm the animals there and and back back to the humans, back back to the humans, you know, in places that treat anxiety.

you know, in places that treat anxiety. In psychiatric units and things like In psychiatric units and things like that. that. that. >> mean you you said yeah, you said about >> mean you you said yeah, you said about anxiety there, Dr. Debson, I'll be anxiety there, Dr. Debson, I'll be completely honest.

completely honest. Um I used to suffer from quite bad Um I used to suffer from quite bad anxiety. anxiety. anxiety. Um, when I was overwhelmed, when I was Um, when I was overwhelmed, when I was tired, you know, be traveling quite a tired, you know, be traveling quite a lot.

lot. lot. And since I started using PEMF, I And since I started using PEMF, I noticed with molecular hydrogen that the noticed with molecular hydrogen that the two really helped calm my nervous two really helped calm my nervous system. And my anxiety symptoms system. And my anxiety symptoms definitely helped by probably about 80 definitely helped by probably about 80 90% for sure.

90% for sure. >> Which is incredible, isn't it? And I >> Which is incredible, isn't it? And I know some people that really are know some people that really are seriously mentally ill seriously mentally ill might struggle, might struggle, you know, with the whole concept cuz you know, with the whole concept cuz some mental illnesses, you know, you some mental illnesses, you know, you feel feel feel very got at by anything, don't you? And very got at by anything, don't you? And you know, rightly or wrongly you know, rightly or wrongly perceive things coming at you that, you perceive things coming at you that, you know, you or I don't think aren't. Let's know, you or I don't think aren't. Let's leave it at that. You know, and they but leave it at that. You know, and they but if you just give them a glass of water if you just give them a glass of water to drink and they didn't know it was to drink and they didn't know it was molecular hydrogen water. I know that's molecular hydrogen water. I know that's not as effective and there's the not as effective and there's the inhalational thing.

inhalational thing. You know, maybe they'd feel a bit You know, maybe they'd feel a bit better, too. better, too. >> I mean, this is where they do now >> I mean, this is where they do now placebo testing.

placebo testing. >> Mhm. >> Mhm. >> Mhm. >> You know, and they'll give someone a >> You know, and they'll give someone a glass of water. You cannot taste the glass of water. You cannot taste the difference with molecular hydrogen rich difference with molecular hydrogen rich water whatsoever. Um, and they're water whatsoever. Um, and they're actually doing like placebo tests and actually doing like placebo tests and see if people notice a difference. And see if people notice a difference. And funny enough, I get text messages and funny enough, I get text messages and uh, calls all the time from the clinics uh, calls all the time from the clinics and say, "Is that magic water?" Yeah, and say, "Is that magic water?" Yeah, literally my pains improved. Um, people literally my pains improved. Um, people saying, you know, my even my eyesight saying, you know, my even my eyesight has improved. I had a lady the other has improved. I had a lady the other day, funny enough, she said that her day, funny enough, she said that her floaters had decreased by 80 to 90%.

floaters had decreased by 80 to 90%. >> Wow. >> Wow. >> Wow. >> Yeah. >> Yeah. >> Yeah. >> That's great. >> That's great. >> few glasses >> few glasses molecular hydrogen rich water. So, and molecular hydrogen rich water. So, and again, if you look at the studies on again, if you look at the studies on molecular hydrogen, they're literally molecular hydrogen, they're literally endless now. There's over 1,100 endless now. There's over 1,100 um, clinical studies and there's more um, clinical studies and there's more and more peer-reviewed studies every and more peer-reviewed studies every single day.

single day. >> Which is amazing, isn't it? >> Which is amazing, isn't it? >> Absolutely. >> Absolutely. >> Absolutely. >> everybody that comes to my house >> everybody that comes to my house gets a glass.

gets a glass. >> Glass, yeah. >> Glass, yeah. >> And they all say, "Oh, that tastes >> And they all say, "Oh, that tastes really nice." really nice." >> Yeah.

>> Yeah. >> Yeah. >> I know. And it currently at the moment, >> I know. And it currently at the moment, my lad my lad um um um is stop stopping with me for a few weeks is stop stopping with me for a few weeks cuz the pub that he um runs is being cuz the pub that he um runs is being done up by the brewery.

done up by the brewery. >> Oh, wow. >> Oh, wow. >> So, he's come back home for a few weeks, >> So, he's come back home for a few weeks, and he's really enjoying and he's really enjoying having access to that water again.

having access to that water again. >> Yeah, fantastic. Does he feel the >> Yeah, fantastic. Does he feel the difference drinking it? difference drinking it? >> Mhm.

>> Mhm. >> Mhm. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. Yeah. Yeah. Yeah. >> And I think

this is why it's important. >> And I think this is why it's important. So, So, So, if if if he then goes back, he then goes back, now he can have access to a molecular now he can have access to a molecular hydrogen bottle where you just simply hydrogen bottle where you just simply got to pour some bottled water or got to pour some bottled water or filtered water into it. You know, he's filtered water into it. You know, he's out traveling, and he doesn't need to out traveling, and he doesn't need to invest in a home system if he's not invest in a home system if he's not located within that home as such. So, I located within that home as such. So, I think that's now becoming more and more think that's now becoming more and more aware. But, I think also you've got to aware. But, I think also you've got to look at that there's a lot of products look at that there's a lot of products out there, especially on Amazon, out there, especially on Amazon, especially on the internet now, that especially on the internet now, that claim they produce molecular hydrogen, claim they produce molecular hydrogen, but not being built in the right way.

but not being built in the right way. Because there's a lot of bottles on the Because there's a lot of bottles on the market that don't have what we call an market that don't have what we call an exhaust valve underneath that remove the exhaust valve underneath that remove the hazardous chemicals of chlorine, hazardous chemicals of chlorine, >> Yeah.

>> Yeah. >> Yeah. >> ozone, yeah, from the water. >> ozone, yeah, from the water. >> Yeah. >> Yeah. >> Yeah. >> Um and they can produce that, keep them >> Um and they can produce that, keep them trapped in the water, which becomes like trapped in the water, which becomes like drinking hypochlorous acid, yeah, which drinking hypochlorous acid, yeah, which you don't want to do.

you don't want to do. >> Absolutely not. >> Absolutely not. >> So, >> So, >> So, yeah, that's all about education, yeah, that's all about education, knowledge, making people aware that knowledge, making people aware that there's a lot of things out there, yeah, there's a lot of things out there, yeah, that claim they can do one thing, but that claim they can do one thing, but they actually don't.

they actually don't. >> Absolutely, yeah. I mean, I obviously >> Absolutely, yeah. I mean, I obviously traveled around, and I've got one of the traveled around, and I've got one of the portable bottles, you know, which is portable bottles, you know, which is amazing, and I use it what you know, amazing, and I use it what you know, whenever I'm traveling. And I see other whenever I'm traveling. And I see other people's bottles, and I can't help people's bottles, and I can't help but look at them and think, look at them and think, that that one's not as good as mine. And that that one's not as good as mine. And that's not like a one-upmanship way, that's not like a one-upmanship way, it's just a it's just a >> Yeah.

>> Yeah. >> Yeah. >> It's quite sad. >> It's quite sad. >> Yeah, it is. >> Yeah, it is. >> And you think you're doing the right >> And you think you're doing the right thing.

thing. thing. >> Yeah. >> Yeah. >> Yeah. >> You've gone in with the best intentions. >> You've gone in with the best intentions. >> Yeah. >> Yeah. >> Yeah.

>> But, we see that >> But, we see that >> every day with people we speak to, Dr. >> every day with people we speak to, Dr. Debs, "Oh, I've got one of them Debs, "Oh, I've got one of them bottles." And they'll send me a picture, bottles." And they'll send me a picture, and it's one of the bad bottles.

and it's one of the bad bottles. >> Yeah. >> Yeah. >> Yeah. >> And it's not for us to sell our bottle, >> And it's not for us to sell our bottle, but it's to educate them.

but it's to educate them. >> Exactly, yeah. >> Exactly, yeah. >> Yeah. I remember I made Danielle do a >> Yeah. I remember I made Danielle do a video in in America because she was video in in America because she was getting this quite a lot as well, people getting this quite a lot as well, people buying the bottle on Amazon. And she buying the bottle on Amazon. And she yeah, done a video. She was like, "I yeah, done a video. She was like, "I can't take it anymore." And she now done can't take it anymore." And she now done an educational video and sharing that an educational video and sharing that why you want to invest in one of our why you want to invest in one of our bottles, you know, or invest in this bottles, you know, or invest in this type of bottle that does not produce type of bottle that does not produce this byproduct.

this byproduct. >> Yeah. >> Yeah. >> Yeah. >> Um but it's the same for all other >> Um but it's the same for all other products as well. You know, and like I products as well. You know, and like I said, is a lot of my research and a lot said, is a lot of my research and a lot of my R&D is into the products of my R&D is into the products um and the right products that are um and the right products that are affordable now for the UK market and the affordable now for the UK market and the global market.

global market. >> Yeah, because if you're running courses >> Yeah, because if you're running courses that are training people up, for that are training people up, for instance, in the Scenar, instance, in the Scenar, >> Yeah.

>> Yeah. >> Yeah. >> then >> then >> then you are allowing yourself then to you are allowing yourself then to headspace, aren't you, to headspace, aren't you, to >> course. Yeah.

>> course. Yeah. >> build the brand. >> build the brand. >> The Scenar is one, you know, so again, >> The Scenar is one, you know, so again, the Scenar, we've built the IBFA, the the Scenar, we've built the IBFA, the International Biofeedback Association International Biofeedback Association and Academy, the academy being in the and Academy, the academy being in the UK. So, what we've done is allowed UK. So, what we've done is allowed practitioners to come in, learn that practitioners to come in, learn that modality, become professionally insured, modality, become professionally insured, so they can actually go out, treat so they can actually go out, treat people, you know, who are in acute or people, you know, who are in acute or chronic pain. And then their clients chronic pain. And then their clients will be like, "Oh, I'm sleeping better.

will be like, "Oh, I'm sleeping better. I've got more energy." And then they I've got more energy." And then they start to say, "Oh, what else do you do?" start to say, "Oh, what else do you do?" And then they start to interlink all the And then they start to interlink all the other services and products that we have other services and products that we have to offer. So, it's really important why to offer. So, it's really important why we had to bring that in, but also and a we had to bring that in, but also and a shout-out to Danielle and Natalie that shout-out to Danielle and Natalie that pa their training is yeah, by far the pa their training is yeah, by far the best that I have ever seen. And I've best that I have ever seen. And I've done over 12 Scenar courses myself. Um done over 12 Scenar courses myself. Um you know, and I've been trained by some you know, and I've been trained by some very high-ranking yeah, practitioners, very high-ranking yeah, practitioners, um inventors, etc. and I haven't seen um inventors, etc. and I haven't seen this type of training anywhere.

this type of training anywhere. The way they explain it, the education The way they explain it, the education behind it, but also the the protocols behind it, but also the the protocols that they've put together and just make that they've put together and just make it, you know, flow.

it, you know, flow. And that's the most important thing. And that's the most important thing. >> isn't it? >> isn't it? >> For sure. >> For sure. >> Cuz if you get something that's too >> Cuz if you get something that's too science-heavy or too practical-heavy science-heavy or too practical-heavy >> It just goes >> It just goes >> Exactly. Yeah, you can't process it, can >> Exactly. Yeah, you can't process it, can you? You switch off.

you? You switch off. >> Yeah, you do. And I didn't see any of >> Yeah, you do. And I didn't see any of the students, we only finished the students, we only finished yesterday, I didn't see any of the yesterday, I didn't see any of the students in that room switch off.

students in that room switch off. >> Wonderful. That's testimony to them, >> Wonderful. That's testimony to them, isn't it? isn't it? >> You know, you'll be on a course and you >> You know, you'll be on a course and you see people texting or they get see people texting or they get distracted quite easily. I didn't see distracted quite easily. I didn't see that.

that. that. >> the head nod from time to time. >> the head nod from time to time. >> Nothing like that. >> Nothing like that. >> No. >> No. >> No. >> Could be we were serving them hydrogen >> Could be we were serving them hydrogen water and giving them a bit of red light water and giving them a bit of red light and but no, yeah, it's great and like I and but no, yeah, it's great and like I said, we want to make that more and more said, we want to make that more and more aware now, get out there, more aware now, get out there, more practitioners understanding

what Skin o2 practitioners understanding what Skin o2 therapy is. And then from there, they therapy is. And then from there, they would then understand, oh, cosmo therapy would then understand, oh, cosmo therapy is available and we have access to open is available and we have access to open a franchise clinic as well.

a franchise clinic as well. >> is something, you know, in Sheffield >> is something, you know, in Sheffield that I will hope to be doing at some that I will hope to be doing at some point in the future, not too distant.

point in the future, not too distant. >> We will. We will do it. >> We will. We will do it. >> We will. And at the moment, Pollyanna >> We will. And at the moment, Pollyanna who is fully Skin o2 trained who is fully Skin o2 trained >> Yes.

>> Yes. >> Yes. >> um can come up and provide that arm. >> um can come up and provide that arm. And I'll provide the IVs and we'll get And I'll provide the IVs and we'll get hold of the equipment.

hold of the equipment. >> And I'll pop up once a month as well. >> And I'll pop up once a month as well. >> you will. >> you will. >> Yeah. Absolutely, which is what my job >> Yeah. Absolutely, which is what my job role is. It's to now go and help role is. It's to now go and help facilitate a lot of the franchise facilitate a lot of the franchise clinics. I've been to Birmingham three clinics. I've been to Birmingham three times this month already, you know, so times this month already, you know, so it's same with the Stoke Newington it's same with the Stoke Newington clinic, with our wonderful Neambi, you clinic, with our wonderful Neambi, you know, he's gone and now opened up know, he's gone and now opened up >> He was amazing. He gave me cryo facial, >> He was amazing. He gave me cryo facial, didn't he?

didn't he? >> facial. >> facial. >> facial. >> Wow. >> Wow. >> Wow. >> Yeah. >> Yeah. >> Yeah. And again, that's my job is to be there, And again, that's my job is to be there, you know, as a structured support for you know, as a structured support for everything that I've learned in the everything that I've learned in the organization, you know, all the do's and organization, you know, all the do's and don'ts and again, what's going to work don'ts and again, what's going to work and what won't work.

and what won't work. And we're always learning, Dr. Debs, as And we're always learning, Dr. Debs, as you know. you know. >> Oh, yeah. Yeah. Yeah. All the time. I >> Oh, yeah. Yeah. Yeah. All the time. I met a lady the other day.

met a lady the other day. Um I met her in person once before, but Um I met her in person once before, but we'd never had a real in-depth talk we'd never had a real in-depth talk about health and what she does cuz she about health and what she does cuz she started out in a similar route to you in started out in a similar route to you in that she was, you know, very athletic that she was, you know, very athletic herself um and started out in the sports herself um and started out in the sports physiotherapy physiotherapy physiotherapy kind of arena.

kind of arena. And I said to her when she was talking And I said to her when she was talking and and and you know, there was some of her clients you know, there was some of her clients um follow calling in, having um follow calling in, having conversations. They knew I was there, so conversations. They knew I was there, so there was nothing, you know, there was nothing, you know, um um um And I was just said to her, I said, And I was just said to her, I said, "I just want that knowledge that's in "I just want that knowledge that's in your head." your head." >> Yeah.

>> Yeah. >> Yeah. Yeah. Yeah. Yeah. >> And I mentioned somebody else as well >> And I mentioned somebody else as well um who I is one of the best um who I is one of the best nutritionists I know on the planet.

nutritionists I know on the planet. She's second to none. And what she She's second to none. And what she doesn't know about minerals doesn't know about minerals is not worth knowing.

is not worth knowing. >> Mhm. >> Mhm. >> Mhm. >> It It just really isn't. >> It It just really isn't. And I said, "And I want her knowledge as And I said, "And I want her knowledge as well." And she burst out laughing. She well." And she burst out laughing. She goes, "My god, you'd have a busy head, goes, "My god, you'd have a busy head,

Debs." Debs." Debs." >> It's not my head.

>> It's not my head. >> And I said, "Yeah, I know, but it's just >> And I said, "Yeah, I know, but it's just coming across people like that coming across people like that that I feel so privileged, you know, and that I feel so privileged, you know, and I include you in that classification. I I include you in that classification. I would love to have the knowledge that would love to have the knowledge that you've got in your head, even though I you've got in your head, even though I seriously think my head would explode." seriously think my head would explode." >> That's what she actually just said to >> That's what she actually just said to me. She was just just just maybe like me. She was just just just maybe like 10%.

10%. 10%. >> Yeah. >> Yeah. >> Yeah. >> Um thank you for that, Dr. Dr. Debs. >> Um thank you for that, Dr. Dr. Debs. Yeah, means a lot to me. Um Yeah, means a lot to me. Um And that's I remember our first And that's I remember our first conversation as well. And I said, you conversation as well. And I said, you know, we started on molecular hydrogen know, we started on molecular hydrogen and all the other modalities that we and all the other modalities that we have to offer. And you were like, "Oh, have to offer. And you were like, "Oh, you've got to come and do a podcast." you've got to come and do a podcast." And yeah, you actually invested in one And yeah, you actually invested in one of my systems as well at that time.

of my systems as well at that time. And we've built this relationship and And we've built this relationship and journey together. journey together. And that's a lot of our practitioners, And that's a lot of our practitioners, and we've become very close friends and we've become very close friends during that journey. Um and yeah, I'm during that journey. Um and yeah, I'm I'm thriving at the moment, which I just I'm thriving at the moment, which I just love and I'm having goosebumps at the love and I'm having goosebumps at the moment because moment because you can see the passion.

you can see the passion. >> Yeah. >> Yeah. >> Yeah. >> Yeah. Um, the energy, the drive. >> Yeah. Um, the energy, the drive. >> Yeah. Yeah, you always bounced in here.

>> Yeah. Yeah, you always bounced in here. >> Yeah. >> Yeah. >> Yeah. And I've only slept 3 hours. And I've only slept 3 hours. >> And you've done an hour and a half >> And you've done an hour and a half strain journey.

strain journey. >> Yeah, and two hour train did you two >> Yeah, and two hour train did you two hour train train journey and funny hour train train journey and funny enough the guy we were sitting on there enough the guy we were sitting on there was a table of four and the guy opposite was a table of four and the guy opposite was sitting directly opposite. Um, and I was sitting directly opposite. Um, and I tweaked my shoulder about 3 months ago.

tweaked my shoulder about 3 months ago. I remember you saw I was in a sling. I remember you saw I was in a sling. >> Yeah. >> Yeah. >> Yeah. >> Um, and I tore a tendon in my shoulder >> Um, and I tore a tendon in my shoulder and yesterday I I was moving quite a lot and yesterday I I was moving quite a lot of stock. So, I tweaked my shoulder a of stock. So, I tweaked my shoulder a little bit and on the train journey I little bit and on the train journey I was literally giving myself a treatment was literally giving myself a treatment on the way up here. So, I had the on the way up here. So, I had the scanner machine, had the hydrogen bottle scanner machine, had the hydrogen bottle and I had the red light. And Daniel was and I had the red light. And Daniel was looking at me and the guy opposite, he's looking at me and the guy opposite, he's like, "What are all these tools that's like, "What are all these tools that's in this guy's bag?" in this guy's bag?" >> Yeah.

>> Yeah. >> Yeah. >> And um, yeah, that's just an indication >> And um, yeah, that's just an indication of there is no limitation. You can take of there is no limitation. You can take these with you anywhere and I literally these with you anywhere and I literally just gave myself a treatment and the just gave myself a treatment and the pain went.

pain went. >> Yeah. She's marvelous cuz you and one of >> Yeah. She's marvelous cuz you and one of your children hurt yourselves at a your children hurt yourselves at a similar time, didn't similar time, didn't >> done our shoulders in. She done her >> done our shoulders in. She done her left, I done my right.

left, I done my right. >> Oh my god. What happened? >> Oh my god. What happened? >> we're both in the sling.

Yeah, which >> we're both in the sling. Yeah, which again shows how these modalities can again shows how these modalities can really help.

really help. >> Yeah. >> Yeah. >> Yeah. >> First thing I did was drink loads of >> First thing I did was drink loads of hydrogen, get myself on the inhalation hydrogen, get myself on the inhalation hydrogen, red light therapy, PEMF, hydrogen, red light therapy, PEMF, scanner, all by myself.

scanner, all by myself. >> Mhm. >> Mhm. >> Mhm. >> You know, and then I went to the >> You know, and then I went to the clinics, they gave me a treatment and clinics, they gave me a treatment and miraculously got great recovery.

miraculously got great recovery. >> Cuz you were treating the root cause. >> Cuz you were treating the root cause. >> Exactly. >> Exactly. >> Exactly.

>> That's what it's all about, isn't it? >> That's what it's all about, isn't it? You didn't just go in there with the You didn't just go in there with the paracetamol.

paracetamol. paracetamol. >> Yes. Correct. >> Yes. Correct. >> And treat the symptom. >> And treat the symptom. >> No. >> No. >> No. >> I bet you didn't take any, knowing you.

>> I bet you didn't take any, knowing you. >> I didn't. I tried not to. >> I didn't. I tried not to. >> Yeah. >> Yeah. >> Yeah. >> You know, um, yeah, and I always go for >> You know, um, yeah, and I always go for that root cause as what you've just said that root cause as what you've just said is focus on working on systemic is focus on working on systemic inflammation response, try and get it inflammation response, try and get it down and again all of our modalities down and again all of our modalities show an improvement in that.

show an improvement in that. Um yeah, and Um yeah, and I was in pain for about 7 days. It's I was in pain for about 7 days. It's just a lot more people out there who just a lot more people out there who done the same type of injury may have done the same type of injury may have required surgery.

required surgery. >> Absolutely, yeah. I don't doubt that for >> Absolutely, yeah. I don't doubt that for a second. When you told me what you'd a second. When you told me what you'd done, I was like done, I was like >> It was quite bad.

>> It was quite bad. >> Yeah. >> Yeah. >> Yeah. >> Yeah. But I'm back in the gym. It's been >> Yeah. But I'm back in the gym. It's been 11 weeks now. And uh 11 weeks now. And uh that's just a It's a testimony to our that's just a It's a testimony to our wonderful products. But that's me. We've wonderful products. But that's me. We've got now probably close to about 500 got now probably close to about 500 clients giving the same type of clients giving the same type of testimony on different types of testimony on different types of issues that they've come across issues that they've come across um and given testimony to what Cosmo um and given testimony to what Cosmo Therapy can actually do.

Therapy can actually do. >> Which is pretty amazing. >> Which is pretty amazing. >> Yeah. >> Yeah. >> Yeah. It really is. It really is. >> Yeah. >> Yeah.

>> Yeah. 20 years, 20 years, various different directions, various different directions, found your course. found your course. >> Yeah. >> Yeah. >> Yeah.

>> This last couple of years. >> This last couple of years. >> Yeah, and >> Yeah, and again, got a bit of goosebumps as we say again, got a bit of goosebumps as we say this, it was down to one client uh who this, it was down to one client uh who come in she was very poorly.

come in she was very poorly. Um I might get a bit emotional here, but Um I might get a bit emotional here, but and she couldn't um and she couldn't um she couldn't afford she couldn't afford any of our products at the time.

any of our products at the time. And she was so poorly And she was so poorly that we, like I said, never that we, like I said, never never claim that any of our products can never claim that any of our products can do anything like that. But can really do anything like that. But can really help assist her during her journey.

help assist her during her journey. >> Yeah. >> Yeah. >> Yeah. >> Um >> Um >> Um and she went out and fortunately and she went out and fortunately couldn't afford our products, but went couldn't afford our products, but went out and bought an alternative product out and bought an alternative product and said, "Look, can you have a look at and said, "Look, can you have a look at this and do you think it's any good?" this and do you think it's any good?" And I looked at it, not knowing too much And I looked at it, not knowing too much about it, but done about two or three about it, but done about two or three hours research into it and actually hours research into it and actually said, "Yeah, go for it." It was a third said, "Yeah, go for it." It was a third of the cost of what we had to offer.

of the cost of what we had to offer. She invested in into that product from She invested in into that product from another company and um another company and um funnily enough, it really really helped funnily enough, it really really helped her.

her. her. >> Good. >> Good. >> Good. >> Yeah. And she rang me after a couple of >> Yeah. And she rang me after a couple of months and said, you know, and she kept months and said, you know, and she kept in touch even though there was no in touch even though there was no financial gain on our end, said, "Look, financial gain on our end, said, "Look, I've made this improvement. I'm feeling I've made this improvement. I'm feeling better." better." better." And I was just like, "Wow." And I was just like, "Wow." And I think that just grabbed me and And I think that just grabbed me and thought, thought, thought, "You've got to try and do the same for "You've got to try and do the same for everyone out there." everyone out there." >> Yeah, absolutely. I mean, I've met a few >> Yeah, absolutely. I mean, I've met a few people that have been around you for a people that have been around you for a while now and have had, while now and have had, you know, I will use the C-word, they you know, I will use the C-word, they have had cancer and I know we're not have had cancer and I know we're not saying here, you know, that any claims saying here, you know, that any claims whatsoever for treating it. I like the whatsoever for treating it. I like the words that you use, help along the words that you use, help along the journey.

journey. journey. >> Absolutely. Yeah. >> Absolutely. Yeah. >> And you know, I've seen a few of those >> And you know, I've seen a few of those patients on multiple times, not patients on multiple times, not patients, clients, that's the NHS in me.

patients, clients, that's the NHS in me. In multiple on multiple times and seen In multiple on multiple times and seen their improvement. their improvement. >> Yeah.

>> Yeah. >> Yeah. Yeah. Yeah. Yeah. Because again, if you look at molecular Because again, if you look at molecular hydrogen, photobiomodulation, hydrogen, photobiomodulation, PEMF, PEMF, PEMF, and how they can be supportive and how they can be supportive >> Yes.

>> Yes. >> Yes. >> for the system, especially whilst having >> for the system, especially whilst having chemotherapy or radiotherapy, chemotherapy or radiotherapy, that how supportive they can be.

that how supportive they can be. >> Yeah. >> Yeah. >> Yeah. >> It's so important to keep the system as >> It's so important to keep the system as strong as it can be and to really help strong as it can be and to really help support that immune system and keep them support that immune system and keep them inflammatory responses down. And that's inflammatory responses down. And that's what all of our modalities could do.

what all of our modalities could do. >> Yeah. >> Yeah. >> Yeah. >> Yeah, so >> Yeah, so >> our body can look after itself if we >> our body can look after itself if we give it the right conditions, can't it?

give it the right conditions, can't it? >> Absolutely. Yeah. >> Absolutely. Yeah. >> And the what you're offering is to >> And the what you're offering is to support the body that might have support the body that might have forgotten forgotten forgotten >> Yeah.

>> Yeah. >> Yeah. >> how to do all these things. >> how to do all these things. You know, your system's are saying, You know, your system's are saying, "Hang on a minute, if you just come on, "Hang on a minute, if you just come on, do that, do that." do that, do that." >> Yeah.

>> Yeah. >> Yeah. >> And we'll support you. >> And we'll support you. >> Yeah. >> Yeah. >> Yeah. >> And then >> And then the patient effectively the patient effectively is healing themselves, is healing themselves, but but but wouldn't have got there, in my personal wouldn't have got there, in my personal opinion, opinion, opinion, without the support of your tools.

without the support of your tools. >> Yeah. And again, every patient is >> Yeah. And again, every patient is different. different. different. >> Mhm. >> Mhm.

>> Mhm. >> You know, and all results are different. >> You know, and all results are different. >> Of course. >> Of course. >> So, some may get better results than >> So, some may get better results than others.

others. others. >> Of course. >> Of course. >> And I think we need to just put it out >> And I think we need to just put it out there that yeah, everyone is different.

there that yeah, everyone is different. My shoulder may have improved, but My shoulder may have improved, but another client may not. another client may not. >> Yes.

>> Yes. >> Yes. >> But generally what we do see is that it >> But generally what we do see is that it is more is more you know, better for those who do use you know, better for those who do use our modalities than those who don't.

our modalities than those who don't. >> Yeah. >> Yeah. >> Yeah. >> Um and that's why I live by that and >> Um and that's why I live by that and tell my clients just try. Even if it's tell my clients just try. Even if it's just one, even if it's just the just one, even if it's just the molecular hydrogen bottle or one of our molecular hydrogen bottle or one of our supplements or you know, our our PEMF supplements or you know, our our PEMF system or just that little red light.

system or just that little red light. >> Yeah. >> Yeah. >> Yeah. >> Then just try and get one. >> Then just try and get one. >> Absolutely. I mean, the same can be said >> Absolutely. I mean, the same can be said about clinical medicine.

about clinical medicine. You know, just for instance, if you You know, just for instance, if you decided if you didn't do what you do for decided if you didn't do what you do for a living a living if you were, you know, a plumber or if you were, you know, a plumber or whatever instead who had no knowledge of whatever instead who had no knowledge of any of this and you'd gone down the any of this and you'd gone down the surgical route.

surgical route. >> Mhm. >> Mhm. >> Mhm. >> Some people with your exact injury would >> Some people with your exact injury would have got better from having the surgery have got better from having the surgery and others wouldn't. It wouldn't have and others wouldn't. It wouldn't have made any difference. The same rules made any difference. The same rules apply, don't they? But they can But they apply, don't they? But they can But they can state things that can state things that >> Yeah.

>> Yeah. >> Yeah. >> You know, in the alternative, holistic, >> You know, in the alternative, holistic, supportive, whatever you want to call it supportive, whatever you want to call it medical world, we can't make those medical world, we can't make those claims, can we?

claims, can we? >> No. >> No. >> No. >> And we never do. >> And we never do. >> No. >> No. >> No. >> But what we do is work by result. >> But what we do is work by result. >> Mhm.

>> Mhm. >> Mhm. >> You know, we work by results and work >> You know, we work by results and work with clients on an individual basis. And with clients on an individual basis. And I think this happened with me um and I I

think this happened with me um and I said it on the first podcast we did that said it on the first podcast we did that I had a I had a Well, it was very severe injury in my Well, it was very severe injury in my wrist.

wrist. wrist. So bad, I couldn't turn my hand. So bad, I couldn't turn my hand. >> Mhm. >> Mhm. >> Mhm. >> And being a clinical practitioner at the >> And being a clinical practitioner at the time, I couldn't I couldn't work.

time, I couldn't I couldn't work. >> no good. >> no good. >> So, I needed something. Went to the >> So, I needed something. Went to the hospital, saw a private surgeon and he hospital, saw a private surgeon and he said, "Look, you can try everything." said, "Look, you can try everything." Went and had physiotherapy in Harley Went and had physiotherapy in Harley Street. They'd done six sessions, zero, Street. They'd done six sessions, zero, no improvement. So, I then found this no improvement. So, I then found this SCENAR practitioner that my best friend SCENAR practitioner that my best friend went and had treatment done went and had treatment done and he said, "Look, it's really worked and he said, "Look, it's really worked for me, go and try." for me, go and try." And he pulled out this remote control And he pulled out this remote control looking device. I'm going to see if I've looking device. I'm going to see if I've got one in my bag.

got one in my bag. And he pulled it out and And he pulled it out and I was like, "What is that?" I was so I was like, "What is that?" I was so skeptical at the time.

skeptical at the time. And And And yeah, he's pulled this thing out. This yeah, he's pulled this thing out. This is the home device. is the home device. >> Okay.

>> Okay. >> Okay. >> So, he literally >> So, he literally switched it on, put it on my hand, switched it on, put it on my hand, turned the machine up, and just started turned the machine up, and just started treating me down my arm.

treating me down my arm. And I was so skeptical. I thought, "Oh, And I was so skeptical. I thought, "Oh, no. no. no. I'm literally being ripped off here." I'm literally being ripped off here." But after 10 minutes, But after 10 minutes, my hand my hand had 30% range of movement and probably had 30% range of movement and probably 40-50% reduction in pain.

40-50% reduction in pain. And I was like, And I was like, >> Can't knock that, then. >> Can't knock that, then. >> "What? What?" And literally, I started >> "What? What?" And literally, I started moving this much. So, I booked another moving this much. So, I booked another appointment to go 3 days later. He then appointment to go 3 days later. He then did the same and worked in a slightly did the same and worked in a slightly different protocol.

different protocol. An extra 30% range of movement. An extra 30% range of movement. >> Nice. >> Nice. >> Nice. >> Reduction of pain by additional 30%.

>> Reduction of pain by additional 30%. Booked another appointment 3 days later. Booked another appointment 3 days later. And after three treatments, And after three treatments, I had 95% I had 95% range of movement back range of movement back and probably 95% reduction of pain.

and probably 95% reduction of pain. And I said to the guy, And I said to the guy, "Where do I buy it? "Where do I buy it? >> Yeah. >> Yeah. >> Yeah. >> How do I train in it?

>> How do I train in it? >> Yeah. >> Yeah. >> Yeah. >> And how do I sell it?" >> And how do I sell it?" And that was it. That was 20 odd years And that was it. That was 20 odd years ago and I haven't looked back. I've sold ago and I haven't looked back. I've sold so many of these units. We're now so many of these units. We're now distribution partner in the UK distribution partner in the UK and we've teamed up with my SCENAR and we've teamed up with my SCENAR sisters and built our international sisters and built our international bio-frequency academy here in the UK bio-frequency academy here in the UK where we're offering where we're offering a very different type of training.

a very different type of training. >> Mhm. >> Mhm. >> Mhm. >> And we want to train as many >> And we want to

train as many practitioners about this wonderful practitioners about this wonderful device.

device. device. And also for home users as well. And also for home users as well. >> Yeah. >> Yeah. >> Yeah. >> So, we also have a home course, which is >> So, we also have a home course, which is yeah, online that you can log into and yeah, online that you can log into and have lifetime access to as well of how have lifetime access to as well of how to use this device for so many different to use this device for so many different types of elements and pains in the body.

types of elements and pains in the body. >> That's really important because some >> That's really important because some people would be going, "Ooh, if you've people would be going, "Ooh, if you've got to be trained to do that, then how got to be trained to do that, then how can you do it at home?" But you're can you do it at home?" But you're providing providing providing >> home learning.

>> home learning. >> Home learning, which and and the fact >> Home learning, which and and the fact that it's evergreen home learning that that it's evergreen home learning that people can keep going back to if they've people can keep going back to if they've not had any not had any >> um >> um >> um yeah.

yeah. yeah. >> If it's months in between them needing >> If it's months in between them needing to treat it, they might go, "Oh, how do to treat it, they might go, "Oh, how do I do that again?" Oh, I'll just plug on I do that again?" Oh, I'll just plug on and lock on log on and and lock on log on and >> So, we've created a lifetime access with >> So, we've created a lifetime access with that and we've created a package deal.

that and we've created a package deal. So, if you buy the home device through So, if you buy the home device through the IBFA that you also get the training the IBFA that you also get the training course with it um and that you can course with it um and that you can always refer back and go to it because always refer back and go to it because we've always had questions say, "Oh, how we've always had questions say, "Oh, how do we do this? How do we do that?" do we do this? How do we do that?" >> course.

>> course. >> course. >> Now, the girls have built that platform. >> Now, the girls have built that platform. Uh they know how busy I am and I don't I Uh they know how busy I am and I don't I can't get involved with that type of can't get involved with that type of >> busy.

>> busy. >> busy. >> Yeah. >> Yeah. >> Yeah. Um and that's it. It's until my vision Um and that's it. It's until my vision and my goal and I've got them 100 and my goal and I've got them 100 clinics that, you know, we can then work clinics that, you know, we can then work with um but even Pollyanna said, "We with um but even Pollyanna said, "We need to clone you. We need to clone need to clone you. We need to clone you." And yeah, I mean you." And yeah, I mean there's only one Theo at the moment.

there's only one Theo at the moment. >> At the moment. >> At the moment. >> Um yeah, and I'm I'm working on my >> Um yeah, and I'm I'm working on my little girl. She's 10 years old. That's little girl. She's 10 years old. That's my clone.

my clone. >> Aw, and she's so beautiful. >> Aw, and she's so beautiful. >> They both are. They're amazing. >> They both are. They're amazing. >> I was going to say I just realized I was >> I was going to say I just realized I was differentiating them.

differentiating them. >> They're like they're so different, you >> They're like they're so different, you know, they're so different and um it's know, they're so different and um it's that my little one my oldest I said, that my little one my oldest I said, "What do you want to do? I mean, you're "What do you want to do? I mean, you're older." And she actually said, "I want older." And she actually said, "I want to be like you." to be like you." >> Aw.

>> Aw. >> Aw. >> Yeah. >> Yeah. >> Yeah. >> Heartbreaking. >> Heartbreaking. >> Heartbreaking. >> So, I'm going >> So, I'm going >> And the deliciousness.

>> And the deliciousness. >> Try to turn them into a Dr. Debs as >> Try to turn them into a Dr. Debs as well. well.

well. >> Marvelous. >> Marvelous. >> Marvelous.

>> I want her to become a naturopathic >> I want her to become a naturopathic doctor. doctor. doctor. >> Yeah. >> Yeah. >> Yeah. >> Um and then take over the family >> Um and then take over the family business.

business. business. >> That'd be amazing. >> That'd be amazing. Yes, you need some support. Cuz you've Yes, you need some support. Cuz you've got big dreams and big visions.

got big dreams and big visions. >> We do. Yeah, and >> We do. Yeah, and they just won't, you know, fade away. they just won't, you know, fade away. Every day uh I said to Pollyanna, I wake Every day uh I said to Pollyanna, I wake up 3:00, 4:00 a.m. I do my admin. I do 1 up 3:00, 4:00 a.m. I do my admin. I do 1 hour of personal development of where I hour of personal development of where I can learn and improve myself day-to-day.

can learn and improve myself day-to-day. I then do my exercise. I haven't done I then do my exercise. I haven't done that in a few months. I've been so busy.

that in a few months. I've been so busy. I've put a bit of weight on, but we'll I've put a bit of weight on, but we'll get rid of that. get rid of that.

>> We'll forgive you. >> We'll forgive you. >> But again, it's it's having that sort of >> But again, it's it's having that sort of in place, you know, and not getting too in place, you know, and not getting too comfortable with anything that we do in comfortable with anything that we do in life.

life. life. And like I said, just the new vision, And like I said, just the new vision, the new branding, and everything being the new branding, and everything being pieced together pieced together is working perfectly.

is working perfectly. >> Yeah. >> Yeah. >> Yeah. Yeah, it's like me with building the Yeah, it's like me with building the university. I thought I was university. I thought I was ridiculously busy, and then I started ridiculously busy, and then I started doing that as well.

doing that as well. And that And that >> Yeah. >> Yeah. >> Yeah. >> that fires me. I may well be like, well, >> that fires me. I may well be like, well, I might have half an hour a week on I might have half an hour a week on Friday that I can talk to you. That kind Friday that I can talk to you. That kind of schedule of schedule for people wanting to do things, but I for people wanting to do things, but I don't care. This is my passion. This is don't care. This is my passion. This is what this is what I was put on this what this is what I was put on this earth to do.

earth to do. >> Yeah. >> Yeah. >> Yeah. Absolutely. Absolutely. Absolutely. >> And I'm doing it. >> And I'm doing it. >> I think the more and more results we >> I think the more and more results we get, get, get, you know, last week we had 10 positive you know, last week we had 10 positive just from one clinic, 10 positive just from one clinic, 10 positive testimonies.

testimonies. testimonies. >> Gorgeous. >> Gorgeous. >> Gorgeous. >> Yeah. And uh Funny enough, one of the >> Yeah. And uh Funny enough, one of the ladies, it was Greek Easter a few weeks ladies, it was Greek Easter a few weeks ago, and there was English Easter week ago, and there was English Easter week before, before, before, and she replied to me, and she called and she replied to me, and she called this holy water.

this holy water. >> Oh, bless her. >> Oh, bless her. >> And I was like, oh, wow. I said, "No." I >> And I was like, oh, wow. I said, "No." I I said, "It's molecular hydrogen." She I said, "It's molecular hydrogen." She goes, "No, no, no. Honestly, I drank it, goes, "No, no, no. Honestly, I drank it, and I had I could feel ate my aches and and I had I could feel ate my aches and pains improving." And I was like, "Wow." pains improving." And I was like, "Wow." And then she called the red light the And then she called the red light the holy light. And I was just in Greek. So, holy light. And I was just in Greek. So, she said it "Agios Fos." And I was just she said it "Agios Fos." And I was just like, oh, wow. You know, it can have like, oh, wow. You know, it can have that effect on some people. Yeah.

that effect on some people. Yeah. But listen, just I thank God that, you But listen, just I thank God that, you know,

we have people coming into our know, we have people coming into our clinics now being affordable to have clinics now being affordable to have that type of treatment, to afford our that type of treatment, to afford our products, and now they're going out products, and now they're going out there and sharing this with all their there and sharing this with all their friends, family, and many other people friends, family, and many other people out there today.

out there today. >> Cuz that's always been a big barrier, >> Cuz that's always been a big barrier, hasn't it, to alternative therapies in hasn't it, to alternative therapies in that people have said, "Well, I just that people have said, "Well, I just can't afford it." can't afford it." >> Yeah.

>> Yeah. >> Yeah. Yeah. Yeah. Yeah. >> So, you took hold of that barrier and >> So, you took hold of that barrier and went, "That one can go away." went, "That one can go away." >> Yeah. It is a barrier, um and we do we >> Yeah. It is a barrier, um and we do we do still see it. You know, we we see it do still see it. You know, we we see it because it's not free of charge to run a because it's not free of charge to run a clinic. We have to charge something.

clinic. We have to charge something. >> Of course. >> Of course. >> Of course. >> My next goal, by next year, I do want to >> My next goal, by next year, I do want to have a few charities running. Um have a few charities running. Um and again, I get covered in goosebumps and again, I get covered in goosebumps when I say this, but I want to have when I say this, but I want to have charities running where we can help charities running where we can help facilitate those who really need it.

facilitate those who really need it. >> Yeah. >> Yeah. >> Yeah. >> You know, and again, just to aid them in >> You know, and again, just to aid them in their general health and well-being. Um their general health and well-being. Um because we know how it can help support because we know how it can help support them.

them. them. >> Yes. >> Yes. >> Yes. >> And that's something that I want to set >> And that's something that I want to set up next year. up next year. >> And I'm sure you will.

>> And I'm sure you will. After you've cloned yourself. After you've cloned yourself. >> After I've cloned myself. >> After I've cloned myself. >> Yes.

>> Yes. >> Yes. >> For sure. >> For sure. >> Yes. >> Yes. >> Yes. Yes, and get your kids running the Yes, and get your kids running the charities. charities.

charities. >> Definitely. >> Definitely. >> Definitely. >> Instead of you. >> Instead of you. >> Yeah. Um we are setting up in Cyprus. >> Yeah. Um we are setting up in Cyprus.

>> Oh, wonderful. You're doing that now? >> Oh, wonderful. You're doing that now? >> few months. Last time I was with you, I >> few months. Last time I was with you, I was that was my plan.

was that was my plan. Yeah, so that is happening. Um yeah, so Yeah, so that is happening. Um yeah, so that's going ahead next few months, and that's going ahead next few months, and we are running a retreat there in we are running a retreat there in October, as well.

October, as well. >> I'll be there. >> I'll be there. >> You will be there? >> You will be there? >> need to tell me all the details. I'll >> need to tell me all the details. I'll bring all my gear.

bring all my gear. >> Amazing. >> Amazing. >> Amazing. Yeah. Can't wait. Yeah. Can't wait. >> Yeah. >> Yeah. >> Yeah. Oh, thank you for coming. Oh, thank you for coming.

It's so so nice to hear about your It's so so nice to hear about your progress. progress. progress. And just to be in your enthusiasm again. And just to be in your enthusiasm again.

It always motivates me. It always motivates me. >> Thank you, Dr. Debs. >> Thank you, Dr. Debs. >> You're welcome, darling. >> You're welcome, darling.

>> Yeah, thank you. And um yeah, I just >> Yeah, thank you. And um yeah, I just like to pass a little message at the like to pass a little message at the end. If you'd like to know any more, we end. If you'd like to know any more, we also have a YouTube channel now, which also have a YouTube channel now, which is Cosmo Care Health and Well-being. Um is Cosmo Care Health and Well-being. Um and then we have our International Bio and then we have our International Bio Frequency Academy and Association Frequency Academy and Association website, as well. Which is website, as well. Which is literally the uh training modality for literally the uh training modality for Scenar therapy and the bio frequency Scenar therapy and the bio frequency qualifications, as well.

qualifications, as well. >> I'll get you to provide me with all of >> I'll get you to provide me with all of those links, and I pop them in the show those links, and I pop them in the show notes.

notes. notes. >> Amazing. People can >> Amazing. People can have access. have access. >> Dr. Debs, thank you. >> Dr. Debs, thank you.