Can Sound Frequencies Really Change How Your Body Feels? | John Bamber Transcript

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So let's say that it is 10pm and I'm going to bed. So I go, I click on 10 pm and what it will do is it follows the Chinese body clock protocol 10 to 11 and then it goes 11 to midnight, midnight to 1 and it actually helps your body and supports your at the same time that our body is recharging certain organs and doing different processes that are outlined in both Ayurvedic medicine and Chinese medicine because those two cultures, their understanding of the body clock is very, very similar.

And so we've actually kind of tapped into that and made something. My HRV has increased tremendously from sleep and by using the sleep frequency. So that's probably my favorite thing about the watch is the Welcome to the Belgiansky Cancer Talk Show where integrative science and holistic healing come together.

I am Sylvie Belgiensky and in each episode we explore nutrition, lifestyle, mental health and research-backed approaches to support the whole person through cancer and chronic diseases.

John Bamber is a chief operations officer at Way4Watch, a small family-owned company with a bold vision to help people across the globe improve their health through the ancient yet emerging science of bio resonance and frequency medicine.

The wave watch was invented by his mother, Linda Bamber. John is honored to work alongside his brother Joseph to honor their mother's legacy and continue bringing the healing technology to life.

Helping to develop the new WaveWatch 2.2, John blends cutting-edge product design with timeless principles of natural wellness, ranging science, spirit, and family legacy in one powerful mission.

John, welcome to the Belgiansky Cancer Talk Show. And first, I would like to say, oh, sorry to hear about the passing of your mom, Linda Bomber. I mean, she had a heroic battle with cancer.

My heart is definitely with you, with your family. It's a privilege to meet her once at one of the Belgian cancer conference and she was absolutely a lovely, lovely lady.

And I know something about caring for a legacy. At the same time, it's something difficult, but also it gives you an energy and a strength that maybe, I mean, for me, wouldn't have if I was not caring from my parents' legacy, so.

I hope that your mom's strengths will give you also strength to continue everything you want to do. Thank you so much. That is that means so. To me and to my brother and our family and I and are wave watch family.

And yes, uh, Linda did leave an incredible legacy and, and we just seek to honor her in what we do. When I first met you and learned about what you're about, I know that you are following a similar path and doing it very gracefully at my dad.

So yes. How did your mom Linda develop and invent the wavewatch? Yes, so a fun, a super fun story. She was using frequency technology for diagnosis. It was called the biomeridian and it was a large machine that hooked up to a computer and would run different frequencies through your meridian points on your body.

And so on one hand she would have a little stylus and she'd touch here And the other hand, the patient would have a brass stylus in their hand and it would complete a connection.

So these frequencies, she learned so much about frequencies. And so I remember the first time she tested me with this system and she would say, The machine would make this noise.

It would whoop, whoo, and so she, you'd hear this. Noise. and if something was wrong, it wouldn't make a funny

noise, a real different noise and said, Oh, John, You are allergic to camel hair.

I, I. Remember it like it was yesterday. Allergic to what? Camel hair. Yes. And I said, okay, that's great. I don't plan on going here or there. Then she said John, your liver is messed up.

That was going through a point in my life where I was not doing anything that should have been making my liver have a poor functionality, except I was on my third round of a medication that's outlawed in Europe because it destroys your liver.

And so I had no idea that it was doing that and I have really terrible allergies and had all these other things. So Linda, my mother was amazing. She diagnosed this through the machine.

I obviously got off the medicine and was able to have a very full and complete healing and my allergies got a lot better as well. a huge praise, but yes, that worked for me.

And so Linda, Linda really realized, well, hey, if we can, If we didn't diagnose with frequent, and then, you know, You have this concept of the opera singer and there's a crystal glass and that same concept is something that she thought, okay, Well, can we not make a wearable device that would bring sound frequencies and play them into the body and be able to potentially help support our body's systems in various ways.

And voila, there it is. And I say voila as if it was an instant. She had the idea in about 2007, 2008, but she wasn't able to bring it to market until 2019. And so the watch came on to market in 2019. Our very first watch, it was square.

It was very large and it did really well. She even was able to, this is before COVID hit, she actually had COVID frequencies on the device and everything was individually named and such.

Very, very fascinating. But really, also in regards to frequencies and how she was able to bring this to life is basically you have this 80 years ago, there was this doctor, Dr.

Royal Raymond Reif, and he is often considered the father of frequency medicine. Basically, he was able to use an incredibly high-powered microscope and he could look at things on a cellular level, play frequencies to those cells, and then watch them as they would burst or would transform because of the frequencies that he played to them.

So we're all standing on the shoulders of giants and he is certainly the first one that really was able to understand and leverage the power frequencies and to document those frequencies as well.

That was a high machine right. Yes and so so doctor rife invented the right machine and we have other types of things and. Linda always said she said this is kind of like a right to machine happens to be on your wrist.

And so it's a bit more simple and and you know you don't have to go to a whole week long seminar to learn how to use it it is very simple. We found it to.

Be very incredible as well so. So how did you transform a big machine into something that sits on your wrist and has the same effectiveness? So we haven't been able to measure the exact effectiveness of this machine versus this at the same time.

By the Rife machine, what I've understood about them is it's electromagnetic frequencies. Our frequencies are sound-based frequencies, many of the, even the LED, the red light and the infrared light, those are also frequencies but they're delivered via light.

But our device that Linda pioneered uses those frequencies and it is translated to sound. and then played in our bodies. And from what Linda shared, some incredible research with all of us, but basically she always taught us that each of our cells has sound receptors on the cells and that these sounds are transmitted and passed through the body via the sound receptor in ourselves.

So the watch is making music? Yes, yes, it actually has a speaker on it and here I'll turn it way up so you can hear it. I have mine on mental clarity.

Mental clarity is what I play in the afternoon and to have better focus and it's kind of like an ADD type frequency and I will play it into my speaker here but it sounds a little bit like a fax machine but yes it is basically A water-resistant speaker right here.

This is a charging port. So it's a water resistant speaker. It's playing. And it is not meant to be heard while you're wearing it. As soon as I put it on my wrist, you can't hear the sound anymore.

You cannot hear a sound when it hits your wrist. Meaning, it will not prevent you from sleeping at night. Correct. And it's something that can be worn during the night and during day and it is not going to bother people around you.

It's playing directly into my wrist and I cannot hear it when it, when its contacting my wrists completely. So can you tell us what are the programs that are actually on this watch?

You mentioned focus clarity. What can I find on the watch. Yes, so we have about 150, we call them frequency sets, which is basically a concentrated playlist that's about an hour long.

They go through various different frequencies to help support our body. Basically, I had the privilege of working directly alongside my mother and developing these frequency set.

At some point in 2024, the FDA said, hey, You're not claiming anything crazy except the specificity of the frequencies that we had on our device. They were so specific that it was almost inferred that they would help with that type of thing.

And so basically what we did was we took all of our incredibly specific frequencies and we bundled them into a targeted playlist. And so, basically, like, for instance, there's one, let's see, I'm trying to give something kind of funny and interesting, but we have one in the self-care category.

We have on called after-party support. And that kind means a hangover, okay? So the hang over is an hour and four minutes of frequencies. There's headache, nausea, lymph and kidney detox, liver detox.

And I think I said nausea and upset stomach. And then I even put an anti-addiction frequency in there too. So that is after party support, which is hangover support.

That kind of tells you that that's the inner workings of one of the frequency sets that we have in here. But we had a few different categories. The first one is, we jokingly call it first wave, or actually that what it's called, not joking, but Linda always said that people didn't read the manual.

so the first thing she wanted them to do was play first-wave, Inflammation, pain, and trauma, we call that wave relief. We also have one that's called Lime Wave and that is obviously going to be something that will help support your body against Lyme disease.

Parawave for parasites and then wave defense which is pathogens. It's just an incredible amount of pathogens that are all packed into one. frequency set.

And then we have several flavors of detox that are all in. That's the first thing. So that's a first folder that you see when you open up your WaveWatch because those are the most important things to kind of get started for our body to be able to detoxify and to try to help alleviate some inflammation, pain, and trauma.

so that is the 1st category. Where people can go to see how many programs do resonate with them or will fit their needs. Yes, it's just wavewatch.com, w-a-v-b-e-t-c-h dot com.

So it was wave with no e, watch. com and we also, what's been amazing is since 2019 when Linda released the first WaveWatch, What's Been Amazing and just really remarkable is the testimonials that people share because it is one thing to try something or to say, oh wow, my mom made this and all these different things.

But when you hear from people across the world how these sound frequencies have been helping them, that's the amazing part to be able to get up in the morning and realize that because of Linda's vision and how she put this together that people's lives are being changed in various ways.

And where I say with that is because on our website you can go to the review section. And you can filter the reviews. And so if you have back pain, you type in backpain and you'll see what other people have experienced in regards to back.

Pain and actually not just experience, but then had the courage to come back and fill out a review on our website of their own accord. So just an incredible array of different things.

I'm that the sound frequencies of dot but i would say you know and i joke that if you were to bring just randomly select twenty wave watch customers that you are showing some great results.

You would have twenty very different symptoms that they're working through. We have a lot of people that use the wavewatch for emotional well being where people use it for.

Nerve pain, we have people that use it for kidney stones. Yes, it's true. It's kind of wild. So it has really been neat. But we're continuing to learn more about frequencies and to just try to bring the best frequencies we can to all of our customers.

And I mean, you are speaking of testimonials, have you any side effects that have been reported, any problems? Should, for example, somebody with a peacemaker be affected with that?

Great questions. So no, because these are purely sounds, it's purely sound that are coming. It's not going to affect the pacemaker. We haven't really had anybody say, oh, well, these frequencies, there was too much.

Sometimes there can be during the detox phases, and if your body is really trying to get rid of something and it is working, sometimes there could be, I wouldn't say discomfort, but people feel something a little bit and then they'll feel a huge relief with the And I will also say with the detoxes that we have several new flavors of detox, if I can call them flavors.

And excited to say that, we used to just have three different kinds of detox, but we've added more. So in addition to chemical, about an hour of chemical detox and then environmental detox.

and heavy metal detox those were the original three that had. But we added EMF, electromagnetic frequencies to detox. And then we also added a glyphosate detox and a mold, and then also plastics detox, as well as spike protein and vaccine detoxes.

So you can create kind of playlists of all those detox modules, then you detox of also things just by wearing the watch. Yes, but we also, you know, the body has certain pathways of detoxing, and I wouldn't call myself an expert in that, But I know that the WaveWatch is a tool to be used alongside of other things that we do, whether you're doing a foot bath or a lymphatic massage, or getting your detox out via a sauna and sweating.

The body have different ways of detoxing and the wavewatch needs to used in conjunction with those traditional pathways as well. but it can definitely augment and help people along their detox pathways.

So it's not panacea for everything. It has to be included in a lifestyle and being part of health tips that you incorporate in your lifestyle on a daily basis.

Of course. Yeah. So is there any, what are your favorite health tips, speaking of health steps and trends that you

like and you recommend to incorporate alongside with wearing the WaveWatch?

When you are facing cancer, the choices can feel overwhelming, conflicting advices, endless options, and very little clarity. At Maison Belchanski, everything begins with science.

For decades, molecular biologist Dr. Mirko Belzhansky studied how specific plant extracts interact with cancer cells, work that continues today through independent research and real-world use.

Maison Beljanski offers carefully formulated supplements inspired by that research, along with targeted support for immune health, cellular resilience, digestion, detoxification and overall wellness.

You will also find educational books, organic teas, personalized health coaching and wellness programs designed to support the whole person, not just the diagnosis.

This is not about quick fixes. It's about informed choices, thoughtful formulations, and supporting the body alongside conventional care. Explore the products, the research, It's been such an honor and a pleasure getting to work with my mother and B, to attend certain conferences and meet people like yourself.

And there's just an incredible array of different supplements and other things out there. I can't take all the supplements in the world, but my wife and I, we made an investment in a sauna and have really seen some great benefits from that and really just that being a part of A part of our health journey, but it's also been a part our emotional journey because we're able to spend some quality time together and it is like a daily practice of that quality.

It's not just the quality of time and not the detox and what the great heat does for us and infrared light. but it's time together. That's been great.

Additionally, I would say we, and this is very French a little bit, but we normally take a daily walk in nature, normally after our evening meal. And that's just been, that is such a good thing for our bodies and our digestion, But also for spirits as we…

It's a great time to talk things out and to just appreciate nature and appreciate the ability to move and do those things. I know there's a very simple things, but those are ones that I hold very dearly and have been a great benefit to me recently.

Yeah. And you were speaking of quality time with your wife. Since this is a family company and you are working with you brother, what What is your experience of working with family, leading a company together?

It's not always easy to be just too much together. Yes. You know, when it was Linda and Joseph and myself in leadership, it is great because we had an odd number.

And so if there was something to be voted on, there is not an even number, so it's pretty clear. Linda would always pull the trump card of, okay, well, that's my company, this is what we're going to do.

We loved her for that. That's our prerogative. I would say that now that it unfortunately is just my brother and I, we each have one vote. It's been great to learn to compromise and to work together and, and see external advice to kind of sway that vote one way or the other.

But we, we do well. We've, We are fairly close in age and we get along very well and but we have different perspectives. And I think that does help though, because we need different perspective to be able to see a problem from, from different angles and too, to fix that in the long run.

So now, Remy, you are together. What is next for your company and for yourself? Sure, great question. So we just continue to want to deliver a great product to our customers and we want support them.

We have an all US based customer care team and just really continuing to spread the message, different messages that Linda shared about frequencies and about using sound to help support our bodies and our health.

we are looking at some new ideas but not releasing anything new this year or anything like that. But we are looking, you know, Linda was very clear. She said, boys, I want to make sure that we make these frequencies available to people all over the world in whatever way we can.

And so we're just researching various different ways to do that and building a great team because really it's all about team and having a family. When I say family, the people that I work with and we care about, they're family as well.

And so we're currently putting together a really great team to help this product to continue to grow and continue, to serve our customers in the best way that we can.

How do you associate, identify your wavelengths and associate it with some specific benefit? That's a great question. So that kind of goes back to some of the wisdom that Dr.

Royal Raymond Reif brought to play. Like I said, he was considered the father of frequency medicine, but also various universities across the country are actually experimenting with frequencies.

Namely, MIT just did a study earlier this year about Alzheimer's and that there are being benefits from a 40 Hertz frequency. And I wish I could tell you that this device would play down to 40 hertz, but it doesn't.

Its bottom is not that low yet. But the University of Michigan is doing some work with lithotropy and there's a lot of universities that are working with frequencies.

So we're able to see what they're doing. Look at Dr. Reif's work, then there's several other people in the last few decades that have come out and published these frequencies and so we're putting them together in such a way that they can best be easily accessed and used and brought into the body.

Yeah, so there is a lot of research behind those frequencies. Is there some frequency that can have a negative effect on your health? When cancer enters your life, the questions don't stop at treatment.

You start asking, why? What else? And what more can I do to support my body? At the Belzhansky Foundation, we believe cancer care deserves deeper answers.

Answers rooted in science, not in shortcuts. For decades, groundbreaking molecular research by Dr. Mirko Belzhansky explored how specific natural compounds selectively target cancer cells while spearing healthy ones.

That work continues today through independent research, education, and global collaboration. At belgianski.org, you will find evidence-based resources, expert-led conferences, books and conversations that explore integrative approaches to cancer and chronic disease alongside conventional care.

Whether you are a patient, a caregiver or practitioner, this is the place to learn, to question and to think more expansively about healing. Visit belgianski.org to explore the research, attend upcoming events and connect with the Belgiansky community.

Because informed choices begin with credible science. There are, and I wish I was a no, but if you've heard of the Havana syndrome or some other type things, some of various countries are experimenting with ultra-high frequencies delivered at an incredible volume and intensity.

And ultra high frequencies can potentially be difficult for our bodies to process and for us to cope correctly. But the frequencies that can be produced in the speakers that we have here are not anything that is high enough or of a high-enough intensity to be weaponized.

And ours are designed to support the body and not to it be something that could hinder it. Yeah. It's really important and part of the beliefs of family legacy to only do good.

Yes, only to do the good, that's right. Absolutely. So, I mean, somebody who wants to get a watch. How does it work? Or where, where do, which website do I open?

Does this watch come with a guarantee? How Does it Work? You have such great questions Sylvie. Thank you. Yes. So the, the watch, you can get it and you know, You can go to wavewatch.com.

so w a v a t c h dot com slash Beljansky. And that would actually go to a special page for your viewers. And your the viewers and listeners will get a 15% discount on the WaveWatch.

Thank you. Yes, you're welcome. The Wavewatch does come with a 30-day guarantee. So if it's something that's not moving the dial for you, or it is not meeting your expectations, then it can be returned at no charge within those 30 days.

Okay, great. Can you show it again, your watch? Yes. Sure. It comes in different colors, different models. Yes. We have rose gold and then we have graphite.

And either of them, they will both ship also with a Velcro band, which is also easy to use. Then you just scroll through these different settings. You have favorite settings, and you scroll to these things.

Everywhere from germs to men's health and women's, organs. and sleep. I don't mean to change anything, but you'd asked me about some of my health hacks and different things for health.

When we retooled the WaveWatch and did these frequency sets, Linda and I worked together and we made sleep frequencies. And so what it does is it follows the Chinese body clock and our circadian rhythm.

And I'm very proud of this because we work together on it so much. So let's say that it's, Ima do this backwards here. Let's that is 10pm and I am going to bed.

I click on 10 pm and what will do is follows a Chinese Body Clock protocol. 10 to 11, and then it goes 11 to midnight, midnight to 1. And it actually helps your body and supports your buddy during the night in the same, at the time that our body is recharging certain organs and doing different processes that are outlined in both Ayurvedic medicine and Chinese medicine.

Because those two cultures, their understanding of the body clock is very, very similar. So we've actually kind of tapped into that and made something My HRV has increased tremendously from sleep and by using the sleep frequency.

So that's probably my favorite thing about the watch is to sleep right now. I really like this approach. I mean, it doesn't replace medicine and some other things that you have to do to take good care of yourself.

But what a great support and easy way to get this support to your health and the benefits of all those waves to our body without eating so many capsule every day.

I mean, this is a great, great compliment to everything you are doing. And I really am very, very grateful for your company, for showing up at Belgiansky Cancer Conferences and again today to give an incentive to our audience because I do really trust this.

This is great product and I cannot endorse it enough. Thank you so much. It's very kind of you. And we're delighted to be working with you all the past couple of years and into the future.

passion to help in the fight against cancer, I will say that losing one's mother to cancer will certainly redouble that and light a fire deep. And so we are very committed to continue to work with you guys in future and doing

everything we can to support cancer research.

And this is a beautiful legacy. And I am sure that your mother, wherever she is now, is pleased to see that you continue, that to carry. You don't let that hard work disappear and you continued to take it to new heights and new development and reach to more people and continue to help them.

Thank you, Sylvie. I appreciate it. Thank you, thank you John. It was a pleasure having you on the Belgiansky Cancer Talk Show and I hope we'll have other opportunities to speak together very soon.

Thank You. I would love that as well. Yes, yes. Hold on. I will let you know. Thank you for listening to the Belgianski Cancer Talk Show. If this conversation supported or inspired you, please follow the podcast, share it with someone who may benefit, and leave a review to help us discover these integrative perspectives.

For more resources and to see what we offer, visit Belganski.org.