Can Sound Frequencies Heal You? Linda Bamber-Olson on Wellness & EMFs Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Sound Healing

They actually have a study done with a couple of women who have breast cancer and, someone, who was a, composer and I'm sorry, I'm kind of drawing a blank on the name here, and I need to do a better job of acknowledging that.

But there was a study done, and a composer taught them to hum a certain tone for 3 to 4 hours a day for three months, you know? And then when they went back in, one woman's cancer was completely gone.

And the other one, when they did surgery, they really didn't find much. Now that's only two people. But what I'm saying is we do have starting to have some proof that sound can change in your body.

Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

Hi everyone. It's Doctor Jen. Welcome back to the Integrative Health Podcast with Doctor Jen. Today we have such an exciting topic. Topic on sound frequencies.

This is going to be so cool. Today we're going to be talking to Linda Bamber Olson. She developed a passion for sound after being born deaf in one ear.

Her love for percussion revealed the healing power of vibrations, this inspiring her to explore sound as a wellness tool.

Linda Bamber Olson's Health Journey

This paired with frustration over limited options during her mother and sisters battle with breast cancer, led her to create bras. Bras, a business focused on thermographic and breast health.

Linda's passion cultivated in Wave Wash, a wearable device using sound frequencies to promote wellness. Now widely praised for providing instant relief.

A sought after speaker, she's appeared on podcast with experts such as Carrie Majora and Doctor Brian. Artists sharing insights on sound healing. Linda's groundbreaking work continues to inspire, and her book detailing her health journey is set to release in early 2025.

Welcome, Linda! I'm so excited to have you here today. Well thank you. It's very exciting to be on and be able to talk and and let people know more about frequencies.

Yes, absolutely. Tell us about your health journey and being born deaf in one ear and how that has impacted what you've thought about health. Yes. Well, they didn't discover that I was completely deaf in one ear until I was a third grader.

So that lets me be a speculator. How did I fool everybody I know for so long? So I must have been good at actually reading. You know, lips and putting my hands on people is what they said.

And maybe feeling some vibrations, you know, and stopping and absorbing sound a little bit more because I had to face one way or the other. So really, all of those ideas are actually paramount and or paramount and a, tool that I developed, which I call the White Watch, you know, later in life.

So you know, early sounds are very interesting. And then when I was in college, I learned to play drums. Now in high school, I played saxophone and things and clarinet and trombone.

But in college, I went to percussion, drums, and I continued to play drums for 35 years in a band. Oh, those drums must have done a lot to me, but I didn't even connect to for all those years, you know?

And so it wasn't until later that I got into the health field. I was a, teacher and then transitioned when several things happened in my life, you know, that needed a little bit more.

Answer from me, why this was happening. So. Right. I think that is the story of all of us that are really passionate about wellness is that we've had personal battles or family battles.

So if you mind sharing about your mother and sister and their battle with breast cancer. Yes. I had actually transitioned into using a tool called the, bio scan about three years before my mother and sister were diagnosed with breast cancer, or at least a couple of years.

And that was just from something in my own life. I was diagnosed with, you know, a problem that my, doctors wanted to give me some antibiotics for. And because it was a vaginal, you know, infection, the doctor said I needed these antibiotics, and I'm going.

Well, what about my husband? He goes, no, you don't. He doesn't need anything, you know? So, of course, I listened to him. I took an antibiotic and of course, got a huge yeast infection.

So I went to someone in our area who had this, bio scan tool and took my husband and walla! Both of us immediately had the same information come up on a bacterial infection that the doctor would not recognize.

And so that taught me right then, that there's a whole lot of information that we are missing in the medical community, because here it was hitting me in the face, you know?

So I quit my teaching career, of about 15 years. By that time, I had taught and started learning this bio viridian because I already had a degree in foods and nutrition.

And then my mother and sister lives changed when they both had breast cancer a couple of years later, and my medical doctors just told me to have a double mastectomy and forget about, you know, I, I, you know, I say this all the time.

It's like, I can't imagine what my mind was saying. You know, but I was trying to face them politely and say, no, I think I can think of something better to do than that.

So actually, what I did was get an Indy certification and continue with the IHT testing, the bio scan testing, and developed a business called Brass Breast Research Awareness and Support.

And so for the last almost I get confused on my is pretty easily. Now at 18 years I think I have been working with Women's Breast Health and teaching them, easier nontraditional alternative ideas that they can use to have better breast health.

And, I think that's pretty important. I also do thermography, which is a noninvasive non radiation way to scan your breasts. And then I provide the I t and work with women of all kinds.

But after many years and working with thousands of women, I was kind of overwhelmed with all of the ideas that women had for that cause, breast problems and even breast cancer.

So I don't want to keep talking too much.

Breast Health, Thermography, and Prevention

Does that make sense, doctor Jen Yeah, and if you guys are interested to learn more about thermography, you can check out her website. We'll link that.

And also I have a podcast from a few years ago. You guys can listen all about it. But I agree with you. It's kind of overwhelming. It's not just get a mammogram and you're fine.

We'll we'll catch the cancer. No. Like we need to start preventing breast cancer when we're in our 20s. Actually, even when our period starts, right. There's little things we can do all day.

So I think with wellness we focus on prevention and not just detection. So I think that that, is a lot different. But also we want safe ways to detect something that is wrong because sometimes, unfortunately, we shut down our symptoms.

We ignore them. We don't, you know, go to the root cause. So that can definitely that can definitely be concerning. So the the bra sounds amazing and that's beautiful.

How how did your sister and your mother do now this was just at the very start. And so they did do traditional methods. And one I think my mother had, radiation and my sister had chemotherapy, and, they're both fine today, 16 years later, you know, they did not have a recurrence until just recently.

And my mother did pass away. You know, she was in assisted living, but they were a little bit worried about her breast then, but, you know, basically, that was a lot of years to be just fine without any, other intervention.

So they actually did pretty well. But I started teaching them things that I had learned. And so that really made it exciting. And so over the years, I learned that, you know, women can have breast problems from their teeth.

99% of the women do not realize that they're 82 up and two down on each side that can drain toxins down into their breasts and actually be connected with breast cancer.

So thermography can show that trail if you're interested, if you're having any trouble, you can see and you don't have to just have a mammogram and which tells you nothing.

You know. So that's one of the main things that I have been teaching women and how to take better care of their teeth. And then other women were having problems with e-coli.

E.coli is now connected with breast problems. Epstein-Barr virus is connected with it. Many parasites are connected with it. I actually had a woman that was having extreme breast problems because she got bit by a horse.

You know? So it goes on and on and on. All the reasons. And I haven't even mentioned emotions. Can you believe that? You know, not hard thing. Think about it.

And so absolutely and stress with that. But yeah. So Epstein-Barr all of these stealth viruses they're in balancing the immune system. They're causing stress on the body.

It's affecting estrogen detox pathways. It's affecting our immune system. When our immune system isn't properly functioning, that can lead to cancer. So yeah, Linda, I totally agree.

It's so important to dig deeper, dig deeper, and create like a health timeline. Like if you're listening out there just

right, right from when you can remember or birth or ask a parent to now right on that health timeline and then you can correlate things back.

It happens all the time. So you you have it kind of mentioned about wave watch and frequencies and how frequencies can help with healing. Can you tell us a little bit more about the frequencies you're talking about?

Yeah, we're ready to get into that I think. So because of these years of working with women. You know, I had this idea 16 years ago to put frequencies on a wave watch after I started working with the, bio scan and this particular tool that you kind of featured on another podcast that I was listening to.

And so, you know, I went and tried to have it developed and, the costs were pretty astronomical, but the technology that I wanted wasn't even there. So I, had to wait a few years.

And then, you know, I was riding around. And I hope this story makes sense to your audience, but I, I did, trips, and I, I actually worked with Amish cultures and did some scanning and some thermography for them.

And I was driving back from, you know, working with, a group of women and, you know, God just kind of knocked me over the head and it's like, it's time to develop this.

It's time to develop this tool. It's been setting for ten years. So all of a sudden, you know, I had just been talking and asking and saying, what do I do?

What I do, and I was most worried about all of the things that you could do for breast health. I was teaching women a lot of different things. And to me it was almost overwhelming because women had so many problems.

And, you know, God just told me its frequencies. The answer for you is frequencies. So I started looking and learning, and there was a frequency already measured over 100 years ago for thousands and thousands of self-care health care ideas.

Now, you might be familiar with it from Rif machines or learning about Doctor Royal Raymond Rife. Now my frequencies are acoustical. I put them into the sound range, the natural sound range.

So all you have to think about is, you know, you've heard a song and sometimes by the end of the song, you're just moving and grooving and, you know, your whole attitude has changed and that shows you and showcases you exactly how easy it is for acoustical sounds to change your body.

Wave Watch and Frequency-Based Healing

So I just needed to get these frequencies to people. And the easiest way, in my opinion, for years, and what I tried to do with a patent, you know, 16 years ago, and I get to say that was before the Apple Watch even came out.

I was trying to get frequencies on a watch, but couldn't get it all done at that particular point in time. But I did get it done, and I'm really kind of having fun saying I didn't retire, I refired.

So when I was 65 was when God kind of knocked me over the head again and said, get busy now. So I got it. I got it developed. Yeah, well, I love how you said that.

Like you're like, you got that nudge, right? That you were like, okay, but you were retired. So I love it. So what's beautiful about your story? What I take from it is that you were obedient to God's calling to, to bring this to fruition.

So it's, you know, we're we're grateful for that. That's that's amazing. So here you are, ready to retire. And you're like, why don't I just create a company?

Yes. So I was able to, you know, work with frequencies and get them all put together and hire a prototype designer to help me actually get them onto a, watch.

And then testing began with my prototype, and I had women who I had work for her, worked with, with breast health. And, you know, as they came into my office for about a year, I was doing some testing.

And so, I still cry, but I had nine women come in, you know, who tested my prototype, who actually did have a breast lump. And I'm not saying this is a double blind study or it was verified or anything.

I'm just saying that testimonies from nine women said that their breast lump almost went away, or completely went away in about 30 minutes wearing my prototype wave watch.

So I still cry about that. And again, I wasn't saying it was anything but a lump, you know, and, lymph node problems and things like that. And then also people came in, you know, women who were getting some testing done by me.

They'd say, oh, can you do anything for kidney stones? Well, 25 women. That was a huge problem. And, they had a turn around. Their pain was gone. And when we did a urine sample in about 30 minutes, their urine was full of flak and dark and, you know, salt and pepper flakes and, you know, all kinds of amazing changes and colors.

So that was truly amazing, you know, so you think about all they were doing was wearing a watch. Now it was square at the time. The original watch was square, but they were absorbing frequencies.

And that is not really unlike lithotripsy. You know, lithotripsy is ultrasound frequencies, which are completely different and a lot harder on your body, where the wave watch had frequencies that were very specific and precise for kidney stones.

And within about 30 minutes, their whole body count was changed completely, you know? So the list goes on and on, you know, and then, I've done a little bit more testing with my, bio meridian or bio scan system, if you want me to, you know, tell about that one two with parasite.

But yeah. No. That's amazing. So how how does it exactly work for those that want to know the mechanism, like the watch, how does it meet the frequency that that you want?

You know, I think we want to make things so hard today. You know, we have supplements and things that, you know, they have to break down and they're taking a specific, you know, they're breaking vitamin C down into 200 different, you know, ideas and taking this and out, this out and this out and putting it here and there, you know, that kind of an idea and making it simplistic.

But I like that idea. You know, keep it simple, stupid. And to me it's like, okay, sound can come through the ears, but sound is also absorbed by every cell in your skin and by all of your bones.

So all I had to do to figure out, to get sound into somebody's body was, use a speaker. So on the back of the way, watch is a speaker, okay. And so on the front side, when you make your selection out of over 1100 different ideas that have actually been, put into about 145 different categories, all you have to do is touch a button.

And I don't know if you can see. But right on the bottom here I have calming. Okay. So I am playing calming right now. Or I was playing calming. And when it was playing the frequencies, I was absorbing it through the back of my wrist.

And basically what happens is that every cell has 70 different receptors and when they're feeling a vibration, they start to vibrate. And then this complete cell vibrates and it causes the next cell to vibrate.

And then next cell vibrates. And then it just whips or zips through your system faster than the speed of sound. We know that sound goes through water, you know, very, very quickly, faster than the speed of sound.

So it really is very simplistic. You are absorbing sound in a different method now. It's completely ancient. I mean, what did ancient people do? What did God do?

He gave a sound, you know, he gave us everything we need within a short, you know, a distance or parameter around us for our health. And he gave us our voices.

They actually have a study done with a couple of women who have breast cancer. And, someone, who was a, composer. And I'm sorry, I'm kind of drawing a blank on the name here, and I need to do a better job of acknowledging that.

But there was a study done, and a composer taught them to hum a certain tone for 3 to 4 hours a day for three months, you know, and then when they went back in, one woman's cancer was completely gone.

And the other one, when they did surgery, they really didn't find much. Now that's only two people. But what I'm saying is, we do have starting to have some proof that sound can change your body.

I'm sorry, I can't hum three hours for three months, you know, but I can wear a watch. Easy, you know? So that makes it where everybody can use this tool very, very easily.

Okay. They're starting to have all kinds of spirit experiments to know that sound can change many, many different, problems that we have in our lives.

So this was just kind of, developed right at that, you know, start of the interest in frequencies again. So I'd love to. Yeah. Yeah. And I think what I always go back to is it's like when you sing lullabies to your kids and they settle down and they hear that frequency.

And singing is great for us to do because it, it is vibrating, the throat and causing a little bit activation, that vagal nerve coming down. So we know sound and frequencies is great.

But what I like about your product, honestly, is it's not new agey, right? Because there's a lot of problems where as a Christian, I struggle with things like, you know, sound frequency and stuff like that.

And it's like, we don't it doesn't need to be a sound bath where you're doing weird meditations. It could just be using scientific frequencies to help us another modality.

So that's one thing I like because because that could be something that people question like, oh, is it is this new agey or is this unbiblical? But like what you said, these these sound frequencies, we know that cells react to them and we know that God made it this way.

So we're just utilizing that. And you know, what I like to say is you just look at the Bible, Genesis one two, the second verse basically says right in there that God was hovering, you know, and hovering is another word for vibrating, you know.

And now we have tools called cymatics or, you know, an idea, and they can actually show us a picture of, you know, of a vibration or a frequency. And they know that different vibrations have kind of shaped our world, you know, it changed, you know, and everything vibrates and, and can change.

So we stand on, you know, the earth, the biggest rock of them all that vibrates. And we are absorbing frequencies and energy from the Earth. We can absorb frequencies from anything or we can share our frequencies.

So an easy idea is we tell people that you are actually absorbing frequencies through your left hand a little bit better. That's kind of how we were made.

And then we shake with our right hand, you know. So we're sharing our energy when we touch somebody more with our right hand and we're absorbing energy more with our left hand.

So that's why we tell you to wear it on your left hand. And you can actually share this watch with other people. One of the neatest ideas I have is from a gentleman who called and said that he had bought the wave watch for his wife

with Parkinson's, and then you could tell he got a little embarrassed.

He's trying to figure out what to say. He has cleared his throat and gone, you know, and then he just blurts out and we sleep really close together. And I just thought that was so sweet.

And I'm going, okay. And then he blurts out again, and I could feel her frequencies when she wore the wave watch. And he said, I got up the next morning and my feet didn't hurt.

And I said, that's neat. You know? Of course it's like, wow, that's neat. And it goes, no, you don't really understand. My feet have hurt. For 15 years I've been on meds for 15 years, so all I did was snuggle with his wife.

That was my neatest Valentine's story. You know, all I did was I'll go with his wife and her frequencies from the wave watch. Got shared with him, got absorbed into him, and something about a Parkinson's frequency, which has to do with neuropathy, obviously, and nerves was exactly what spoke to his spine.

And within two weeks he was off of his medications. Now, I'm not telling you you should do that, you know, and I think he went to the doctor, you know, those kind of things.

But to me that's very special. So we have people who use their weight Watchers and share it with their grandchildren. Your grandbaby could have, you know, be crying and screaming and you could put kami on the wave, watch and hold your baby.

And that would go through. We've got many testimonies of people, and I think it's up to 6 or 7 now.

EMFs, Toxic Exposure, and Detox Support

People call me and said they were on an airplane and there was a baby in front of them that was screaming their head off, and they put the wave watch on, Call Me, and all of a sudden the baby is calming down, you know?

So how many people call you out of the blue? It's a pretty fun testimony. Love it. So are there. What are the things that inhibit positive frequencies?

I mean, because like you said, because I feel different. So we moved from Ohio to Tennessee and we're on property and land now and I just feel different.

Right? You just feel different. And we know, going to the beach and there's, you know, different, negative ions and that kind of stuff. But sound is like a whole nother things.

What, what inhibits it? Because we live in, like a toxic soup bowl right now. Oh, you you are asking such a great question, Doctor Jan, because people hopefully are realizing by now that, emfs are one of the worst things that we have in our lives right now.

They may be some of the most dangerous things. So if you're wearing a Fitbit, you're going to be having some problems at some point or another. If you're wearing something, you know, I'm sorry.

You know, I don't know if I should say brands or not, but if you're wearing a watch that's connected to the internet, you are absorbing negative frequencies and it doesn't matter how much you are walking barefoot on the Earth, those are good frequencies.

You're absorbing the resonance from the Earth. But then. And you still have your what? Your watch on. Now, if you have your wave watch on, you have some frequencies to block emfs or to, you know, detox from them.

But if you're wearing those other types of things, you can be having some problems that will really, really mess with your body. And I have examples of this.

I have a lady who came into my bra office and if you just came on, that was my office was breast research, awareness and support. So I worked with Women's Breast Health, and she had worn her cell phone in her pocket in her bra, and she had three kinds of cancer.

Underneath that cell phone. I had another lady who started work and had to change her, you know, work schedule and started wearing her cell phone in her pocket.

And within six months she had a huge tumor that had to be, you know, ovarian tumor that had to be removed. And the worst one that we're not thinking about.

I had an elderly lady that was a little bit sideways, you know, she wasn't, her posture wasn't good, and she had a lifeline type alert, and it was hanging, you know, crooked over her body.

And again, within 6 to 8 months, she has breast cancer under that alert. So you know, just those three examples, you know, let alone people coming in saying they were wearing something and all their friends actually, by that time were saying, hey, take off your, you know, internet connection.

That's what you're doing to yourself. So we have some toxic frequencies out there. But music, our voices, you know, instrument and listening to natural ideas can be very, very helpful.

Natural sounds. Your body can absorb them in so many different ways. And this is the easiest way and can be very specific. Now some people have used tuning forks.

Are you into those? Doctor Jan? No not really. I, I had some people when I was lost in the new age, you know, the sound bowl healing and the tuning forks and and then that's why I wanted to differentiate between between though.

So but I mean, you could just use them. It's all the intention you put in. Do it right. When people write that something can heal more than God is where it's the problem.

So I don't use them a lot, but, the it would be about the same thing as the music or the music, the sound coming from the way you watch. Correct. Well, that's what I was kind of where I was going because people talk about tuning forks, and you might go to some buddies office that has tuning forks.

They have 6 to 8, you know, maybe sitting there and each one of them will make one frequency if I'm correct. Well, the wave watch has about 24,000 frequencies on it.

Okay. So there's no way that that can be duplicated, you know, that way. So, you know, we have and then sometimes people will listen to things on the internet.

And I like to to one of my favorite numbers is 432. That's what I named my overall business. That's supposed to be the energy of the world. And you know, they'll listen to 432, which is really good and soothing for you, but it's on the computer, you know, or it's on your cellphone.

It's not a pure sound. So once you get to the wave watch, which is not attached to anything, it is actually making the sound right on the watch itself, you know, basically that way.

And so you are absorbing it. And again, you don't have to hear it. No one else has to hear it unless you want them to and to share it. And sometimes people turn it up.

I didn't get to animals yet, you know, they'll turn it up and put it on anxiety and sit there and their dog or their cat, you know, will really, react to it, you know, and actually soothe down.

So these frequencies can be used. And they are very simplistic because they are acoustical sounds. We're not messing with low low ultrasounds or low low sounds or high ultrasound.

How do you pick the different. You said it had a bunch like thousands of different frequencies for specific sounds. So how do you pick which frequencies for like anxiety calming?

I know there's different ones for like cleansing and detox. How did you formulate those? Those actually are a variation from doctor. Right. And then a lot of that started from doctor, you know, from Tesla, from Nikola Tesla.

He had his own, they said vibration plate. And I just love to say that his friend was Mark Twain, and they messed around a lot with this vibration plate, you know, that had different vibrations on it.

And so Nikola Tesla had a lot to do with developing frequencies. No big surprise, you know. So, these frequencies are simply labeled, you know, so once you turn it on, there are different categories.

And I really don't know if you can see this. This is my screen. Let me go back one. So right here these are different categories. So this one is labeled chronic emotion and germs.

And like if I would touch germs we would actually again be using part of Nikola Tesla's ideas because he was the first to say that everything has its own resonance.

Every, you know, everything has a frequency and then that frequency when it meets something else with the same frequency, that's a resonance. They meet together and that will cause them to resonate and actually self amplify.

And Tesla. The idea was that, wow, he called that the mortal oscillation. Right. So if you have the frequency quote unquote for a virus and that virus is setting in your body and you have the same frequency introduced into your body, whether you hear it, you feel it, or it goes through your bones, supposedly, which I think is proven to, you know, those two to frequencies from different sources will meet and resonate self, amplify, follow apart, die, kill whatever phrase you want to use.

So that's what we're doing here. So like if we go to germs, we are just, picking from some different ideas. There's, cold sore support, common cold support, germ support, AB, immune response support.

And so the list goes down and across. So we have several ideas. Here's microbial balance, respiratory support. And you are your own self-care person. So as soon as you pick an idea that you are interested in, and if you pick one that you're not sure about, it's not going to hurt you.

It's a song. Don't forget that it's a song. It does sound like a bee. Does that make sense a little bit. It's like an insect song. Sound a little bit more.

It's not like a singing song, but if you pick a song that isn't necessarily the perfect one for you, it just goes right on through your system. But if it if it, if there something else in your system resonating with that same frequency, they will meet and interact and rebalance, something will change.

So I was going to see if I could show this, turn this up for you. You just draw a line across here and set up the. Thinking right in here that, I can't maybe it's very subtle and I'll wear it and on my wrist and it will kind of.

Sometimes I'll have, like, a dinghy noise because it will rub up against my bracelets and then I'll move it. But it's it's very subtle. It's just, it's it's an extra modality.

Right. And one question I have for you. So with, with the Rif machine, you can sometimes get hrc's reactions with that where you're killing. So the Rif machines mainly used for Lyme disease a lot and you would be killing off the Lyme using this, you know, the vibrations and the sound frequency in some people, if they weren't detoxified and prepped properly, they would have some hurt or die off reactions.

Are you seeing that at all with the specific detox protocols? We have maybe a couple times, but it's not the the, something that happens all the time.

And that's because if you actually played our folder, which does, it's it's in a folder called First Wave and then Lyme wave for Lyme disease is one of the choices.

And then when you play it, this was actually a long one. This is a three hour folder because we have included so many things in here such as detox, you know, and, strengthen your immune system so that you do not have that her, her timer's reaction, you know.

So, we used to have these individual. And then I spent a lot of time teaching people how to combine and say, you know, if you're killing a germ, you want to make sure you're getting a detox, so play the detox next.

So we cut all that out. We just put it all together for you. And you just click one idea and everything is included in there. So, that makes that much, much easier.

So that's why I think that we don't have. But I can't say it's perfect. You know, people, everybody has a little bit different reaction. And some people have no reaction at all and don't realize that anything is going on.

And so maybe their knees hurting and, you know, they wear it and then they get up and it's like, oh, it doesn't hurt. Now, you know, they might not have felt anything where somebody else actually might feel a little bit of, a vibration, you know, an energy of some kind.

But, it can be very subtle or, people might not feel it at all. Now, I should tell this one. I told you that I'm deaf. I'm missing parts in my ear, you know, I'm still waiting for a miracle, you know?

But I have had seven people who are miracles because they lost their hearing slowly. And once they got the wave watch, they wore the frequencies for deafness and for ear problems.

And seven people have taken off their hearing aids after wearing raising.

Sleep, Sharing Frequencies, and Real-World Testimonials

So do you think I cry sometimes, right? Oh that's beautiful. What about tonight? Is. Have you heard, people say, you know, I'm a truthful person. I'm going to say, I think that's one of the weaker ones on things that, for the ears, you know, or for the whole thing, I, I think it maybe a 5050 tinnitus is very different.

You know, 5050 isn't bad. And for those listening tonight, this is very, very hard to treat. So I was just curious because we're, you know, the, the sound frequency I think it's a lot of inflammation with that too, which this would help.

Right. So how often would someone use this or wear it. Could they just wear it at night. Could they just wear it maybe an hour a day? What do you usually recommend?

It is very unique. You are your own self-care person. This is still a general wellness device, you know. But what I do suggest is that, if you're, you know, having some anxiety, play it, you know, morning and evening, you know, for the, time, a lot of which is about an hour and four minutes, you know, and, if you listen to it really closely, about every eight minutes, it changes frequency.

Sounds because like I said, we built different ideas in there that work together. And so you might hear a sound change. Okay. But, some people, love, to play it longer during the day, and that's all right.

Also, because it does have a, icon that you can click to make it just keep repeating. Okay. Now we do have a sleep program on here that lasts about eight hours.

And it really is set according to the time you go to bed. So when you touch sleep it will say, seriously 8:00 because people do go to sleep at that time.

9:00 ten, 11, 12 and 13, you know, 13. That was silly. Why not 1:00, 2:00, three anyway, you get the gist of what I was trying to say. You touch it and set it according to the time you're going to bed, and then make sure that you have the correct icon for it to continue playing all night long, going from one hour to the other.

And what's happening is that your body has a circadian rhythm. It has certain ideas like the Chinese body clock. If you've ever looked at that, they have, you know, all kinds of ideas that certain organ systems are, taking the lead role in your body at that particular time and could use some support.

So if you wake up from 1 to 3 in the morning, that basically tells you your liver isn't working good enough. So if you were, you know, playing the watch on sleep, it would go through, thyroid, gallbladder, liver, you get my idea.

Lungs and also different hormones that are in play. The vagus nerve. And it has it's chock full of things to help support your body all night long. And increased sleep.

That's amazing. It's amazing. It sounds like such a great product. So super, super excited to learn about it and what it can do. And the success stories.

Now I want to go a little off topic. We were talking before the podcast a little bit about the sky and cattle trails, and you got really excited about that.

So let's just let's just talk about that because a lot of people are curious. Is it real? What's the difference between con and chem trails? Well, I'm not sure I'm an expert at this, but I think where we got started on this, you were asking me how, you know, did I wear the way watch?

And I said, well, it's on my wrist all day long, you know, because, you know, maybe I'll have a headache and all I have to do is just touch the button.

I'm not looking for a pill. You know, we're doing anything that's not natural. Or I mentioned if I see a Kim trail, I can put my detox on for environmental problems.

And this is very real to me. I live in the Olathe, Kansas area and somebody shared some pictures with me and, didn't think to have them, you know, available, but I have posted them on YouTube before, I believe.

But basically they were outside in the summer and a huge storm came up. Thunder storm, they said it was very different. And, it started lightning and then all of a sudden started hailing.

So they ran inside and, you know, that was the end of the story. Well, the next morning they got up and the hail was still on their patio. Now this is summertime.

And when they look closer at it, they started taking pictures. And there was basically an oil spot. And then there was a piece of hail in the middle of the oil spots.

So then they kind of pulled together the hail and took a picture of that. They tried to verify everything, and then they have a picture of picking up the hail and it's falling apart and it's plastic.

Oh, gross. So they had they sent it in and I, I haven't caught up to know exactly, but we had plastic forming into hail China balls and falling out of our skies here.

Now you can't tell me that we don't have chemicals in the air. You will never convince me that something is not going on. And I don't actually. Exactly.

And I don't remember. I looked at the sky a lot when I was little. I don't remember X's and, you know, I and that's what it's very frustrating because people try to say it's not true.

Well, then why are states like Tennessee, you know, why did they ban them? So I think, yeah, I think our sky is, is

toxic. It can be, especially if you're in certain areas.

And I've noticed a big difference since moving from Ohio to Tennessee and you're in Kansas. I live in, Kansas City area. Yes. Yeah. And so it is. But we should be looking at we should be thinking more, you know, we should be having our soil tested.

I don't believe in organic anymore. I hate to say that. I'm. I mean, I I'm a gardener. But there's no way that we can have anything that's grown outside.

Let me let me phrase it that way. That's grown outside the organic because it is naturally picking up, unusual chemicals from the sky. Now, I also have a system on my bio.

Meridian, the MSA, the IHT equipment that I talked about. And I have a whole category for Kim trails. And a lot of people come in and they have a lot of the chemicals.

It will pick these up. It will just tell me. And do you have time for a story? Jen yeah, I love it. This was 15 years ago. I lived in Bolivar, Missouri, out in the middle of nowhere, and I had learned the bio meridian and I was I had a home office and so people made appointments, you would think, you know, but one day a guy walked in and just, you know, what drove into my home area and wanted a screening.

And so I'm testing him and working with him, and he's a great big guy. And all of a sudden I say, oh my goodness, you have a lot of things connected with Kim Trails.

Have you ever heard of Kim Trails? Now this was 15 years ago. Doctor Jan and this big man, this big man just put his he puts up like this and just, you know, hit him on the desk and just about like a desk.

And he's going, are you, you know, about Kim Charles? And just literally screaming at the top of his voice asking me, it's like, are you from the government?

What are you doing here? Yeah. And I'm going, wait a minute, you're in my home. You came to see me, you know, I got him to calm down. And he tells me the story that he used to live somewhere in Arizona.

And him and a group of friends were trying to prove the existence of Kim Trails. No way. And they would put on camouflage outfits and go up to the fence.

I don't know what their equipment was 15 years ago, you know, and they were filming airplane taking off. And what they noticed was that the pilots were getting sick, they were disappearing.

They were seeing some obituaries, you know, they were seeing all kinds of scary things. And then all of a sudden, he says that they felt that they got sprayed and they were, caught on purpose.

So this group of 4 or 5 men disbanded, and this man came from Arizona up into a really small town in Missouri. And the first time he walks out or drives out for help, me, the person, if I'm holding his hand, I'm saying, do you know anything about Kim Trails?

Right. Wow. Or is that what you're telling? I hope I didn't take up too much of your time. No. Did you did you keep in touch with him? No. Because he.

He wanted to be very secretive. Secretive? Wow. Wow. Yeah, yeah. So I was able to make a homeopathic remedy to detox him from Kim Trails, and that's what he was working with, you know? Wow.

That's wild. Well, and that's the thing we we need to. I think we need to attack it from all the different standpoints, you know, supplements, movement, make sure we're getting good sleep, make sure we're praying, and then make sure we're, we're doing all the other things we can.

And this is something that I use. So why not use sound frequency, you know, low side effects. There is research on it.

Chemtrails, Stones, and Finding Wave Watch

Really just to all that you can I mean, I love biohacking in so many ways because really we need to because, yeah, we have toxic soil or sky and unfortunately we have to battle it.

But, you know, praise God, we have different ways to battle it. And we have knowledge and use discernment on what you should use and what you shouldn't.

Right. Because there are some things that are not so good that that's right. And you don't want to get mixed up in. No, no, that's very true. And you know, I with the bio meridian, they had frequencies for stones.

And I had a very close friend that taught, you know, Bible classes and things. And she said, Linda, I think those stones are very strange. They're not right.

And I said, I think you should read your Bible and learn about all the ways that stones are used in the Bible. And she came back and she was so relaxed and she just cried, oh my goodness, you know, even the rocks will cry out my name.

You know? And so for a long time, I've really been fascinated by frequencies of rocks, you know, and how they have a everything has a frequency, you know, the bees are talking to the plants with frequencies.

I am just amazed at how everything really does talk with frequencies. They, there's just so many stories about that. So that's why I get more and more excited to know that the Wave watch has frequencies that we can absorb, that can rebalance your body in many, many different ways.

You know, there's just so many ways. That's great, Linda, and your story is beautiful and I love your heart also. So can you share with everyone how to find you and your company?

Sure. So all you have to do is just go to buy Dot wave watch. You know, dot com on the internet or just wave watch and a spell w a v for waves and vibrations, you know, wave watch.com is the other way or by way watched by dot wave.

Excuse me. And I'm on the, the site. I also have every Wednesday I have some kind of a zoom call, and you can, click in on that to join the wave call.

You know, leave your email address and you'll get, advised of the time of the zoom call and what the topic is each week. And, you know, I've spent a couple of years now trying to teach people a lot of different ideas about frequencies and especially how to put them together on the wave watch.

But again, everything changes. I have upgraded the wave watch, changed the shape, made it a little, smaller, 40% lighter and have it waterproofed or almost waterproof, water resistant and, you know, have don't have rearranged the frequencies so that people have easier times to use it and can use it very simplistically.

Awesome. That's so amazing. Linda, thank you so much for being here. And, we will link how to get a Wave watch below. And the information about price.

And if you use Code Doctor Jen, you can save $100 on a wave watch. So that's also great for you guys. Yes. So thank you so much for being here. And just we appreciate you sharing your story in your hearts.

Well thanks for asking. And stories are what the world goes on. You know people connect with people if we listen. And if I can say one more thing, I hope you can see my love sign behind me.

Guess what's the most prominent frequency in the world? The best frequency. The one that changes our lives. It's a frequency of love, you know? Love 28.

So great. Love it. Love learning so much for me. So thank you so much. Thanks. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

Each day is a new opportunity to make choices that empower your well-being. For more insights and strategies, subscribe to our podcast and visit our website w ww di doctor.com.

Stay connected, stay healthy and join us next time on Doctor Talks. Real talks from real doctors on the issues that matter to you most.