Ep 562: How PEMF Is Changing the Game for Lyme, Anxiety, Weight Loss & More with Mark L. Fox Transcript

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Podcast Intro and PEMF Overview

Welcome to the Health Fix Podcast, where health junkies get their weekly fix of tips, tools, and techniques to have limitless energy, sharp minds, fit physiques, or life.

Hey, health junkies on this episode of the health fix podcast, I'm interviewing Mark Fox again. And why? Because we have results from the 90 day Lyme study that I did with gracious donation from Mark fox of 10. vibe personal PEMF devices.

Now, what's PMF? If you don't know, it is pulsed electromagnetic frequency, and it's what amplifies us. It's kind of like a charge for us, we are made of electrolytes and ions.

So all these little molecules that have a chart, We in fact have more electricity within us than one bolt of lightning. That's pretty cool. So what are these things doing?

They're helping to reboot us because life, because energy vampires, stress vampires people at work, things of that nature can deplete us. And if you're feeling tired, you don't feel your best, well, hey, guess what?

We have a charge issue. What goes along with charge? Circulation. The Chinese talked about this millions of years ago in terms of Qi which is our charge and circulation which Is blood flow in that world and here's the thing everything really boils down to circulation and our Energy that we have and you might say oh energy work.

That's woo-woo But how can you deny that? We have electrolytes in our bodies a lot of us drink electrolyte to help reboot ourselves that is a thing and we fire our neurons using using potassium, using sodium.

There's also voltage gated channels where our cells communicate with each other. So that's energy folks. Nevertheless, Mark and I are going to talk about our results from the 90 day Lyme study and turns out, you know, we didn't cure Lyne, not that I expected to, but what I found is that a lot of folks are feeling better mentally and nervous system wise.

having used the PMF device. Now me personally, I have seen some awesome stuff from getting my gut moving a little bit better to helping me sleep better and even just feeling more chill.

My pets who have a bit of separation anxiety because why not? I'm such a cool mom. They do well with the VIBE device as well. And so Mark is the owner and CEO of Rezona Health, which manufactures the Vibe personal PEMF device.

And man, this is cool because I've seen the benefits of PemF, but it was these mats you have to lay on, right? So you've to dedicate time to do that. There are tens of thousands of dollars, whereas the vibes around 300 bucks, you put it in your pocket, and you can take it on the go.

You can multitask with it. there's no reason not to be able to use it. And it really does amplify anything that needs a little rebooting or recharging within your body.

The reason it seems to resonate most with me and probably works well for a lot of folks is that Let's face it, when an organ system or something in our tissue is ailing, it needs a charge.

It needs circulation. How do we do that? Well, we can move. We can circulate. we could take all kinds of supplements to boost circulation, but really we're charged electrical beings.

Why wouldn't we use charge to do it?

Lyme Study Setup and Early Reactions

So, nevertheless, I'm going to reintroduce you to Mark Fox. We're gonna talk all about my Lyme study up at the Center for Human Restoration in Crandon, Wisconsin.

My boss and the owner of the clinic up there, Laura Connor, helped me out with this super cool study. And I look forward to researching more with PMF as we move forward.

But nevertheless let's talk about what happened in 90 days with my group. All right, let me introduce you Mark. Fox, welcome back to the Health Fix Podcast.

Thanks for having me again. This will be fun. Oh, man. Well, we've been communicating back and forth because of our little Lyme study we did, and definitely I was expecting a different outcome, but actually the outcome is pretty cool in the end here because every single person wanted to keep their device.

And by the time we finished up the study at the End of May, one person had moved and we couldn't find them, They definitely still wanted to keep that around.

Originally, just to kind of bring everybody up to speed, you know, we have a previous podcast as Mark and I talked about his PEMF device. It's a personal P. M. F.

device called The Vibe. And we decided let's do a Lyme study since I see a lot of folks here in central Wisconsin who have Lymedisease and we wanted see what would happen.

And so Mark was like, hey, try this protocol with the brainwave, and then we deliver protocol, with it and another brain wave beta and, another Brainwave alpha.

So it was Delta, Beta and Alpha. And both Mark and I thought like okay, we're gonna see some, some brain stuff here, right? And we thought we were gonna, see reduction in pain and all that.

But we didn't quite see that. And in the first 30 days, you know, what I got from a lot of folks, and I'm curious to hear from you, Mark, here as to what people say in their first thirty days of using the vibe.

Do people, say, I notice something's different, but I can't put a finger on it? Do you hear that from folks? A lot of times you'll hear something it's that those exact words sometimes it something's not right, but they're saying it in a good sense, right?

It's weird because their brains like going something is not Right, because they are so used to the pain. So it just not that it is normal anymore. That's why they feel a little strange about it sometimes.

But yeah, we hear that a lot with not just with lime pain, back pain neck pain anything, anything. See that alot. And so it's fascinating because, of course, explaining to folks that when you feel not quite right because something has changed, your nervous system tends to be like, wait, this isn't safe.

I can't decide if it is safe or not safe, and of, course I did some education with our folks around that and going, okay, seeing that you all want to hold on to the device and they all brought it in and were like this thing is cool, but I cannot, like I said, put a finger on it.

And I was like okay let's try something different. So Mark and I were all right, let us just try general inflammation. with these folks and see what happens.

So with general inflammation and what you've heard from your folks, what do folks usually say when they use the general information? Do they feel like less swelling?

Did they fell less puffy, less pain? What kind of things do you get out of folks? All that, but mostly just, I feel better. I mean, general formation, in fact, that's the protocol we go to as a default for a lot of 80% of all ailments in the world, the underlying cause is general inflammation.

So that's what we recommend a lot. If the specific one isn't working for you, then try general information. And, you know, I mean, obviously with Lyme and for folks who are listening who maybe aren't as familiar with lyme, we're talking swelling and joints that might be your wrist in one day and it's your ankle the other day.

It is kind of hard to nail down, like, is it better or not? Because if the pain and presentation shifts, it can be a little tricky. And this is one of the things we ran into with trying to figure this out because someone will be like, well, my ankle feels better, but my wrist keeps swelling.

So it gets a bit tricky in the questioning. For folks who want to geek out on what we use, we used a standard line questionnaire that was about 37 questions.

I chose at the end to not use that and ask more subjective, just kind of like hey, Let's do some general questions. So Mark, I didn't even tell Mark what I asked here.

This is the first time he's hearing this. Mark and I switched the protocol to general inflammation. I added anxiety to it because every single one of the folks that I'm talking to said, "I don't feel as on edge." I don't feel as anxious.

And so I said, let's see how this goes. So we put that in and then I gave them a little more time. I actually gave him 60 more days and I had seven questions.

My first question, Mark, was would you keep this device beyond the test study and use it for your general health or the health of your family? Nine of the folks, because we couldn't track down the last one in the end, said absolutely and they actually admitted that they had given it to their family members.

They were like, I don't know if I'm supposed to do this, but. And so every single one of them had handed off to either a wife, a partner, kid. Some folks were putting it on their dog.

some people put it next to the cats. So I have a lot of outlier data there, But I consider this a positive thing. How many folks do you talk to regularly where they take their device and they're like using it for something, they give it to a family member and then they get results or they put on a pet?

Yeah, so my wife said when I first invented the device, she goes, the thing that sucks about your business models is not consumable. So you're only going to sell one of them.

I go, well, they may loan it to their spouse or kids or and she says, man, I don't know about that. Our best seller is actually the two pack, right? It's interesting because the Facebook haters will go hey, why would you sell a two-pack?

Don't you believe in your instrument? What, is it going break or one's not good enough? And they're like, no, that two packs is for that reason. People are going borrow it.

And that happens all the time. But I loaned to somebody and they're not giving it back, so we actually have lots and lots of repeat customers for that reason.

I didn't ask my crew about that. Everyone had theirs in the end.

Switching to General Inflammation and Anxiety

but I had lent mine to my dad and he was like, hey, this thing's kind of cool. So that's what he's getting for his birthday. In this case, there's a lot of that going on.

So another question that I asked folks is did the modes that you use, okay, I had the anxiety, had a general inflammation modes. Did you trend to try other modes and which ones did you do?

So I'm going to give you the list and I am curious to hear kind of what you hear from other folks. So we've got two of the men tried the quit smoking one and one of them said that they had cut down from a pack and a half a day to seven cigarettes by the end of it.

So that's pretty cool. That's really cool and he's 82 years old and said he has been smoking since he was 14. So I would say that is a big deal. One man tried the hangover mode.

He said, I think I felt better. Yes, that one works. Two men and four women tried allergy mode and of course it was allergy season going through March and April and May when I kind of had folks in their different stages here.

Have you heard much from folks talking about allergy modes? Anything in particular? Yes, for sure. And that's one of the ones that most people will, it's not 30 days, they see a response sometimes when they run it once.

In fact, my friend goes, he sent me a text, goes oh my God, this thing is amazing for allergies and stuff and asthma. It's like both those things are, and I said, you idiot, are you just now using it?

Because I gave it to you three months ago. He goes yeah, I just used it last night. I'm like, yes, told you it'd work. So we see that a lot. Also with allergies, because it's for people and pets.

We see this a lot with horses and dogs, right? So one of the number one ailments in dogs is allergies, which is why they're scratching. So it helps a lots with dogs and horses, and stuff with allergies.

They're sniffing grass all day, they got a face in the dirt, in grass. And the owners will go, this is amazing what it did. It's always been like that, the breathing hard, or they are bothered with the allergies a lotta times, asthma too, so they see that in horses as well, that it is helping them a lost.

Horses and dog and people. Nice. Yeah, this one, I didn't think about it during the allergy season, but folks, you know, get stuffy, they get the watery eyes, whatnot.

And so I found it interesting that, yeah, like half, more than half the group had tried the Allergy Mode and pretty much everyone said, Yeah. Less stuff, less watery eye, just feeling less reactive.

So relative to that too, is cold and flu. Yes. People will run that and they'll almost see something immediately. Case in point for me, when I get a cold, When I feel that itch in my throat, I know I'm gonna have a headache for two days and I it's gonna last two weeks unless I run that device.

So I have my own data there that it goes away in a day or two. I start running it as soon as I feel the itch in my throat and it way better. We get a lot of people with that with cold.

For long COVID, the flu protocol is killing it. Tons of People have no other solution for long-COVID. The flu Protocol is helping a lotta people that.

But you're not allowed to advertise anything about long COVID, you can't even say that word. I know it's so frustrating. I'm not adding it out because I want people to hear this.

And I have one gal in our group, in fact, and I am glad you brought it up, who definitely started to have a lot of her symptoms of Lyme right around the time that she had the Vax.

Anne started to have trouble with walking, coordination, tingling in her hands and feet. And so she has Lyme, but it flared it and then ended up with what I would call long-haul COVID.

In fact, let me read her statement. She had said that she continues to wear the vibe because it feels good. It's

helped her in the tingle in hand and foot.

in her gait, she's able to now go up and down the stairs without feeling like she is going to fall forward or slip down those stairs. And she was also slow to start walking and now she walking better and feels calmer with it, just in general, trusting herself more to walk.

So, and I've seen her move and it's so So tell her with the tingling in her hands to run fibromyalgia from the core protocols and neuropathy from expansion protocols.

I don't remember which of the five brainwave ones it is for neuopathy, but it's on the list. Ever run those two for the tingly in your hands or feet, any tinglings.

and a nerve-related issue around those two protocols. Okay, we can easily do that, because out of all of the 10 folks in the group, she's the one that was like, and she had the most severe symptoms.

The rest of folks, Lyme, indifferent, I shouldn't say severe, the more clear, like my gosh, this is really impeding how she functions. Everyone else can function, but they're not functioning well.

I better preface that. for sure but okay we will let her know and those of you guys who are listening for this like you heard it now what else to do if you've got some tingling going on and so as i go through the modes the other really popular modes i had three men and seven women doing the relax and balance mode so that tells us how many people are feeling that stress going on in general and just feeling more calm.

Do you feel like you get a lot of folks talking about that particular mode or is it kind of not as a popular one that you hear? It's the most popular, so I'll phrase it this way.

So the popular ailment in the world for people, pets, dogs, cats, horses, and humans across the planet in every culture is anxiety. It is the number one ailament, flat out.

We're running an anxiety study right now and what I'm telling people to do is run the anxiety protocol, run relax and balance, then run brainwave alpha and theta for vagus nerve.

I actually have a study going on right, I just started it actually. Um, and I'm telling them to do all three of those and it's just like you're doing now get feedback of which of Those three all Three of them is one better than the other what we're finding is with some people and the reason I did that was some People on the anxiety protocol a small small percentage their anxiety gets a little worse And what I think it is is because it has a lot of 40 hertz in there at gamma level Gamma's the highest brainwave for listeners and stuff So it could amp you up a Little bit relax and balance has less of that and vegas nerve one is nowhere near that The vagus nerve is alpha and theta, so it's going to be in like an 8 to 10 hertz.

So we're telling people we'll find, we know a whole lot more in 30 days on that, but that's a complicated question to answer to your question. But try all three for anxiety.

And again, you know, You can see your dog, right? Separation anxiety, fireworks. Horses are, one of my horse owner friends told me years ago, a horse thinks everything's gonna eat him.

Constantly think they're gonna die right that they so horses are constantly stressed out Here's one most common thing with horses when they got to take a horse owner has to put the horse in the trailer The horse is gonna freak out because they don't like the Trailer the Horse owner.

So my avatar is a cowgirl at 52 years old. That is the horsepower Okay They freakout a week ahead of time because I know they gotta deal with the horses in a weak to load them on the trailler and So we're saying horse owner running on you, then run it right before the trailer shows up for the horse.

So you calm him down and they see a big difference.

Other Modes: Allergies, Cold/Flu, Smoking, and Weight

Horses is pace. I almost, if I didn't have a good conscience, I would make a protocol to just make horses lick because every horseowner tells me if they're licking, they are happy.

huh i didn't know that and their ears to make sure the ears are in the right configuration so it's licking and ears so i need to come up with a horse ear lickin protocol because every horse owner is like that's sold as soon as they do that they see that in a go they feel better oh my goodness oh goodness all right noted noted i know my guy he's of course hanging out by me right now i've got the device on me currently so proof guys that i have it and it''s running right here.

So he likes to hang out with me. I've noticed like anytime I put it on, and I think you mentioned that in our original podcast, that the pets will follow you around.

That's a follow. You they'll go lay it lay on it. And so we have for dogs, it's for pain in the butt because in general, because cats own the world and they don't care, you can't put anything on a cat, right?

I have learned you also can put on rhinoceros because the rhino will smash anything you put. On it, You can. Put it in on giraffe. Okay. But Rhino is no.

So we have dog bandanas that are specially made that divide fits in. And we. Dog harnesses that have a special pocket for the vibe that should be here next week.

Nice, nice. So, so working on like anxiety when they're on a walk and not becoming hyperactive or, or aggressive. Three things as human or horse or our dog is anxiety, relax and balance and vagus nerve.

Oh, this is so good. I'm so excited that you, you allowed me to, to do this because it's been so fun. and just playing with it myself and the other, my other co-workers as well.

So going through the modes, of course, women, and we're gonna talk about your peptide cream here, because we need to talk that for anti-aging. Five of the women tried the weight loss mode and four of women the insulin resistance mode.

And so I'm thinking we've got a lot of ladies trying to see if they can drop a little weight, seeing how they use this as well. Both, you know, both sections of those folks, I said, well, what happened?

Did you lose any weight? They're like, Well, not really, but I didn't feel like I was as hungry. There wasn't like as many cravings. And one gal in particular said maybe I did lose a pound or two probably because I wasn' eating all the things that I would be kind of craving.

So. So the weight loss, here's the secret, the top secret. The weight lost and the insulin resistance are the same protocol. So, weight-loss will not work unless your weight gain is due to insulin-resistance.

Now, type 2, again, SUVs are definitely going to show up now. Type 2 diabetes, I said it instead of blood sugar, is For sure, that is, we have another study going on with that.

I have so much anecdotal data, but we'll have a third party independent lab running that study to go prove the numbers and statistical significance and all that with blood sugar.

And I know it will because I've already seen it for the last several years. Right. What's cool about that one is everybody that's a type two diabetic already has a continuous glucose monitor or they're pricking their fingers, which may have to edit this part too, because the Libre people will probably burn my house down.

But the Bluetooth connection is raising your blood sugar. A study was completed on that that shows. So use, I am not a doctor, so I can't give you advice, but I would just say I'd rather repricked your finger than use something that

has the bluetooth connection and stuff.

That's a cool one because they can argue it, right? In fact, it's weird. And they'll go, out of this. My blood sugar was 220 and now it is 120. That happened in like 30 minutes.

How is that possible? They get angry a little bit because they have never seen anything like that. It's actually how I get most of my wholesalers, because we sell them in 10 packs and 100 packs for wholesaler, is they will go to the doctor.

The doctor will say, oh my God, your A1c is 5.5. it has never been below 8. You finally changed your diet, you finally did what I told you, and they go, I didn't do crap, this.

And they say, what is that? And I grab it and the doctor calls me. So we used to get about one wholesaler a month, we get three a day now or so, which is really cool.

I need to double check this number because I wrote an article on it but I haven't read it in a while. I think it's 417 hertz, so it is going to be resolved, I thing on here, for addiction.

So any addiction, what we're getting a lot of feedback with on that is snacking, right? I thought it would be like alcohol and it does help for that and drugs, but just snack and potato chips and people aren't hungry anymore and, it a weird thing, this is a common response.

I didn't even realize until two weeks later that I'm not snack anymore. And I always buy potato chip at 7-Eleven. or coca-cola right i'm addicted to the coke right it's not in there anymore but sugar and that type of stuff so we'll check at the end i think it resolve right this 417 let me look i can pop off this resolve hold on a second yeah 470 hertz resolve so the core protocols run that one for any kind of addiction You know, it's interesting you bring that up.

And I think this could be a huge thing to put out there. Like, we've got a lot of folks on the GLP-1s, and those peptides will help to curb appetite. But when someone comes off of them, many women are terrified for the food noise to come back in.

have been resolved there to help with the food addiction, I think could be an incredible way to rewire the system in terms of that desire for going after the chips or whatnot.

Especially in perimenopause, because I know even when my hormones dip, embarrassing, you know? I was never that kind of person, but now I'm like, I need chocolate, must find the good stuff.

It's like Louis C. K., the comedian, he's at the airport and I walked to the other terminal to get a Cinnabon, and no, i wasn't going anywhere. I'd already arrived home.

Yup. Yup, I mean, man, i'm telling you, at the airport in Seattle, they got Seattle chocolates. I will sometimes like be like, will they notice if I take two samples?

Anyway, went out of my way for chocolate. And I admit it. So I need to use the resolve as well. None of the folks talked about the Resolve mode, but then I did find something out.

I asked them, would you try more modes if I had given you a little bit more education on all the other modes? Because of course, in my time frame, I didn't have the time to do it.

They had access to your website, but hey, people are busy. And what they had said was, yes, they wanted to know what, and I would say I don't quantify this, probably most of the folks who were using the vibe were like I want to what every single one of those modes can do for me cause I'm like, I think this thing's amazing, you know, is how, how it was posed.

Yeah. So I mean, anyone that wants to cut this, this is kind of a weird thing. We took them protocols off the website

itself because the FDA doesn't want us to exist and they didn't them on the websites.

You contact us, we'll send them to you in a, a PDF form. so you can see that there's 59 protocols on. The core protocol lists and then the expansion protocols, which use the five brainwave protocols.

can be repurposed for 70 other things. So basically almost 130 protocols on there. Got it, got it. And of course, I can take the pressure off you, Mark.

I have those PDFs too, so folks, you can reach out to me too. Then that way he doesn't have the black SUV showing up at his door. They can come after me for a minute.

My nerdy friend that sits there and slings code in a dark room, I said, so how do I put these protocols on the blockchain so when the government kills me, my customers can still get it?

He goes, you're going to love this acronym, IPFS. What is that? It goes Interplanetary Filing System. I go, is for real? Yep, it's a real thing. So pmfworld.eth.limo.

That's how you put it in the Blockchain. All of it is in Blockchain if anyone wants to go get them there. People go to that too. Love it, love it. You guys are so smart.

Guys are smart on that. So then I asked folks what mode of anxiety, like you said, anxiety or general inflammation, which one did they like best?

Addiction, Food Noise, and Feedback from the Study

And if they didn't like those two and they had played with another one, Five folks said general inflammation. Two said rest. I put rest and relax. That is not the right mode.

Yep, relax and balance. And then two said anxiety. So interestingly enough, even going back to the protocol and they had played with others, they still like that general information.

There is something to, the general, inflammation for the Lyme. I think we're on to something here, and I It's balancing. I think it's a foundation. And then where people are at now, we tweak it to what else they need.

Because as I tell folks, and you probably believe in this too, since you're working with PMF, you got to change the physics before we change to chemistry.

One thing next time you do it that I would encourage you to ask them, because this is the phenomena that's a big deal. People forget how bad they felt 30 days ago.

And it's true with this, it is true for any medication. I have a chiropractor friend I've known since kindergarten, and he's like, Mark, that is why I videotape every new patient.

They come in on a walker. The next time they come, they're on the cane. Then they came in with the lap dog. And it's like, well, I could always do this.

No, you couldn't. So he shows them the video. You couldn' do that 30 days ago or two months ago. One of the best litmus tests that we found, which by the way, we're going to start selling our own smart rings and smart watches so that people can actually measure the biomarkers to all those things you just said.

But one of best Litmus test of all this, ask your spouse, your kids and your friends if you're being less of an asshole. That's it. I remember this. I remembered this from our original podcast.

Yes. Are you being nicer to, you know, your friends invited you to a picnic they haven't ever done in three years, right? To come over and suddenly your kids want to hang out with you.

And guess what? Your wife doesn't want get divorced anymore. These are all real case studies. Not case study, but feedback we got from customers is. School teacher.

The school teacher will be the one to call the parents and go, You changed Johnny's ADHD drugs, didn't you? No, why? He's paying more attention, blah blah, right?

So the teachers see it, spouses see, your friends see. Ask people like that. Don't lead them to the question. Just say, hey, do you think I'm actually better or cooler to hang out with these days?

Or, you know, come up with your own phrase for it. But that's what we're finding is a huge test that because you forgot how you felt 30 days ago, or this is my theory, I may get in trouble for, but I start spreading the word.

If you didn't forget how bad you feel, women would never have two kids, They're forgetting what happened on that first birth and how painful and awful it was.

That's probably the only reason. It's something in evolution that's making you erase that from your guy's brain. If you only had one kid, we wouldn't be here.

Elon Musk theory that in 20 years, the population has to be less because each couple is making 1.8 kids instead of more than two. The population has to go down statistically anyway yeah all those things yeah yeah i didn't ask the partner or the the family question for sure but i definitely asked everyone at the end like what do you feel has changed the most and and then i showed them their before and went to it, and really in particular, my 82-year-old that was in this study, he was like, well, I feel definitely more chill.

The smoking changed, right? I'm not smoking as much. And then he's like I don't know about my feet and walking, but I said, you're not using your cane anymore.

He's, like oh yeah, just like you had said with the Cairo. and he also got himself into the podiatrist and got him some orthotics that actually worked for him.

So he is more motivated to take care of himself. I am seeing him be more motivation to care for himself, He doesn't have his wife passed and his family, well, they're kind of not so in his picture.

So really it's us that see him on a regular basis. It's pretty cool. And he goes golfing now. He wasn't doing that and he's got it around his neck all the time.

We can around the neck I don't know if we talked about or not and my I only know If I gave you one of these yet if I didn't shame on me is the new Vega vibe pendant No, no, this is cool.

So is a Vegas nerve toner. Okay, This is near idiot proof, right? You turn it on you select the one you want you hit play. This double idiot-proof There's nothing to do but turn the button on nice.

It's a white light and you just Go like that Where it is pendant now what it's doing is is the vagus nerve. So this is where I think I made a clever solution here.

One is reason I invented it is because the FDA doesn't own vagous nerve, okay? It's not an ailment. But the Vegas nerves in your brain comes down both sides of your neck.

It clusters around your heart, goes to every organ, every part of body pretty much. And it's the super highway between your brains and your organs that talk to each other both ways.

Because there's a cluster near your hear, and I actually saw this in a Ted talk, as soon as I saw that, I ran in here and made note.

Vagus Nerve Pendant and New Products

Build a pendant. because this looks like jewelry. Granted, it's bigger than I wanted, but this is where the technology's at today. We had to jump through all kinds of waveform, transmission, hoops, technical stuff that I don't even understand to get it as small as it is, right?

But this a new hot product that's really selling well, and it super, super simple. So it a Vegas Nerve Toner. It's very similar to the Vibe Alpha Theta, with a slightly different twist to it.

Here was the hard decision. we ran three different protocols for it, third-party independent lab with a doctor, and they all were good, but they were all good.

Eight different things we were measuring, heart rate variability, pulse, anxiety, general wealth, all the things that we measured. So we had to make a hard decision, which was a good one, we picked heart-rate variability.

The one that increased it the most, up to 55%. And I said to the doctor and go, yeah, I wish it was more than 55%, and he goes, you're an idiot. Athletes will pay millions of dollars for it to go up 5%. I'm like, oh, okay.

I've never seen anything that can make a change, 55%. I was like okay, so this is cool. This is our new product that's out called VegaVibe. It's another company website, but vegavibe.com.

So yeah, this was fun. Let's talk about peptide creams. Okay, you take the Vibe, and you go like this. Any protocol you can put into this, we're going to come out with two new creams, one is for wrinkles, it's going be a peptided base, two different peptides in it.

and water-based cream, and the other one's gonna be for pain, so it's a, I always have a hard time with this word. Agenic, right, a pain. Anagesic. I knew I was gonna say it wrong.

It's anagesik, yes. So creams with that for pains, it can be, just dreamed this up today, gotta look at my note. For the arthritis, carpal tunnel, general inflammation, back pain neck pain tendinitis, muscle strains, core protocols is run the vibe with the pain cream.

Because nobody, this is what I think is cool, I just dreamed all this up, me and my team in the last week, is it'll be the only PEMF infused peptide enhanced wrinkle cream.

Nobody has a cream that has peptides and frequency in it. So what we're gonna recommend people do, energize your cream with the vibe like that. Once it'll hold this for the cream anecdotally will hold frequency for 30 days, but we're gonna tell people recharge it every week Just for yeah, why not charge every we didn't hurt it use the creme and wear the device, right?

so for like arthritis with the Creme on your hands after it's energized and You said energize it once a week put it on a ring and where the arthritis hopefully you're going to get this cool dual action thing that nobody else has and We'll see.

We're going to run studies and all that. I'm super intrigued. kind of, what's next, am I doing the right things, haters, whatever, all of it. So for me, it's helped me sleep better.

It's also helped reduce my anxiety. I definitely will say this, interestingly enough too, I haven't had as much back pain as I had before. And I have some flares here and there, a nasty herniation in my L5S1.

Yeah. I feel like on the overall, since I've used the device, I don't have the issues during the middle of the day of things that would normally bug me.

This is the funnest job I have ever had in my life. In fact, we hired a new person a couple days ago. It's not a movie. You're going to be talking to people who have literally been tortured.

tortured or ex drug addicts or women or their husband, whatever beat them up, right? You're going to need to

abuse. There's a, cause most people that come to this have long-term mental or physical pain or both to find this technology.

You going be helping people. It's going gonna be like the coolest feeling ever, but get ready cause this is not a movie. This is fiction. These are real people to have life and things have happened to them.

Yeah, because PTSD and trauma, like, you know this, I think in our last week, 98% success rate. It's the first thing that we really started marketing it to.

We have the largest clinical trial for PMF and PTSD in the world. I'm gonna keep saying that until somebody challenges me, cause I don't know anyone that's done as much as we have with that, which is huge, right?

So it's super, super rewarding. Had a two, we had these at the Pentagon, had a Two Star General go, if this really works for PTSD, every soldier should have one a standard issue.

Trauma, PTSD, and Closing Thoughts

Please, how do I make that happen? So we have them at the Pentagon trying to make it happen. Wow, if that happens and we get one to every soldier or first responder, here's another secret.

I have a discount for military veterans. Initially, and then somebody at a police retreat said, hey, this is the greatest thing in the world. And then they all came and said can we the same military discount?

We're first responders. But I don't want to tell policemen and firemen and cops no. So, we've extended that to all first-responders as well. It's definitely field because in my Tacoma practice, I mean, that's basically a lot of the folks I see, it's a field that they need the nervous system regulation support for everything they see and getting treated like crap a lotta the time for trying to help.

I think that a mind bender in and of itself, and I don't know how people deal with that, but the truth is, is like, yeah, you're totally right. Anybody that is in any type of fight or flight situation, whether it's a job, you know, just life, this is one of the best things I've seen hands down.

And I would say probably 60%, so six of my ten people in my group have trauma in the background of some sort. That's why chronic illness stays around.

And most people know this statistic. It's something like on surveys, right? 60% of the world would rather die than stand on stage and give a speech. So this thing works great for public speaking or you got a meeting that, you know, the senior, your boss's boss is going to be there and that only happens once a year.

And you're presenting all that stuff. The relax and balance and anxiety and vagus nerve all help with that a lot. Love it. We will keep promoting that.

I love the new pendant. That is super cool. Anything for vagus nerve to help folks because so many people will be like, you just need to have your body feel safe.

And that's easier said than done. Having something to give the vibration of. All right, Mark. Well, thank you so much for coming back on. I appreciate it.

Thank you. So much. For helping out these fine folks up in central Wisconsin here, because they all love it every single one of them is showing their friends.

The kids are using it in their families. And so we have we definitely have impacted more than just 10 people and even the person who moved in. We can't find I'm pretty sure that we're still helping folks there and.

Gosh, can't wait to see that peptide cream and how things play out with your next steps. And I'm thinking once we

get this garden study going, we pop out again and go, OK, this is the next next thing.

Cool. Thanks again for having me. It was awesome. Hey, my pleasure. Hey fellow health junkie, thanks for listening to the health fix podcast. If you enjoyed tuning in, please help support me to get the word out about the podcast, subscribe, rate and review and just get that word.

Thanks again for.