Introduction to Bioenergetics

Welcome back to the conversation. We're going to have a talk today about bioenergetics. And I brought to you Steve McCardell. Hi, Steve. Hi, how are you, Laura?

It's going to be a great talk. I can't wait until it is. It's going to be fun. So you're a certified as both a bioenergetics and natural health practitioner, and you're the Director of Education for NES Health. and we'll be talking about what that is.

You've written and taught extensively on health and wellness topics, and you're the coauthor of the book Restore Your Energy with Bioenergetics. And, you know, recently on a personal note, I had you come in and teach in my group programs, my detoxing group programs, and it was a fantastic experience for all involved.

So I'm really excited to have you here. We had fun, didn't we? We did. People loved it. Okay, so here we are at the Silent Killers Summit and we're dealing with root causes of chronic inflammation and chronic inflammatory diseases.

And, you know, we're doing a lot of talks about toxins and infections and nutrient deficiencies. And we're also bringing in talks about trauma and stress.

And interestingly, Bioenergetics kind of touches multiple aspects of all of those root causes. So this is you know, when we think about Bioenergetics, a lot of time, we think about it helping with resolving traumas and stress and supporting the body where it needs on that kind of emotional level.

But it also touches the biology of the body and the terrain and the nutrition. And so before we jump into all of that, I think we need to define what Bioenergetics are.

What is this concept? So what's a biofield? What's bioenergetics? What the heck is this anyway? So I'll let you take it from there and then I'll just ask you questions as we go.

Okay. Cool. Yes. So bioenergetics, I mean, this is going to lead us right into Silent Killers like the ultimate Silent Killers. Because if you think about bioenergetics conventionally, what we're dealing with in medicine and nutrition is we're dealing with the chemistry of the body.

We all know about vitamins and minerals and things like this for dealing with chemistry. But chemistry is built from physics. Life is built from physics. That is energy.

So when you're talking about bioenergetics, you're talking about the energy of life. Now there's a field of science called bioenergetics, where they're dealing with life energy, but they're really dealing primarily with ATP that they chemical energy that the cells produce.

And what what we're doing with bioenergetics is expanding that out into all the ways that the body produces energy and uses that energy, which is really key.

So we have to be we have to have enough energy just like a car. We have to have enough energy to get somewhere. And then we have to use that energy efficiently.

That's our miles per gallon, right? So communication in the body has to be accurate and it has to not be blocked. And so there's all this about about dealing with the energy side of things.

And when you're talking energy, you're talking frequencies. So I like to use the example because a lot of people

understand this, that the sun strikes our skin and we produce vitamin D.

There's nothing chemical about what about that exchange? This is electromagnetic fields from the sun interacting with us and affecting our biology and making us do something chemical.

And so, you know, when we think about toxins, for example, and we might think initially mercury or, you know, any of the chemical toxins out there, but there are non-chemical, there are there are bio, there are bioenergetic chemical toxins as well, meaning cell phone frequencies, cell towers, right.

Wifi.

Energy, Frequencies, and the Body Field

There's all these EMFs and so when you really want to get to Silent Killers, you have to include frequencies that's in harmonic in harmonic frequencies, things that disrupt the field that our own body produces.

That's what you say. You know, you've mentioned the body field. Our bodies produce fields. And if those get disrupted because everything is based in energy, if you disrupt the energy system of the body, then all the chemistry is going to go wrong.

You know, people like to talk about trickle down. It's actually trickle up. It's you go down to the very smallest things. That's the foundation of life.

And it trickles up through through chemistry, into our cells and into our life experience. And so this is why bioenergetics is so important. I have a lot to say about frequency.

So people may be listening to this right now thinking this is really hard to understand. Like we have a frequencies. I want you to think about a moment in time where you met somebody and you were instantly repelled before they even opened their mouth.

You were just like creepy crawlies. Hair on the back of your neck goes up. Get me away from this person. That's energy. Or conversely, you met somebody and instantly were attracted to their energy.

It wasn't about what they looked like. It wasn't because they were attractive face or features. It was it was energy. You just knew like, I want to be near this person.

This person is safe, this person is loving, this person feels good. So that's kind of a kind of an example of how we emit an energy and we can pick up on people's energy.

But we're just kind of used to used to kind of ignoring it. I think it's like this sense that we have that we just don't hone in on. Some people do quite a bit and many people don't.

But I think, you know, while we're talking about the there's the human body biofield, but there's also frequencies when we think about bioenergetics and we're going to get into this and how we measure it.

Can you talk a little bit about some things in medicine that we may be familiar with that measure our bodies energy? So we talked about this recently when we did that class together, but we talked about MRI's and EKGs and we're actually measuring a frequency and energy coming off of your body in medicine when we do these types of scans.

So talk a little bit about that because that helps people wrap their mind around what you mentioned, the physics of this, right? Yes. Yes. Well, you know, and I'm actually preparing to talk right now where we kind of are dividing things into the electrical nature of the body and the field nature of the body.

And that's when you really get into frequencies and people can think of this as like if you want to think about field,

just think of the ocean and the frequencies of the waves across it.

Right? Like you have to sort of when when you're dealing with something invisible, like the fields of space, you have to sort of picture something to make sense of it.

And when I think of like, let's say an energy particle emitting a frequency, I just think of a bubble coming off of it, you know. And so I'm drawing a blank on what we were talking about.

I asked about medical technology. Yes. Thank you. So you've got the electrical you've got the field based. So you have your EKGs and your EEGs and things like this that measured the electrical nature of the body.

And and we have a lot of them. There's many more that will measure various factors as well as you have, even things like impedance of the skin, like how the electricity runs along the skin.

They can measure body composition with this. So there's a lot of ways you can measure the electrical system of the body. But as you mentioned, the MRI's, this is where I think it's really important for people to understand medicine's already using something where frequency and very specific frequencies are needed for MRI's to work.

So they have to have a radio frequency coming in at the exact right frequency that essentially speaks with a proton, which is part of an atom like this really tiny thing.

And they have to affect the spin of that proton for this MRI to work. And if they have the wrong frequency, there's not there's no conversation that's taking place. There's we talk about those as matches.

What's that? There's no picture that if there if it doesn't match, you don't get an MRI image. We can't see what's happening in there but No picture comes back from it. That's right.

Because what they're not doing is I think that they're altering the spin of the proton. And then when they take that off, the spin goes back to normal and that sends a radio frequency back out that they can then read the image to the body.

So it's it's crazy, but it all depends on resonant frequencies, like being able to match what we're doing with our machine, with what's going on in the body.

And that's that's really at the heart of what bioenergetics is doing when we make assessments also. Okay. So now we've established that bioenergetics is a frequency and that there's an electrical frequency and there's the field.

There's the body field. Right. So we kind of have these two things. Do I have that right? Yes. Close enough. Yes. Ish. Ish. Yeah. Yeah. See, it's even hard for me to wrap my mind around and I know.

You know what you're absolutely correct. It's it's more complex when you get into the fields. But yes, if you think about the brain, we talk about brain waves in Hertz and those are frequencies.

So when we talk about Delta and theta, a lot of people who are into meditation, they they they've at least heard of theta. Well, that's just a brainwave. And it's Hertz.

It's like about 5 to 8 hertz is the theta range. And that's just the number of like, you know, it's just how often it's going like this. That's all the frequency means.

And when you get down into the non electrical nature, you get into the field base. Now you're dealing with more complex sets of frequencies. But at the at the heart of it, it's really the same general concept.

Okay, so now we've unpacked that. Now why is this relevant? So let's, let's connect the dots here. Why would Laura bring somebody like Steve to talk about bioenergetics?

So how is this relevant to everyone here wanting to solve their health problems? Well, sort of relevant to all the areas you talked about already. So if we just if we just think, for instance.

Well, let me back up. Let's let me go back to this MRI concept. There's communication taking place between the equipment and the protons, the surviving protons.

The protons are in your body. So just making. Protons are in your body. They're parts of the atoms that make the molecules that make the cells but the same thing is happening with all the cells of the body.

They're all emitting frequencies. And when they are resonant with one another, there's a communication taking place. And so to make this as simple as I can, just think of WiFi, right?

Your, your router sends out information and it's picked up by a device. And that device does something as a result of them being in communication through this frequency.

And the same thing is happening in the body. And I can tell you I like to reference this one, this research that came out four years ago now where they said they they found that wireless communication was taking place inside the brain, even in areas where there had been a physical sever, like a surgical sever between the two areas.

And yet communication was still taking place. They said, we don't know how this is happening because they're used to thinking about neurons connecting and all of that.

Well, what's happening is there is wireless communication in the body. The cells talk to each other. And so this is why energy is so important. And what I was saying earlier about you need communication to be taking place.

You need it to be accurate and you need it to be efficient. So if I were to say something to you but you didn't understand the words I was saying, we don't have good communication taking place, so we need to remove blockages, which can be often from toxins that blocked communication between the cells.

We need to be able to flush those toxins out. To assist with that.

How Medicine Measures Body Energy

We need to make sure that the cells are sending the right information and then just to take it a little step further, if we think about the heart, you know, the heart is going to have its own cells and those cells are going to be in communication with each other because they're all supposed to be singing the same tune and same with the liver and same in the kidneys, but sometimes different parts of the body also speak to each other.

So for instance, the liver speaks, especially with the retina, but different parts of the eye. And this this is like if somebody knows anything about acupuncture, this idea of meridians in the body where there's a flow of energy, there's also a communication pathway, many communication pathways in the body that connect to different parts of the body and allow it to operate as a whole.

So if we're ignoring this wireless communication system that allows everything to operate as a single unit, right. So there's been brilliant, brilliant scientists in the past who've said, honestly, yes, the the the nervous system is fast.

It's very fast. It's not fast enough to explain how we can do things like hit baseballs or twirl on the ice and operate as a single unit so holistically.

So all of this underlies everything that's happening. So our ability to get nutrients from our food, our ability to even handle emotional events because of the way they build up in us, we need to clear those out.

Those are toxins of a sort as well. So all of this needs to be addressed at the very fundamentals of what our body is made of. You know, the word that's coming to my mind right now is the word harmonize.

So, yes. So if our body is an interconnected system of communication and I mean, there's no doubt I mean, if if people have a hard time thinking about the retina and the liver being connected, let's talk about something else that is easier to understand, which would be the gut in the brain. Right. At this point.

Everybody knows that there is a superhighway between your gut in your brain through your vagus nerve, and that what happens in the brain almost simultaneously happens in the gut.

In fact, there's research that shows when somebody has a stroke in the brain, so they have an infarct. There is almost a simultaneous and immediate shift in the microbiota of the gut.

So we know that it's a two way street. And and on the other side, we know that when something shifts inside of the gut, we can see an instant shift in the brain.

And this shift may manifest as brain fogginess or confusion or anxiety or or fear or anger or some emotion. But it could also be directly related to what's happening in the gut.

So what's coming up for me is harmony harmonize the body. And this is a good segway into talking about why we would bring bio energetics into to a body restoring protocol.

So in my world, in our in our programs, in our clinic, we start with supporting mitochondrial energy. We open the drainage pathways so that we can clear infections, we can clear toxins, we can we can get the body open and moving.

We support the fascia and the lymphatics. Then we go into clearing infections from the body, particularly from the gut. We support digestion. And then and only then do we layer in the deeper detox work once all these pieces are in place.

So now that's a lot of things we can do with supplements and food and, you know, biohacking devices like red light and sauna. We can use all these things to support all these areas of the of the body.

How do we layer and why would we layer bio energetics? We'll just take that example. Okay. We'll just take that example and go from there. What? How explain to our audience how bio energetics layered in would help all of that work better.

Okay. Well, I will. There's two things I want to start with. I'm going to mention the mitochondria, for example, just because you mentioned that is a starting place for you and as we talked about previously, so our company, one of the things that we've been doing is we understand that bioenergy is the future of medicine.

Now does not mean that there may not be a role for existing types of medicine, but the direction that everything is going to head is energy, because now we have the technology to do those things.

You can target things much better. You can not injure the areas you don't want to injure with. Something like, I don't know, say chemotherapy, if you were able to target with a specific frequency only the cancer cells or something, right?

So this is the future and it's not only going to be our company, this is the future of all medicine. And so to get us there, our company is really trying to take things more mainstream green than what energy medicine has been in the past.

And we're going to universities and we're doing studies on on cell cultures and finding out how they react. And one of the things that we found was when you introduced what we call an imprinted remedy, it's imprinted water.

When you introduce that to the cells we found and we had controls against this as well. So we would put in the water that had not been imprinted and we would put in the imprinted water.

And what happened was the mitochondria started to reproduce and there were more mitochondria inside the cells. And these mitochondria are producing energy, right?

These are what produce ATP for those who don't know. So so they were reproducing. They were they had more mitochondria inside them compared to the controls.

Why Bioenergetics Matters for Healing

So that's just an example of when you help the cell to sing, the right to tune, to be in harmony with its environment and to operate correctly from the very foundation of what that cell is, then it's able to do more things.

I mean, we've we found other things like viral protection and so on that at the cellular level this was happening in a lab, which is great because we're removing any possibility of placebo or something like that. So I really like that we're doing this.

So that's just an example of when we're talking mitochondria. That's a good example. Now let me step a little even further back. Once you start getting into things like emotions that come before you've even eaten some food, we know if you are stressed, you are not going to be absorbing your nutrients properly, you're not going to be digesting properly.

So let's talk about in an emotional component. Most of us have gone through some form of shock or trauma to some degree in our lives. That simply means it was too strong for us to resolve in the moment and it's never been resolved.

So there's something in us and it's why so many people are in fight or flight, because we all have these emotional stresses that we have not resolved, as well as just using that word stress just day to day stress that we don't process fully and it builds up in us over time and that ends up in the energy of our body.

And if that is not cleared out, it affects all the things you were talking about. It affects our energy. It affects it affects our ability to clear out toxins.

It affects our ability to absorb nutrients. It does all of this, the emotional component is really, really important. And you have to work at the level of the energy field to clear those out, because that is where those reside.

They're not chemical in nature. So so that's just a couple of examples of why I think it's very important. Obviously, we can we can go down any of these roads further on that.

But that's just a couple of things that come to mind initially. And we are going to go down those roads. So we are going to conclude the first part of this talk right here.

And then we're going to explore deeper. We're going to explain how to utilize bio energetics in a protocol. So this is important for practitioners to hear.

This is important for consumers of health to hear how we would incorporate. And we can just use my community as an example of how we would incorporate a bio energetic scan while we're doing gut health and detox and supporting mitochondria.

And this you know, Steve, I want to thank you so much for joining us today for this talk on bio energetics to our audience. I hope you're finding this conversation insightful and helpful if you're a summit purchaser.

Stay right here, because we're about to dove even deeper into this discussion with Steve. If not, click on the button on this page to get access to a continuous ocean of this conversation and many others, and get the tools you need to reclaim your health.

If you're watching this continuation of my talk with Steve McArdle, thank you for being a valuable member of our

community. We're going to dove right back into bio energetic here.

Bio energetics. So you started to mention the stressors and the traumas that get imprinted into our body. And I want to some I think sometimes people have a hard time if they haven't done any transformational leadership work or childhood trauma release work or something like that, sometimes people will say there's no traumas.

I'm fine, but I'll give you an example of something that could leave an imprint on you without you knowing. And it could have been like an accidental abandonment where your mom lost you in the grocery store or the mall or something, and you were frantically lost and thought, you know, something bad was going to happen.

And then maybe you were reunited with your mother and you felt like everything's fine, but imprinted in your body, maybe a feeling of fear and abandonment, right?

That's just an example. Do you have another example for me? I know this is your expertize, but I want to make sure people understand like these things happen and we don't like we feel like, well, I dealt with that a process that I was found, everything was good.

The nice policeman brought me to my mom. It's over. And that's because we're thinking from an adult point of view where we have learned to process something like that that wouldn't cause a trauma in us as an adult.

So we would look back on that and think, well, you know, I, I process that because I got I reunited with my mom. What you don't realize is that the younger the child, the less filtration there is.

And it is received as a literal thing in the at that at a very early age, these things are received as literal. So the body took on a literal abandonment.

It was real. And so once that resolution took place, there's a good chance that the body is still believing that that was true. Right. And the next time mom walks around the corner or whatever and you can't see mom, right.

Does it trigger more deeply because now you have this this expectation that she's gone? So there's all sorts of it's really, really interesting that in your early years, you record things literally and you don't have the same filtration.

And so, yeah, that's a great example that you gave how something so simple and as I said, it can be at different levels, right? And so somebody who has a severe trauma, they're probably much more aware of at least the results.

They may not know what caused it because a lot of these things are subconscious, just but they know the results. Others of us may just have this low level stress trauma going on all our lives, causing incidental health issues.

And we're wondering where those come from. So many instances. I'm sure you see this all the time, Laura. So many instances somebody is like, Well, listen, I've taken this out of my diet, this out of my diet, this out of my diet.

I'm exercising. I'm doing this, I'm doing that. I can't figure out why my body is still doing this thing. Why? Because there's an emotional component to who we are.

Yes. It's so fascinating early on in my functional medicine career. So I spent you know, it's no secret I spent 21 years working for Kaiser Permanente, one of the biggest HMOs in America.

And 15 years into that career, I started studying functional medicine and about, you know, six years after I started studying functional medicine, I retired from the the Western medicine world altogether and stepped completely into functional medicine.

And early on, when I was taking people through protocols, gut protocols, detox protocols, I would always have a handful of people that just didn't get the results of everyone else.

So we're all doing the same thing. Some people are like, I'm dropping £20, I'm sleeping through the night, my sex life is great, my mood is awesome. This is the best thing I've ever done and then there's other people were like, I can't move the needle no matter what I do.

I'm my symptoms are not going away. I'm not getting better. I've worked with five other practitioners. You were my last hope and I'm still stuck. And so I would go to my mentors, the people who I mentored with over the years, to train me in functional medicine.

And I would say, okay, I have this person, we've done all these things and they're stuck. And do you know what every single one of them said to me? Every time they need to do trauma work, they need you are never going to supplement this away.

They are never going to eat their way out of this. They are never going to solve this unless they do the trauma. They have trapped trauma. There is energy in their body that they have to release.

Trauma, Stress, and Emotional Imprints

And so then when you say that to somebody, they go, I don't want to do that work. They just want a pill. Don't you have a supplement for this? Isn't there a diet I can go on?

I mean, God forbid. Could I just exercise my way out of this? Is there something like like you have a biohacking device. Is there something I could do?

And it's. No, you have to deal with that. And, you know, it could be big traumas or small traumas. There's people listening right now who have had horrific traumas to them, physical, mental, sexual.

They've witnessed traumas. They've been victims of horrible crimes. I mean, we run the gamut and then there's people who don't remember anything bad happening, but maybe there's a smaller trauma is like we just describe what childhood.

So people are thinking, why can't I get better? I was never raped. I was never beaten. I was never, you know, married to an abuser. They didn't have any of these things.

So I say this because I've seen it so many times in my own practice that the people who are open to doing the energetic work, the releasing of traumas and stressors, they get the breakthroughs.

So let's now talk about how this works. So I hope this is resonating with people who are feeling like there's hope. So after, you know, years of of trying to figure out how can I help these people and realizing, oh, it's the trauma work that needs to be done.

So now I was just referring people out, so go see therapist. Let's go do like EMDR, EMDR. That's what it is, right? EMDR, the rapid eye. The rapid eye therapy.

I don't remember that then. Yeah. Anyhow, so I'm sending people to therapists, I'm sending people to brain retraining and I'm sending people to do all these things and sometimes they get results and sometimes they don't.

And so then I learned about nurse health, which is a whole different. It's a bio energetic scan that tells us what's going on with the blockages in your body so you can harmonize its release and finally get those breakthroughs.

And you know, you've been around the block a few times. You want to talk about some case studies of what you experience in what your people that you've worked with over the years, the breakthroughs that they have around this.

What are you thinking with scans? Are you thinking more on the remedy side of things? Well, if you talk. Yeah. So it kind of let's talk about both because it takes you for I mean, you're going to get the best bang for your buck or your

time or your effort if you scan and take a remedy.

But you can talk about both. Sure. Because you can actually do you can do bio energetics remedies without a scan, but a scan kind of helps direct and figure out what your body needs.

Correct? Yes. And so, look, I have just countless stories regarding the scan. The scan is just a fascinating thing, because when you first experience that, you're thinking there's no way this can work.

Right. You did you think that when you first saw it. I'm like, okay, whatever. Yeah. How is this going to work? But I know. I mean, my, my, you know, science brain knows about frequency and knows about energy.

And so but I'm conditioned to feel like like I'm conditioned there's this notion that that can't possibly work. Yeah, it's got to be harder than that, right?

It's kind of like. Yeah, that's right. And we talked about the MRI and how if you get the exact right frequency to speak with a very specific part of the body, you can get it to respond and you can take a reading.

And although our our technology works a little differently than that, it's sort of that same concept of resonance of if you introduce the right signal to the body and listen for the response, you can find out if there's a match or not a match to what you're asking it.

And so we do this in a very we do this in a proprietary way. But that's the underlying concept of speaking through resonance between your. Well, in our case, we use the voice to interact with the technology.

But by doing this, what? Because you're saying, what's my my case studies of what my results. Right. The insights we get are really fascinating because we're able to dove into not only what's going on at the energy level for somebody physically, and it usually lines up in an uncanny way with the symptoms that they're dealing with.

But it also gives us a lot of insights into what's going on for them emotionally. And that's what's really fascinating. I so talking case studies, I heard, for example, from one of our practitioners who he works with trauma soldiers and first responders who have traumas.

Right. And most of the people he works with are men who come to see him and they do not want to open up about emotions where a he told me, he says, when they see their emotions facing them on the screen because they don't like talking about them and they see it on the screen, they're like, How do you know that about me?

What's going on? And he says, that opens them up to having a conversation. So that's just an example of what happens when you start using a scan to assess what's going on at the energy level for somebody.

And we, like I said, this will match up to so many symptoms and things like that as well. Now we don't claim a medical diagnosis because this is not we are not a disease based concept.

Right. So in medicine, you're saying this is what's wrong with you. We're going to call it this and that's not how we go about it. What we look at is what areas of the body are needing the most support right now.

Let's give the body support because you were talking about all these pathways for cleansing toxins and all this. The body is incredible. It's built to do these things, but sometimes you need to support it so it can do its thing.

It then knows how to heal it, then knows how to do what it needs to do to be strong, resilient. But you need to give it the right building blocks with nutrition, exercise, sleep, all those lifestyle things.

And we like to say also looking at that, the energy component, making sure it has enough energy that is communicating properly. Right. And that you're clearing out some of those energetic blockages which so often come up from emotional events.

They do so in terms of my own test results, we can just talk about that a little bit. I've done two scans at this point, and the first time you read it, the second time somebody else from Nurse Health, her name is Patricia.

She read it for me. And so the first time when you read it, we can talk about a physical finding. That was pretty interesting because we've mentioned that it can help with physical by a lot of things that are going on in the physical biology as well as the emotional biology.

And in my physical, I don't know if you recall, but I had started and you didn't know this about me at all. I had started a really intense workout routine with a trainer that was kicking my butt and on my scan showed up that I needed muscle support.

It was mind blowing. I was like, What? So the neck. So I did the remedy. So we can talk about the imprinted remedies. And not only that, I think I asked you, I said, what's going on with this one?

So we had one showing up. I think that had to do with cold and flu and immunity support. Yes. Yes. If you had just gotten over a cold. Right. Or I was fighting it because I was fighting it.

I had been traveling. I'd been in an airplane, been staying in a hotel. And then I was I knew it was brewing. It was coming and I was fighting it. Yes. Yeah.

There we go. There's that two physical things. Now, the second time did this, it was less about my physical body and it was more about my emotional body.

So super personal. But I had just had an experi science with my dad where we are looking at assisted living in retirement communities for him to move into.

And I was with him touring these places and it was very emotional. Like all kinds of emotions came up. When you are now in that position with your parents where you're helping them navigate this and all of a sudden you're the one who seems to be quicker on the uptake and you understand the process and you understand the systems and where you always relied on them your whole life.

And you have this realization that, Oh, I'm the one now that. So it was very emotional. And so when we did the scan it was just it was like a day or two days later that we did this get all this stuff showed up around that emotional experience.

And she was asking me, Laura, what did you what's going on here around this, this and this? And I told her she's like, Oh, yeah, this completely. And it just all sense.

Like generational stuff was coming up, like with all these generational, you know, traumas and things and it was like, okay, got it. Like every time it's spot on, it's spot on.

And those emotions live so much in our physical bodies too, that, you know, a as a bio energetic practitioner continues to develop, one of the things that they learned to look for is, let's say we went back and looked at that scan.

I haven't seen it so I'm just hearing this for the first time. But if we went back and looked at that scan, maybe there's a lot of emotional elements showing up.

But maybe also, for example, the lungs were showing up and if the lungs were showing up. So there's a lot of grief associated with the lungs. And so we hold this grief energy around the lungs.

Lean spleen was showing up. I mean, has to do with worry. Yes, yes. Yes. So exactly that. And so we tend to think those ways. We're like, okay, is there something physical going on or is it priest re physical?

Is it still sort of more in the emotions?

NES Health Scans and Remedy Results

But it's showing up in the organ. It's related to that organ. And and that's why we want to address the emotional issues, because if we don't, eventually it works its way into the organ and we don't want that happening.

Right. Yeah. And so after the first one, I I ordered the, the remedies. So the imprinted you started talking about imprinted remedies. So basically it's water with an imprinted energy in it.

And so I started that after the first round and you get it really fast. I got it within, I don't know, 48, 48 hours to two or three days. It was here. And my recovery from my workouts, I mean, these aren't workouts.

Like every time I go I get my butt kicked. So that started to recover faster and I was able to fight that cold a lot faster then the second time that I did this.

So you can do the scan every 21 days. The second time I started those remedies and I mean, this was just a few weeks ago that all this happened. And I'm in a huge like just on a personal level.

I'm in this huge stretch right now. Right now, at the time of filming this, we're a few weeks away from Christmas, where between Thanksgiving and Christmas, I've got a ton of work on my plate.

I'm filming for this summit. It's it's a tremendous lift. In addition to all the regular work and my clients and everything that we do. And we're wrapping the business up for the end of the year, starting new projects.

If I was dealing with the grief and the sadness and the of the experience with my dad without some kind of energetic support, I would not be able to be as productive as I am in this couple of weeks and possibly my body would get run down and I probably end up sick.

So I really do see a support and a difference. And when we ran this in our community and our clients started taking the remedies, the feedback that we got from people as they started to do this was that they felt a shift and a transition as they were going through their gut healing protocol, as they were going through their detox, they felt that they had a breakthrough, that it's for people to put into words.

But words like I broke through it, something shifted immediately, and now I'm getting the results that I wanted and to be to be completely transparent.

Other people are like, I don't feel anything yet. I don't feel anything. So tell me about that. I don't feel anything because sometimes people just feel it and sometimes people are like, Well, I'm just trusting that this is doing something.

Yes. So it does run the gamut. I've heard I'm going to I'm going to tell you at very high level a story that I got from a practitioner at one of our training events because it was so remarkable.

I've seen things this fast, but not this severe, this fast where there was a child who had an underdeveloped brain from birth and was not able to do certain things, who within a matter of hours of taking his first remedies, was doing things he shouldn't have been able to do, and his parents were freaking out what was going on.

So I remember hearing this story that made a deep mark on me, but I've seen similar quick things. Like I had a friend over at my house who she'd been running the business for a year and it was stressing her so badly she couldn't keep food down.

And so normally I do a scan, but she was over socially, so I didn't even scan her. I said, here's, here's some of this remedy I gave her just a remedy that I thought might help.

She kept food down that evening like it was fantastic. So sometimes you do see those very, very rapid results and other people they can take. What I generally tell people is I'm going to say, look, 80%, this is always sort of my

anecdote of if I'm going to take an estimate, I'm going to say, look, half the people are going to experience something in their first protocol.

And I'm going to say probably 80% are going to experience something by their second protocol. I think it's it's not transparent to say to ever say something works for all people.

But I think that the vast majority of people get benefits from this if they give it the time, because that's one of the challenges I think people run into with all sorts of healing modalities is they try it for a very short time that doesn't work and they move to the next and they never get they're trying to go and they don't understand what a process it is because for one thing, even when you're healthy, health remains a process, it remains a lifestyle.

Staying healthy when you've gotten sick, it's that much more effort to recover the health and then maintain it. So there's always you know, there's always this untangling that has to happen.

And so I would always tell people, you really want to take a method that you've learned about and you have some confidence in and give it enough time, give it several months to start seeing a transformation of your life and not just like, Oh, this thing that I had, it's gone now, right?

It's it's more than that. Because exactly as you said, these breakthroughs, I can't tell you how many people will come to see a practitioner. And they're saying, I have this very specific symptom.

I want to go away. But the first thing that happens is they start getting better sleep and they start having more vivid dreams as emotional events are clearing out and processing, or they have more energy or things that aren't what they came for, but they're life changing.

Just having better sleep and more energy is life changing, and sometimes it's reacting differently to the world around you. That's what I hear when I hear a breakthrough.

A lot of people will all of a sudden be reacting to the world differently. They don't have the same triggers. And so all of these are life changing. And yes, those those other symptoms they can clear up on day one.

They can clear up on month six. We don't know. But I do say that those who stick it out for 2 to 3 months are going to start to see some shifts happen, especially if they're paying attention not only to the one thing they were looking for, but how is their life overall.

And by the way, Laura, and this might be this is probably true with everything you do, too, but a lot of times somebody thinks something isn't changing.

And then you ask their spouse and there's a change happening for sure. They're like, Oh, no, this has changed for that person. Yeah, because it's day to day for the individual.

They might not notice it as well as somebody looking in on them. Right. So that well. Now I'm glad that you said that you're that you're you gave the story of the child who had instantaneous results.

And I've had people that from week that we saw them to the next week they had results. I had results pretty quickly, but I always teach in my programs that slow wins the race and we don't know when.

Your breakthrough is going to be. And you you are not comparing yourself to anyone else because nobody has lived the life that you have. Nobody has the imprinted and you know.

Yeah. Into your biology, right? We know that trauma creates a physical response. And so depending on how many layers you've wrapped around that trauma to protect yourself and how much you've got to solve, it can be a different time frame for every person.

So remember that slow wins the race. Always the only people who fail are the people who quit. Truly, truly.

Sometimes you just need to give a therapy or a treatment more time.

And the good news is too, this isn't like a super expensive thing, which is amazing. It's not like you're spending thousands of dollars to to to do this. So so I want to make sure that we that we cover the important scientific ground that we need for this talk today.

We've definitely clearly shown that layered into protocols that people are here doing functional medicine, protocols, that this is really worth looking into and worth doing.

We brought it into my community as an experiment. I'm very transparent about that. We wanted to see, is this all it's cracked up to be? I told my audience, my, my, my, my courses and my community is what I want to see.

I told my community, I don't know if this is going to work. We're going to try it. I'm going to try it right along with you. So if you want to do it, let's do it.

And we had 500 people raise their hand and say, I want to do it. And it was really cool. It was really, really amazing. And I'm convinced that this is a that this is a worthwhile thing to bring into my programs to help people to different types of scenarios.

If you are stuck and you can't seem to get better, this could help unstick you. Yeah. Or number two, if you are not stuck but you're interested in all the support and layers of support that you can give your body so that you get lasting results and perhaps even sooner results.

Like I just said, slow wins the race, but you may actually get sooner results if you layer this in. So two types of people we're talking to here, we're bringing it into all of our programs.

So moving forward, when you come into into anything that we do, private or group programs with us, we're layering it in and giving it to people as part of the program.

We think it's that important. Yeah. And you know, Laurie said something important there where you're talking about layering it in. And, you know, a lot of people when it comes to health, they're like, well, this is a new thing, so I have to try this, but I have to not do anything else healthy because I need to know that it was this thing.

Yeah, well, then. You're just shooting yourself in the foot because you've taken away all these other healthy things. So what I can tell everyone is that when we spoke with, we actually surveyed our practitioners.

We asked them, Hey, when you combine ness with other things that you're already doing, like maybe they already had a practice and they introduced ness into it, did they get and or better results with their clients?

And 90% of them said yes, they got better or faster results. And so just to your point, where if somebody is just trying to get everything they can out of their health protocol and they're doing diet, they're doing exercise, they're doing these different things.

Yes. This isn't going to come in and be the only thing that's making an effect. And it shouldn't be. We should be living these healthy lives. We should be doing all of these things and healthy right out into our relationships and everything, because all of that impacts our well-being and our quality of life.

But yes, I think layered in it, make it helps to optimize everything else you're doing. Oh, yeah. I mean, I'm still not going to stop, you know, pulling glyphosate out of people's bodies with binders and heavy metals.

And I'm I'm not going to stop supporting, you know, mitochondria in every way I know how and helping people open their drainage pathways and support liver health.

Bioenergetics as the Future of Medicine

It's all meant to layer together and so you had mentioned something that that bio energetics is going to be the future. And I want to I want to dig into that a little more.

We can probably end there once we talk about that, because there's some there's some research and some science around this. This isn't just a crazy statement that you're making out of thin air.

There's good reason to think that bio energetics is part of our future. So expand on that. And and I want to make a big invitation right now to our viewers that you be ahead of the future, that you be one of the early adopters of what's possible.

So why is this a future futuristic thing? Well, I'm sure we could we could probably pick examples even from way back in the 1900s, because they were exploring the electrical nature and even magnetic nature of the body long ago.

And really what happened was, you know, the pharmaceutical pharmaceutical industry got very strong and really took over our our mass consciousness in terms of health.

But we've been exploring it for a long time. We've probably known there's been pockets of people I've known for a long time. This is the future. But we're now at a point where technology doesn't allow us to ignore that.

First of all, we can share our knowledge online about what we're seeing, but they're also able to do things with things like lasers and measure things at tiny, tiny scales that they couldn't before.

So they can now really make a science of it. So one of the things that stood out for me when I was around in my clinic many years ago is like 15 years ago I came across this article research done at the University of Michigan, where they were measuring the electrical fields inside the cell in the cytosol, the gel inside the cell.

And the paradigm at the time was that there shouldn't be any electric fields in it. They found electric fields as high as 15 million volts per meter. Okay, what does that mean?

What else is 15 million volts for? Like, you're nowhere, I believe you're nowhere near that standing dilek directly under, like, mass electric wires, like those huge transformers and things.

I think you're nowhere near that. So I know that in the article they kind of give you some examples, but I mean, it's a it's a ridiculously high. It's like being in a lightning storm basically.

Inside or. Inside ourselves. Right. So they must have a really good buffering system because we're not exploding. So we're amazing. We're amazing. That's all I can say.

And so, you know, these types of things say, hey, listen, our old models are just breaking down and we are understanding more and more this electrical nature of things.

And we're now understanding that things that they thought were only quantum in nature. So, for example, entanglement is a quantum idea where two things are speaking in real time.

You affect this one and it instantly, at any distance instantly affects the other one. Any distance that we have in a universe. We have an. Across the universe.

Is there a that we have an example of entanglement? Yes. So scientists do this all the time. They will send bits of information. So basically they can take the spin of one and it will alter the spin of the other.

And again, this can be miles apart. It could be light years apart. It will happen instantaneous solely because they are entangled. And so, you know, this is something that Einstein called spooky action at a distance.

And, you know, but we thought that these things only happened at the atomic and subatomic levels, but now

they're finding they can entangle molecules.

And so we're just going to go from here. It's just going to get more and more fascinating and what they're doing and they've been doing this also for many years.

They can manipulate DNA with light. They can manipulate DNA with sound, they can manipulate it with magnetic fields. Yes, this. Is mainstream research.

It's been around for years. If you think. Steve, it's been used as bioweapons. I mean, this is very real. Yes. If you don't think that they're not going to use those things as the future of Madison, when they can target down to individual cells and the DNA and all that, well, they can learn how to target these things.

And we know they're working on nanobots right now. They're working on nanobots. They can reproduce themselves limitlessly. I mean, they're going to be able to put things in your body to do whatever.

I'm not a big fan of necessarily all that, but keep it from outside of me and shoot a laser into me that that fixes something great. So definitely this is the direction that Madison is going because it will become faster, more efficient, more accurate.

So as long as as long as we have people in the health space that want to get you, well, this will be the future. If they don't want to get you too well, they will try to suppress it.

That's sort of my opinion. Oh, yeah. I think that this technology was already here in the I want to say thirties, forties or so. We already with. RIF or something.

Yeah. We were already on to this and and the pharmaceutical industry took over so the, the sad pieces that you have to follow the dollar. Right. And do you do that?

And this would solve a lot of health problems that would kind of crush one industry. To do that, the pharmaceutical industry would implode if we could solve problems with bioenergetics.

So we can and I know this talk is probably just blowing people's minds and and I'm really, really grateful that you're here to talk about it, because it is a complex concept to wrap our minds around.

Unless you are, you know, living and researching in the bioenergetic field, it's a whole different concept that we don't really understand. But in terms of what we never thought was possible, I mean, how the heck do I talk on a cellphone?

How the heck do I pull up the Internet on here and go shopping with it? What how how do I how do I take my phone and put it up to a gas pump and it charges my bank and I walk away with gas?

I mean, there's things that we take for granted every day that are wildly crazy and we just think it's normal. So why wouldn't it be normal if you. Yeah, I will say just jumping on that in the next five years, the ability for technology to screen you for disease and things like that with A. I.

and whether people like A. I. or not, technology's going to develop with A. I. that's going to allow you to screen with devices very rapidly. We don't screen for disease.

They will have screening for disease in the next couple of years. Like you just watch, this is going to explode and it will transform from how medicine is done.

And hopefully it we hopefully it's in the right hands. And so it transforms medicine for the better for the people. Yup and I like to be on the cutting edge of things.

I like to use things that work, and that's why I use so many different types of modalities of and support in our

programs, because we aren't going to eat our way out of this.

We are going to supplement our way out of this. We are going to biohacker our way out of this. It's a combination for every person of all these things that will support your body.

So any final words before we wrap up, I'm going to give you the floor, the pearls of wisdom you'd like to drop on our audience before we complete today.

What else would you like them to know? Well, I will just end with this. So you're your theme here is Silent Killers. But the silence is also where our genius is that flows through us.

Who we are is so much more than this physical body. And if we think that, you know, we're chemistry and we're only going to be made well by chemistry, we have to remember how much bigger we are.

And when we create something, when we love somebody, when we do something special, we're exuding something much bigger than this chemical body here. And we have to remember that we are emotions, we are thoughts, we are consciousness.

We're flowing through this energy system, out into this body and that's why when you are, Laura, guiding people on this holistic journey, tackling all these different areas, you're tackling much more the whole self.

And people have to not think of themselves as just what is in front of them, but the silent, the invisible, that is them too. So that's what I would leave you with?

Oh, my gosh, that was so good. Right off the top of your head. So good. Okay, where can people find out more about NES Health? I know that we're going to have a NES Health guide that is a free download.

When people sign up for this summit and they can find information at NES Health. Right. And you can also work with NES Health practitioners. So if you ever work in any of my programs with me, you'd have access to NES Health scans.

It's not something that you can just go do without a practitioner, but where can find out more information about NES Health? Well, I think to your point, I think everybody who's signed up is going to have access to a free e-book, Restore Your Energy with Bioenergetics.

It's it's designed to give sort of a balance of easy to read and enough science that is really interesting. There's a lot of practical steps on building up one's energy.

And I think it's a I think it's a fast enough but also informative read that will tell them a lot. And if they don't have easy access to that, maybe they could reach out to your staff and get a copy or something.

But they should I believe they will have access through this summit. That's a great way to learn more about this, if they want. And then, of course, just reaching out to your staff and saying, hey, listen, I'd love to have a first scan.

I mean, let me dove in with one scan, see what this is all about. That's how you learn new, new areas of life, right? So that's what I would encourage people to do is take a read and explore it.

Absolutely. Thank you so much, Steve. It's always a pleasure. I can't wait to have you back in our classes in our community. It's so much fun when you get to collaborate with people you really think are cool.

So thank you. Well, it's awesome to be here. Thank you so much. Take care, everyone by now.