Harness Sun's Infrared Energy, Healing Power Transcript

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Introduction to Detox and Chronic Illness

Well, welcome. This is another edition of mycotoxins and Chronic illness. And, as always, we're here to learn more about how we can each, really take care of ourselves and support our health.

And today I have, Doctor Robbie business with me, and I'm really excited because, it's. If you've listened to these, you know how much I love all the interventions we can do.

But when it comes down to it, it is the detox that's the heart of the matter. You know, I, I really want to go and treat you. But if we don't get the detox done, I might make you sicker.

So today we're going to go into a few areas that help detox. And also if they're not addressed, contribute to toxicity. So without further ado, let me introduce you to Doctor Lesnar and or Robbie as he likes to be called.

And so tell me a little bit first off. Tell me about you and, the devices that you've helped create and how you got started in it. Okay. Thank you, by the way, for having me on your summit, and offering me the opportunity to share some of my own experiences and hopefully through that, enlighten, educate, elevate people's awareness as to the possibilities and the ways to kind of get your health back from a primal you know, foundational all the way to sustainable.

So the backdrop really, I guess I'd like to start the story with, my daughter who contracted Lyme disease. Chronic Lyme. We're thinking probably in her early teens, 12 to 15, somewhere around there.

And this was close to 25 years ago. So back then, Lyme wasn't, you know, quite as recognized. You know, everyone thought it was geocentric to Lyme, Connecticut in the tri state area around Connecticut and so forth, as it was from the ground, from ground zero.

But because it's a, tick borne, disease, at least initially, it was believed that way. Or at least people would get exposed to it that way. You know, it seemed to have been, for whatever reason, everyone felt it was sort of, you know, just around those three state areas.

Just a quick aside, it was I at that time, I was practicing in or actually in the 80s, I was in upstate New York. Okay. In the around the Albany area.

And we were told there was no Lyme. It stopped at the Catskills. Okay. So just I give you an idea how crazy it was. And we were really that was the teaching.

And to this day, there are doctors in California who really don't believe we have Lyme, even though, I mean, we've got a ton of data. We know that it is even the the the California public health knows it.

I mean, there's signs up all over the place, but still there are physicians who who feel that way. So you so you had probably quite a time with diagnosis.

I would imagine. Yeah. We actually found out in a very abstract way because we were living in South Florida and it wasn't really prevalent here. Right.

And Lyme is misdiagnosed often because it mimics many other, at least the symptoms mimic many other diseases, neurological diseases, many other chronic ailments.

Lyme Disease and the Origin of the Devices

And so the general, you know, MD allopathic approach, to infectious infectious disease at that time was they, you know, you went down your list of symptoms and then if it fit like eight out of ten, then you got a diagnosis.

And then that diagnosis followed that patient all the way from doctor to doctor. The doctor. And Lyme wasn't really on one of the categories. So and the testing, the earlier testing was not very, conclusive or it wasn't as dialed in as the stuff that we had these days.

So there was, it was just the beginning. The way I look at it, even though I'm sure mine was around for a lot longer than that. So, so what happened? Basically, my daughter was experiencing, female challenges.

It's called endometriosis. And we were treat. We went to go treat that. And then when she didn't recover from it in a normal pattern, we dug a little deeper, and then we discovered that, 95% of the women that don't recover right away have Lyme disease, and we didn't even know what Lyme was.

And by definition at that point. So then we had her clinically tested, and she did, demonstrate, positive testing. So then we just took the course of that.

She has it in some form. And what do we do about it? So we had we had means at that point financial means. And so we just thought what we thought, who we thought was the top line, literate doctor in the country, probably in the world at that moment.

A gentleman by the name doctor, Bureau scan on job was kind of who his practice was in, on Long Island, and we were living in South Florida. That meant that we had to go up to, New York and then go out to Long Island, get, an update or to fine tune my daughter Julia's, prescription or protocol and come down and align ourselves with a local practitioner.

So, so Doctor Joe is the quarterback. And then we had a half back that was in Florida so that they could communicate and we could get the medicines we needed and all that stuff.

You know. And then something started to evolve, which was you start to realize when you have a child or a family member that has a chronic ailment that, yes, you go to see your doctor and your specialist, whether he's in your home town or you have to travel.

But 99.9% of the activity is, in terms of health care or treatment is really family based. It was me and my wife and any kind of outside help that we can bring in to support her challenge.

And her journey. And so we sort of got things under control, more or less. Well, having a medical background, I became my daughter's nurse. And so I was changing.

She had Picc lines in and I was changing, you know, her dressings. And we didn't really bring in anybody outside it. We I felt that I could do it a little better, just, you know, and it was more personal.

And also, you know, in a strange way, it gave me an opportunity to bond with my daughter in a different way than maybe parents. Would that outsource that stuff in, you know, and then, I realized that it goes deeper than that.

And so what I felt was, again, as a practitioner having a medical background, I just kind of looked at her, symptoms. And I thought, okay, Doctor Jo's managing.

You know, the line piece, but there's other things going on, and maybe there could be more that I could do to support her. And so when I looked at the way she was presenting herself in terms of symptoms, she had high levels, what I perceived to be high levels of toxicity, inflammation, she had body pain and cognitive challenges and so on.

I looked at those categories. Somehow I, I homed in on toxicity. And then I started to investigate research for the best methods for detox. And were and at those times it was invasive forms like elation.

Sorry. Like, dialysis and doing things of which that would involve, you know, the hospital time or clinic time. Then there were noninvasive key layers that would help with that.

And then I discovered that there are actually wavelengths, the infrared spectrum that are wavelengths of sun energy that actually will mobilize all the toxins in your body.

Well that's amazing, but I figured I'm there, I arrived, but actually it was kind of like in device development, and that's what I do. I'm the chief science officer for the Arizona company.

And, I do all the device development, and I also do all the health protocols. So as a company, we we believe mission statement wise, that is not just good enough to make a really great device, but do we have to deliver a full, full system so get it to the patient or to the customer.

And also train them or teach them to fine tune how they can use that device to optimize their health. So, you know, for maybe the first 15 years, we focused on chronic disease, you know, so selfishly, because the part of the mission statement of their size was to develop devices.

And then also and again, we were very focused on Lyme, and then hopefully meet Lyme literate doctors, either through the work that we were doing on our own and or just in our own path of, who's the greatest guy now out there?

And what other one of the new advents or approaches that are would be interesting. So it was to develop the Thera size, was to develop unique devices and applications and also attract, doctors.

That could give me hints as to the best ways that we could actually, as a family or my daughter could treat herself to elevate, you know, her own health and her own health journey.

So that's kind of an it is actually, I don't know whether you know this or not. Doctor Gordon, but my daughter passed away a few years ago, five years ago from Lyme.

And so, Yeah. So, so, we went through that whole journey, and she for the last ten years of her life, she was like the healthiest and most vibrant, you know, the most connected.

She dedicated her life to Lyme adolescence. Other kids that were like her, that were going through that struggle and their families. And frankly, we thought there was going to be her legacy in a way that she would just take the company and, you know, go with it and so forth.

And, unfortunately, it didn't kind of work out. Our God had a different plan for her. But, but meanwhile, the day that we discovered, her passing, we thought that, you know, our purpose shifted in terms of our company, and that we lost our purpose because she was sort of.

It was all about her. And then, within an hour or two of us, discovering her, she, we got a call from an adolescent Lyme patient crying on the phone that just said we saved her life because the devices we made, you know, were so instrumental in making her feel better and getting her back on track.

And so my wife and I, we on our company, and, we didn't do the traditional thing. We didn't get venture capital and business plan. We just we kind of grew our company even as it is today, kind of organically.

And I believe that it's a divine design. And we're just the vessel became very clear, particularly after Julia passed, that we our purpose had shifted.

But it's really just to help everyone cast that big net. And that's really where we are now. And in our company. And we just had to evolve greatly. The first 15 years we solely focused on infectious diseases, all chronic infectious diseases, but zero in particularly online, and was very passionate for that.

And, and, so we discovered that there are wavelengths of, of sun frequencies that actually mobilize toxins. But the paradox was that at that time, again, I'm going back 28 years or so.

The only people using the only medical, applications for infrared frequencies were sports medicine doctors that were using apparatuses to help the players lower their pain thresholds and recover from injuries to get back on the field faster.

Well, certainly from the pain aspect that worked in terms of our profile for our daughter. But it did present a challenge because the infrared frequency is devices wasn't mainstream.

It was kind of kept. It wasn't the best kept secret. I still think it is now. By the way, I know it was right. It was basically physical therapy in sports medicine or where it lives.

Yeah. And and so what I did was I organized a trip to Asia, China. I saw 65 factories over a four and a half week period. Had a particular eye.

Infrared Sauna and Healing Pad Technology

My intention was to build my own devices or build devices to help my daughter. And so I went to Asia and I interviewed, went all over the country and in China and interviewed a whole bunch of factories and found one that I started with and started just developing devices or a device.

And then from there, a second device, an application and, and, basically my daughter was getting incredibly, well, stable. And her practitioners and line literate practitioners who now still are probably considered some of the greatest ones in the whole wide area and line research and applications, clinical applications.

So they saw Julia's improvements, and they just asked us to, you know, develop these devices for them in their practice because like, Joe was kind of he at that time, he had he had more than 10,000 patients that he had treated, with, you know, antibiotics and different, cocktails and things.

And so he had the most data, clinical data available. And so that gave us a lot of, you know, information for us to make, you know, certain judgments and so forth.

And so that was kind of it. And we're still on that roll. It's much more advanced from back then. But but it really, is has been quite a journey and it's very exciting for us.

So so tell me, tell me a little bit about the, the infrared devices that, that I know you have the Sony units, but tell me about how how do you integrate all this.

You know, the different devices. I mean you have other you have separate devices other than the sun is there. Yeah. Our two main applications, it's all about infrared or at least what the way I look at it is sort of like a wagon wheel.

On the hub of the wagon wheel is infrared frequencies or infrared technology. And how that responds with the body and the spokes of the wagon wheel. And this is just maybe more modestly in the last 5 to 8 years, we've developed, synergistic kinds of, interventions, other devices that will actually work to enhance the sonic experience or the infrared experience, because the and we can if we have time today, we can actually talk a little bit about that.

So, so, the two main ways that are, are, are devices. One is an infrared sauna, and the other one is what we call a healing pad using the same technology, full spectrum infrared.

But one is, I guess, the best way to describe it. The sun is like a floodlight, meaning we get in the sauna and you're bathing in frequency, so it's all around you.

But generally that's, half hour to an hour or somewhere in there. Treatment. The healing pad is more like a spotlight

where you can bring it right to a localized area where you're feeling pain or you need to heal.

Or we actually talk about giving yourself self-love where you feel you need that love, is where you put that pad. And so they're kind of brother, sister, kinds of technologies.

It's another approach. One is just more specific. So they kind of work, pretty well together, you know? Yeah. Because one of the important things that in, in my practice is because I said we generally work with people who are very, they wind up with us because they, they fail things.

They fail things because they're sensitive. And so, you know, we have to go slow, very slow with them. And that's what. So what I like about this, the infrared is, is that you can kind of titrate the time and still be effective.

So begin to be effective. And so do these. But one of the things I'm always fascinated by light. And I always get confused because I think a lot of, you know, like the red light and, you know, as a, as a, so tell me a little bit about what's the difference between the infrared and the whole.

I mean, it's part of the host infrared. It gives you the whole spectrum. But some people using just red lights. Can you just tell me a little bit about what times I'm so happy that you actually went there with that question, because there is a range.

Now, anybody that's viewing this interview or has researched infrared, they'll see there's a sort of like battle between the near frequencies and the far frequencies.

And like you mentioned, the red light and which one's better and I'm better. And the greatest. And then, frankly, part of my background and even my own research, we have a laboratory.

We do our own research. As I mentioned, we develop our own devices. That's everything from inception to creating it and distributing, so, I study nature and I study, ancient cultures.

And what medicinal applications of these cultures and history of the world, you know, actually, you know, enlightened countries like the the eastern aromatic approach to medicine was really intriguing.

And the eastern, like the Asian bloc countries and their noninvasive, acupuncture and ways that they diagnosed without what we call modern medicine, approaches that has lasted 8000 years.

I mean, next to the Bible, what has ever lasted that long, I mean, and still is in practice today. So that stuff kind of intrigued me and drew me in. So, so our approach is really a page out of a playbook from nature.

The sun delivers what's called a, electromagnetic range. And that's everything from gamma rays all the way to the most benign, which is radio waves. And these are all frequencies.

What people, when they look at, think about sunlight, the average person, they're just looking at the rainbow and what we see in natural light, what we can see.

That's that RGB, you know, the red, blue, yellow greens, that's the stuff that people know. But that's such a small sliver of the full range of wavelengths that come from sun.

Most of them are invisible. The infrared spectrum is invisible to them, to the naked eye. The red light that you mentioned earlier is just before the infrared spectrum.

And that's why you can see red and blue and yellow and purple and all that, those wavelengths, you can see those with our eyes, but that doesn't mean that it doesn't have a it's own place at the table in terms of what those frequencies do to enhance and help, you know, healing.

And so some of the research guys like Nicholas, Nikola Tesla and Albert Einstein, Einstein studied in the 40s. He

did a thesis on analyzing some thermals, which is the heat in the sun, light that comes from the sun, you know, and, and came out with statements like, without infrared spectrum, without these wavelengths, there would be no, life on the planet, either the plant kingdom or the animal kingdom as we know it.

So that's how powerful, these wavelengths are. And so they're they're why we chose to be full spectrum was because basically, if nature delivered it, then then we need it now.

Your body and your pathology and your the way you present. You might like your body or your you might actually be more deficient in the near frequencies than the middle of the far.

But when we deliver a full spectrum, your your body takes what it needs. And like some of the other vitamins we know, like vitamin C, you know, you can take an abundance of vitamin C and what you don't absorb or you need you just you just let go.

Same thing with this form of, of, you know, sun energy. Your body would absorb it. And then if you got overexposed or absorbed as much as you need it, then basically would just let it go.

And there's a term homeostasis, which is the balance internal balances. And there's different kinds of balance as well. One is temperature. How do you keep a core temperature at 97.8 and so forth.

Somewhere here letting go of heat, you know, and how you do that. Right. So so we take that approach, full spectrum. What I did as an analyst was I NASA actually, publishes the wavelengths that are delivered from the sun.

And so I took a look at one years, of data, took the first and second standard deviation, and so our initial, device actually mimicked the same cocktail that nature brings to the planet every day.

And I thought that that was good enough until about three years ago. By the way, I don't use the word good enough in my book generally, very often, because we're always inventing and raising the bar.

And we are a family owned company. I there's that. We do have a board, but but is there mostly advisory. But when it comes to research and devices, it's it's sort of our little you know.

And so we put things into our devices that we don't charge for for years. We, we're doing things now even that, that we don't talk about. But we do it because it's the right thing to do based on our research.

And we just think with some of our applications, inventions, and ways that we do things. Maybe in some ways the world isn't quite ready to embrace it.

Full-Spectrum Infrared and Cellular Effects

Well, you know, that's actually one of the things I heard about your device was the, some of the trace metals or the, you know, some of the minerals that you use that you put in there, which I think is really exciting because I've seen this type of technology, have, you know, just using the energy, the frequency of nature have amazing effects, especially.

And the thing is on our patients, because the thing that people have to understand and I've said this to those who listen to these things many times, what differentiates most chronic patients from healthy patients is actually something very good.

That's gone awry. And that's they're sensitive, they're connected. They really feel deeply just it and, you know, like a in a way, you know, your daughter probably had some of your gift because your ability to connect and to see connections and to feel that makes you sensitive, which if you're healthy, is great, but when you get sick can make you a little harder to get well, because it also means that your body perceives threats sometimes too well.

And that's another long story. But anyway. But so anything that but the fact that you have bothered to use these

trace trace elements and minerals, you know, I just think is wonderful.

And so hopefully we can throw that in there and you can talk a little bit about that. Okay. Well I'll segue there whenever you're ready. But yeah. Yeah.

Well I'm just referencing God, you know. Well well, well, well you just got me inspired when you started to talk about how, you know, how you put stuff in there.

And I realized, that's that's what it is. I mean, that's the love of creation, you know, and I really I really appreciate that. So but just to tie, like I said before, we go there to tie it up a little bit more about the, the light sources is that, you know, by giving the full spectrum so you really are allowing the body to choose which is sort of the basis, the basic wisdom of, of, you know, of. Yeah, natural medicine is, is, you know, like, not don't use a hammer.

You know, suggestion is a much more useful way of, of of approaching healing. And so that's, but just, just I just for the light, I, I, I'm one of those people who who've never been even though I, I've always loved physics.

I'm always been terrible with it. There's something about my, my imagination quite doesn't quite understand. So it never stops going I know this. So the red light of the mind, you say like so that that's like the 600 to 600 area or so, 640 or something like that.

And so we of that it's like, you know, helping the mitochondria. Are there other frequencies that, that you when you talking about detox that you think are more you know, I know that it's the whole pattern.

But again, here's the the old fashion or the, the allopathic doctor in me wanting to know, okay. Well, are there's particular points along the way that you think are especially powerful.

Oh, yeah. Definitely. And, we've expressed that in some of the device development that we've done. So so we start with the full blanket and infrared. We'll go from the mid six hundreds.

Like you mentioned. These are measurements in what's called nanometers. And then when it gets to a thousand it's called the micron or it's still to be nanometers.

So the full spectrum is 600 nanometers all the way out to almost 20,000 or 20 microns. Okay. And so our devices are travel from that mid 600 all the way to around 14 to 16,000.

Not quite the all the way up, but they're we don't need to go all the way out for various different physiological reasons. And these, these different wavelengths, the nanometers, they are it's almost like a radio station.

Right. So it's like 107.5, you get disco, and if you go to 107.8, you'll get country. And so, so that it's that close. I mean and and and just like a radio station, sound waves are super, important in the healing process as well.

All these wavelengths, they all do different things. And so, and, and really, I mean, to take the mystery out of what you pointed out before we discovered and that's been our cathartic movement, that there's actually we make discoveries along the way, and we have the ability to test the discoveries.

And we have developed an internal, proprietary heart rate variability program that allows us to tap into your nervous system, your autonomic nervous system, which is kind of like a lie detector to actually will tell us that we're moving you from, sympathetic dominance to parasympathetic, from stressful to accommodate, and so we do we have intention in our, in all of the applications we make, and then we do all the testing to make sure that it's doing what it is.

And then the real test, honestly, Doctor Gordon, it's which you like when you get our device and we hear from you. So as a company, we're really active listeners and we have intentions like I mentioned, but I learn more from our patients and customers than even what I'm doing in my lab.

If you could imagine that. Oh, totally. Totally. That's where the real information is. Yeah, I think so, I think so, so it's not ego. I leave that kind of outside.

It's really just kind of just having one real bigger mission, which is really to help educate and help raise awareness to general health and well-being.

So, so, the, the near frequencies and the red light are very instrumental in basically anything skin level to around three centimeters deep. And then if you're in the near frequency as long enough, now we're talking about cell, cellular influencing.

And that would be more like what you mentioned about mitochondria. It also the near frequencies will produce a transient gas that's called nitric oxide.

It's one of the three gases the body mix. And nitric oxide is really cool because it it creates what's called vasodilation. So it expands the the small and and bigger arteries that increases blood flow.

And when we increase blood flow now we're delivering more in the blood is healing properties nutrition and oxygen. And so if we can do anything, you know, to improve your primal health, deliver more blood.

If you're eating well, if you're taking medications or if you're even taking good supplementation, you're going to get you're going to get more of that exposure to tissues and ultimately to your cells.

And we we have theories. And one of them is that we basically get sick on a, on a cell level, and we heal on a cell level. So we can do things on a, on a fundamental basis that support cell health.

Then you know, chronic or or not, you're going to you're building the strong foundation for the body to do what it's designed to do, you know, live out, it's, you know, full range, you know, it's, you know, as healthy or as vital as it can be.

So, so, so and then along the road earlier you talked about some of the natural, gemstones and things that we put into our devices. We make discoveries.

And one of them we discovered was that there's actually elements, Earth elements that generate frequencies by themselves, just like sun is part of nature.

So a perfect example of that for people that may think that's an abstract concept, is like a radioactive stone. It's not plugged into a wall. But if you brought a Geiger counter over to it, start beeping pretty actively when you got close to it.

It's generating an A radiation or a wavelength. And so we've discovered various different, stones, Earth elements on the planet. And I've dedicated a fair amount of time traveling around, finding, first discovering which, stones or which elements generate the frequencies I'm interested in, and then finding the best places on Earth to find them.

And then after that, like, what do I do now that I found it? Where how do I deliver it? And so we've found, rose granite is one in particular. That's the stone that the Egyptians use to actually face the Great Pyramids, for instance, there are many elements in rock, granite that are amazing.

So what we find the was granite and we would go to a quarry. And this is pretty interesting. We would muscle test, which is kinesiology. The energy, the way the body responds to to an element.

And we'd find in a quarry, there might be three of the four corners of the quarry that won't test. Strong is the term in terms of muscle testing. But the fourth one will.

And then I would instruct my group to farm all of our earth stones from that corner that they that tested energetically. Well. And so really, ultimately, what I'm trying to do is bring a lot of nature back into the body

because as as as advanced as we are in many ways in our culture on technology, computers, Bluetooth, wireless test or, you know, battery cars, all that stuff, that's great on one direction.

And the other direction is I feel that in our in that process, we've departed greatly from the way nature intended us to be, which I believe explains why we have these rockets soaring, you know, chronic ailments.

The demands on these diseases are off the chart. Yeah. And know and they're happening in sensitive people because these are the people who first will notice that things are changing.

I mean, the old fat canaries in the coal mine. I mean, you know, I tell people, there are folks that you can walk up to and, you know, you push them and you know, they get whiplash.

And those are the people you can hit in the head with the two by four. And they just, you know, look at you, you know, and, yeah. And and unfortunately, this connection to nature is so critical, for sensitive people, you know, they they thrive in nature.

And unfortunately, our current lifestyle is more and more cut off and poisoning us with, you know, the emfs that we we are. I mean, as I say, I am bathing in right at the moment.

I, I like sitting here. I go, you know, oh, the router is a little close and I haven't quite fixed up this room yet. And it's like, my God, you know. And it is. Yeah.

We have solutions for that. Well that so tell me, tell me, tell me a little bit. I'm going to come back. The stone threw stones just fascinate me. But I want to.

Here I have a few things that I'm putting together my brain. But tell me about the emfs. And because I think that is another area that, has dogged me, is really how best to to live in this world because I, you know, I won't use Bluetooth, but, I mean, not my ears anyway.

Earth Stones, EMFs, and Harmonizing Energy

But I love the, the the usefulness in the house. So tell me how buddy does that? Everybody loves the convenience of this technology. But, you know, if you really looked at, let's just say the cell phone industry, there are there are basically two agencies that, that control, wireless devices, the FTC, the Trade Commission, and the FCC, the communication Commission there.

I would ask the rhetorical question to you, how many, how many health minded people sit on the boards of these agencies that actually make the determination as to how powerful and what frequencies are going to go on the air like 3G?

Five G, seven G, ten G, it's where does it stop? And, just because we're I don't have that much time simply there aren't any. And so these the devices have their own life and the it's all about money, you know, like what's the fastest gaming and the fastest communication and the easiest, way without considering the effects on health.

And so, you know, again, earlier I talked about being divinely driven. And so oftentimes I call them downloads. I get these messages, you know, and and I act on them.

I learned in an early age that generally the messages and however they're being delivered to me are way more right than wrong, like almost 100% right.

And generally when I don't listen is when I make the mistake. But I think that is just part of being fallible and being human. And, and, you know, maybe if anybody listens, start listening to that inner voice, what I call my in a doctor or, you know, my, my guidance is right.

And so I had this dream in the, in the dream, you know, I, we make these devices, an EMF, which is a man made

frequency electromagnetic field. It's an exaggerates frequency.

It's it sits outside of nature. So in nature, there aren't emfs. So if we date back to Moses, Jesus and and Buddha. Yeah. We weren't using electricity.

Things weren't plugged in. We didn't have any of that. Right. So mother of invention, we now have it. And so again, that's going that way without necessarily concerns about how it might be affecting our health.

And so our devices plug in and some of them are battery operated. And so I had this, conflict, which was I want to deliver pure energy. Just as nature delivers it, to the planet, this infrared spectrum.

But yet my devices plug into a wall that generates an EMF. There's a conflict and in my dream, and in my mind, I thought, well, if the brain and the body is on us in survival, they wants to survive like any organism, right or animal, it has to choose is it going to choose to protect itself?

And I didn't know then. I'm talking 17 years ago. I didn't know then that EMF would be. That was cell phones would be as big. And, you know, all that stuff, I didn't I wasn't thinking that far ahead.

I was just thinking just about today, if your body had to choose about protecting itself from EMF, or receiving the beauty of nature in the infrared spectrum, we're delivering our devices.

What would it do? I didn't know yet, so I thought, well, let's just take the EMF off the table so that your body wouldn't be conflicted and wouldn't have to choose protect or receive.

So we self taught ourselves how to remediate, electromagnetic fields. And generally back then it was by shielding and blocking, technology to, you know, to screen out the EMF so that we could deliver the full spectrum, infrared.

Now, the latest opus, which is what I'm working on now and have been for the last three years, is what's called harmonizing. And so what's the challenge with, shielding and blocking is that it's always, reactive, meaning it comes out with 3G.

We dial in 3G, we fix it. By the time we get that integrated into your home, they've come out with 4G. Now we've got to dial everything up again. Then they come out with 5G again because the money is in the development of the technology and they're not sending me a memo saying, hey, we're going to go 5G tomorrow, so get yourself ready.

You know? And so I thought, there's got to be a better way. Let's look about let's look into some technology that would actually be proactive. And that's harmonizing.

And so essentially we have a field of energy around us. In the 60s it was called an aura. Today it's called a bio field. And essentially it's this energy that at when we're child children, that energy net or that field of energy, the body will, will, and people can relate to the energy healers like qigong masters and, and, all these guys, that's what we're talking about.

That's the energy healing that we're talking about. So, as a child, your, your range might be 5 to 700ft, and as an adult, we'd be lucky if that field, that next safety net of energy can go for as far as our fingertips.

That's three feet. So essentially, as we get older and as we're pounded that with all these exogenous frequencies around us and the the problem with this discussion or just talking about in general, is that that EMF or E. L. F.

Which is the new that's going to be the latest stuff coming out. If you're not aware of that, that's dirty electricity, extreme low frequencies. You can't see them, you can't hear them, you can't taste them, you can't, you know, like your your all of your senses don't sense it.

But like you said earlier, if you got a chronic ailment, then all of a sudden, just like you would have an allergy or an allergic reaction to a food, you know, or, and or a chemical, say, on your skin or something you eat.

Hypersensitivity also includes now a new stressor, which are these extra absorption frequencies and the problem with today is the topic of epigenetics, which we could probably spend another at least five years on.

But it's our choices, our actual genetics or born with and then the and the environment around us that affects our insides and actually can bring out genetic proclivities that we may never have had ever come out before.

But now, because of glyphosate in our atmosphere and chemicals and exogenous frequencies, I mean, they keep throwing more and more of these stressors.

All this stuff is coming out. And, I know it makes your challenge as a practitioner in clinic and ours as well, you know, very challenging to try to keep ahead of all that.

So, so, we are now doing, imprinting and, and and working on, we've integrated a full, a full range of harmonizing. So we're now shielding, blocking and harmonizing.

And so we feel that we actually have the most advanced, approaches to remediating these exoplanets frequencies. Again, self-serving, to deliver a full spectrum range so the body can receive it in its wholesome entirety.

Yeah. No, I did the the idea of reducing the stress in the from the I mean, is protection. Self-Protection is what is survival. But chronic illness is self-protection gone awry?

I mean, it's that simple, you know, I mean, like a chronic illness is no longer about the insult. I mean, the insult can still be there making noise and hurting you.

But usually, like I said, you know, usually it's your body's ongoing response. Occasionally with mold and mycotoxins. Yes. If you're still living in that environment or if they're still growing really in your body, they are making noise.

But many times we get rid of that and there's still lots of residual. And that's the response that you've learned self-protection. And that doesn't let good things in.

That doesn't let the love in from the people around you. And it doesn't let the self-healing and the same thing, if there's a lot of EMF, that wonderful light is not going to maybe give you all it could.

So I'm just so excited that you've actually thought this all through. But and as far as the harmonizing, I mean, I've seen that time before, but I mean, are you using I mean, you're trying to get to like, basic Earth frequencies, you know?

Yeah. Okay. So there you go. You're trying to get the whole thing to, to to vibrate or vibrate a little bit differently. So you have a different frequency.

Yeah. We're we're beyond trying. We're okay. Yeah. We're you know the trying part was the, you know, like, right. Like, Edison, you know, the a million experiments to find the one.

Right. But we learned more from our mistakes and the, the experimenting part and then just the successes that that you know, they take care of themselves, but, you know, it comes from the premise and kind of, again, like back to our original talk, I kind of look at nature and see how we respond.

And I look at ancient cultures, see how we respond. I set my intentions, and then I developed the devices. And then really, I look for the feedback to see what kind of responses I'm getting from the full range.

Because, everybody's very individualistic and we don't we take a systematic approach to healing. We're not trying to carve out and compartmentalize. We look at the body as a, symphony of different, systems and, and that interact with one another.

And if one is failing, it's going to, you know, kind of bleed over to another area that's going to cause that to fail. And eventually, you know, you have enough of systems failing and then you become symptomatic.

And, and, and, and as you know, I'm glad you kind of brought the mold piece in because the micro toxin is really one of the interesting one ones for me.

And that's why I really wanted to participate. On your sentiment. Tell me, tell me, tell me more. Because to be honest, I, I've always focused mycotoxins and chronic illness because to me, Michael Dobson is one of the noises and one of the final insults, if you will, because I kind of feel that mycotoxins for most people are not a chronic issue.

Okay, unless they have an underlying something that said that, that that upset their immune system to begin with. Because if it's just the mycotoxins you get out of a exposure and you're better.

And that's not what happens to many, many, many, many people. But anyway, so tell me how, how how are you using here? How you see, the full spectrum light affecting mycotoxins.

Well, first off, we have another epidemic. It's mold. And, you know, initially I kind of looked at it from. And research would indicate that the concentrations are in the coastal cities, but it's not just there anymore.

It's everywhere. Everywhere. And the question is about sensitivity. And so I'm going to go back to line because when we can manage and you may have seen this in your own experience, you can manage.

But we have Lyme patients that are managing their their challenge very well. And then as soon as they get exposed to mold, bam, they go from manageable to bedridden almost overnight.

And that really intrigued me because what's the relationship? I mean, these are all micro organisms. What's the relationship between why does when you bring mold into the question or the the discussion that things get out of control?

If that's the big why? For me, and that's as a researcher, I really wanted to dive deep into that one. Again, self-serving because of our dedication to Lyme research and Lyme advancements, you know, and knowing that it's it's a challenge.

And when those two guys meet up, the Lyme and the co-infections and the mold, then, you know, you got you got a really, very ignited bulb, challenge in a compromised platform to start with, because that Lyme patient already already is getting, toxic burden.

And so, again, you might agree and see this too, that, that we believe that toxicity and inflammation, they travel together and that all any chronic ailment is really about the symptom is really about inflammation and or toxicity.

And so here we go back to my world, we are a company that makes is a solution company solution site. And so we didn't I didn't, you know, sit down and think this through and say, oh my God, like, I've got the answer to lime or to, to mold toxicity or micro toxins and so forth.

I don't I wasn't ever and still aren't looking at it that way. I'm kind of looking at the, the natural orientation of how these organisms work. And, and we're friends with a guy named Doctor Zach Bush and, and, and so he has created a whole thesis about understanding the microbiome, the, the interaction of all the microorganisms that live in harmony in our bodies, that we use in our digestive, digestive tracts and, and so forth.

And then the outside environment and how that interacts to create who we are. So, so, so from the toxicity point of view, we have these micro toxins and, and I cannot and maybe you have a better answer.

But from our perspective, it's really hard to get somebody better when they're continuing continually being exposed to mobile mold and lime or just mold, you know, so they there's a process where you have to discover that mold is

a challenge.

We can do that because you can take a simple blood test and, and understand the level of, of that toxicity in the blood. And then now we have to find the root cause wherever that mold is coming from, get it out or leave that premise.

If that be the case, and you probably know extreme cases of people that have been exposed to mold, that they burn their clothes. I mean, they get rid of everything, including their books, you know, like everything.

Well, books, books, books especially sometimes. Yeah, I know it saddens me because some of that stuff you can't get back, but but the point is, is back to health.

It's really about the toxicity. And now these organisms, you know, everybody says they're the bad guys.

Mold, Mycotoxins, and Detox Pathways

But really in many ways they're it's just another part of function of nature. And they want to survive to inside you or outside of you. And so what do they do? They do three things.

Their main focus in their whole lives is just to replicate. That's all they want to do. And they want to find a nice, cozy, cozy home and good environment to do that.

And that's our body is the host, right. And so they exhaust us from our minerals and our, you know, our life vital source. They replicate. That's their number one job and they poop or they die off and the die off becomes a toxin.

So their poop is a toxin. That's the micro toxin. And they're, you know, the biofilms around them. Those are toxin. And then when they're carcasses, when they move on, that's a toxin.

So you get enough of that in your body at some point. What happens from a systematic point of view, particularly the organs designed to filter out and screen out, and we certainly we have our immune system.

So that wants to keep the population in and in check. So if that's not compromised yet, then we're just dealing with toxicity inflammation. And there I don't know, maybe you have it out in California, but I haven't found anybody in Florida that has a little meter that's they were born with on the side of their, their belly.

That shows them their toxic levels, you know that. Yeah. So the only way we know is through a symptom. Right. And, we talk about that when we talk about, detox pathways and, and certainly the sauna has been really just amazingly great.

As a, as a vehicle for detoxing and sweating is one of the best detox pathways. But there. Yeah. So there's a lot more going on, you know, in that sauna, like, you know, the frequencies that are from earth stones and the full spectrum infrared.

So, you know, you doing that because I that's what I want you to maybe take apart a little bit because. Yeah. Sauna as, I forgot who I was. Well, too, I think was a pretty in Puerto Rico's, you know, hot box.

You know, it doesn't matter. Sweating is probably the cheapest, best, simplest detox you can start with, you know, I mean that. But that being said, you know, when you start, you know, getting past that, you know, not just so there's the sweating.

You can do that in the dark and just hot, but you're adding a whole other level. And that's what I want to understand more about. You know, what that's contributing to.

Well, multiple levels or doing what nature would do if we had time to actually embrace nature. But we don't anymore in our modern world. And so what I've done is built a sort of a better, bigger or better mouse trap so I can

treat you in our infrared sauna and actually bring in some of these, hacks or different stacks, you know, the synergistic kinds of modalities or intervention.

I can bring them into that sauna experience to really elevate in a half hour your whole wellness plan. And, you know, unfortunately, we're in this toxic world that we're living in, particularly if you're living in an urban, you know, major city, it's even more concentrated with cell towers and pollution and, and, and, and and, so that's where, you know, I feel that, you know, doing having a daily routine of doing infrared sauna every day will certainly get rid of the toxins that the environment gave you from the day before, but then starts pecking away at the ones that your body has accumulated over the years.

So let me see. I can personalize this so many years ago. I'm a Doctor Jekyll Hyde guy. So before I give it to you, I have to have it has to pass me testing me.

And so I decided I did some research on Hydra colon therapy. They called it a high colonic back then. And so I was really nervous, but I wanted to go try it.

And, you know, in that process, you just basically cleansing your large intestine. And so I'm on the I'm on a table and I had a very gentle, therapist working with me.

And again, it wasn't as advanced that kind of therapy. This was 25 years ago or more. And, they had this opaque mirror and they had this like, they put a to they insert a tube and your into your butt.

All right. If we can get more technical if you want, and and then there's a part of that tube that's clear. And then there's this mirror and I'm watching.

I'm able to they pump you with, you know, water and some different solutions, and then you evacuate, and then you can see through the tube in the mirror over my shoulder.

I could see the things evacuate and everything looks fine, you know, is that color that I expected? And I let everyone's imaginations go there. And then all of a sudden it turned like this bright red.

And I got really alarmed. I thought, oh my God, like, what did I do? They they punctured a vessel and now I'm hemorrhaging inside and like, oh my God, you know, so I started to like, sweat.

And then I asked the therapist, like, can you explain that? And she said to me, well, let me ask you something. Did you, did you ever eat? Did you like M&Ms as a candy when you were a kid?

You know, I said, yeah. She goes, what was your favorite color? I said, red wasn't that everybody's favorite color? Well, she gently said to me, that was number two red dye.

That was still sitting, which is very carcinogenic. Sitting on the lining of my large intestine. I mean, at that time, I was probably 30, in my 30s. So 25 years of this carcinogenic dye was sitting in my body.

And, and I, my body couldn't figure out how to eliminate it. Oh, this is a problem. Now, that's just a very small example. And I have nothing against my name is, by the way, and red is still my color, although I don't eat them anymore. But, the body in today's world is not equipped to manage the stressors and the toxins that were dealt with every single day.

And so for that reason, something as simple as doing an infrared sauna for a half an hour, in the morning is more preferred in terms of getting the best out of it.

Is, I think almost should be in everybody's home. It should be. There are cultures, Doctor Gordon, you know, like the Baltic states, you know, the Ukrainian area, that there's a sauna in every home, this community saunas is in the Indian culture, native American culture.

There's sweat patches, I mean, sweating. And this isn't a new concept. But it's probably more important now than it was for our grandparents and the generations before that, simply because of the world that we're living.

Yeah. And I think just, you know, just the aside, I mean, like the the name, the sweater, the team, the scouts, the the the, you know, these sweat, they move not just out of our body, but out of the head of the multiple levels of of our world, you know?

I mean, like, they they really speak to the energetic body. And that's why I said I, I found the fact that you were using some of these, these stones so interesting because I think that also, will help tune us, you know, we are so out of tune.

Yeah, I but a few things I just love. I mean, what I love about how you think is that I've often found many of the people I learn from. There are people who can remember to go back to first principles, you know?

I mean, it's it's it's surprisingly difficult to do that. You know, we know so much we forget to get simple. You know, I agree with you more. Yeah. And and I just and just even for people to understand how important I mean, you know, a lot of people talk about, you know, you know, structured water and things of that sort, it's all about the sun.

It is the energy from the sun that's getting activated in all of us and in all things. And if you can, I mean, just, you know, we still should be out in the sunlight.

That would be better for us. But at least you know, I at least getting the energy, you know, that's not coming through the polluted skies is probably really helpful.

You know, it's on so many on so many levels. And I, I'm really excited about the work that you're doing and the fact that you really, you know, taking both worlds, you know, you're, you're really doing the science, but at the same time you're leaving open what we don't know.

Because, you know, the thing you mentioned about the PhD, the, you know, like the, FTC and, and and all the, all the, the organizations that are supposed to protect us.

The problem is it's a little bit like the flat worlders, you know, I mean, like, you know, 400 years ago, common sense said the world was flat. Okay. It took science to tell us that it was round.

But if you just look, it looks flat to me, you know? Well, it's in that same place when it comes to the things that we can't measure easily, you know, the toxicity, the emfs with the chemicals.

We're in the same world. If you don't die from it, we can't see it quickly. So in our flat world view, it doesn't exist. They're not willing to look with the scientific ability that we have to see where it can interfere with the organism.

You know, it's just it's a bankruptcy of our of our system. And I don't think it I don't think the people are bad who are involved with this. I mean, there might be 1 or 2 who really know that.

Oh, my God, we're going to make a killing by letting all these people die. But most of these folks are good people. They just. They're just still using their eyes when they have to use more subtle equipment.

And they're not willing to, you know, you don't die underneath the, the the the cell tower. Quickly. Yeah. Okay. So it's but you know, like the, can you just you inspire me in so many ways and we bring up things that, again, these topics can go on.

But I mean, years ago, I remember when my wife, when we moved down to Florida, we were looking for resonances. We had there was a house that we absolutely loved.

But as soon as we looked up, we saw that it was under these major electrical towers, you know, and, like a grid. And so, you know, back then there wasn't a real science on this, but we said, hey, you know, may not be the

greatest thing to be living under, like a electrical grid.

You know, some people that might be viewing have no choice. And they and and, you know, we were just looking to get started down in Florida. So we said, okay, do we go to this house that we really like, but it's under an electrical grid, or do we go to this house that we don't like as much?

But it's not. So we chose that one. That's the that's the direction we went. We just said it may not be the best thing, but there wasn't any hard science on it, you know, and and the, the guy that built the house next to the grid, or maybe he had built the house and the grid came later.

You know, that it still is a a conscious choice as to which direction you're going to go and you make these choices. And so that's why I love these venues, and I love talking to you because you were raising awareness.

We're bringing it on topics and just provoking some thought, thinking like, wait a minute, maybe I should stop for a second and actually think, I really want that technology.

I really want to drive the Tesla car, and I might be the best car on the planet, but I'm sitting on top of these big batteries and they're generating frequencies and g.

Maybe I don't spend that much time in the car so it won't hurt my body. Or like you say, it isn't like, Chernobyl, where there's a radioactive explosion that's going to hit me right away and knock me out.

These are subtle energies that over time, they just have to wear your body or down or affect your immune system so that you're more, vulnerable to pathologies and various different immune system goes into overdrive.

I mean, that is the essential thing. I, you know, I keep people who listen to this know we often mention, Robert Navios work with the cell danger response, and it's just a lens to look at how the body works.

And basically it's self-protection. It's not designed to do bad, but if you don't, it's meant to turn off and quiet down. I mean, Covid is the perfect example.

The reason it kills you is because your immune system keeps activating. The bug. Is usually gone. You know, effect is almost always gone. A little bit of protein. But anyway.

But it's just that inability to modulate the immune system. And when that when you don't modulate your immune system, you begin to get death on all levels.

And as you were saying, when you learn to listen to the inner voice. You make a little bit of choices sometimes, sometimes, you know, and and it's one of the things that as a doctor, that's very sometimes humbling and frustrating as hell to me when I have the answer for the patient and they come in and they go, I really have a feeling that it's and I just, you know, again, as a doctor, you want to go.

You have a feeling. Well, I know, but I've learned listen, because what I know and what they feel often what they feel is, is, is, is more accurate in this in this situation.

You know, I'm still right. But later hypocrite practice and said if you listen to your patient long enough, they'll actually tell you what the diagnosis.

I'm not sure if, but whatever it is, that is a basic tenet of good medicine. It's not always easy to do because and then what I've heard is him saying that if you listen even longer, they'll actually tell you the cure.

Yeah, yeah. Well, that's what many, I yeah, many, many, many, many, many, many things that I have learned what to do. I come from very smart patients, you know, it's an incredible world out there.

But, of of, I mean, that's what's the, depressing and exciting at the same time is we have so many great people who

have had lives have been interrupted by chronic illness.

But at the same time, so many of them are putting a lot of effort into getting well and into teaching their doctors and me like, what else to do, you know, and how to move forward.

And it's just it's what I'm amazed about is how long I've been doing this. And, you know, I've been using saunas for a long time and, you know, and again, I briefly looked at them.

And this is the problem of, of knowledge today, okay, is that it's there's so much information it's often hard to get to, what we like to, to the best or the better.

You know, and I'm very excited by but not just by the technology, but the heart and soul that you've put into this work, you know, and that's that. That's the specialty is falling.

You know, when you meet people who fall in love with what they do, that's exciting and fun, but it's not really work. And I said earlier, I'm really divinely driven and I believe I'm kind of this the vessel, you know, I'm just the go between from something that's coming from, like I call it downloads.

You know, I'm getting my downloads, manifesting, the creation. And then I have the ability to actually bring it, to the world and, and, hopefully, you know, influence people's lives.

You know, the individual and then their kids and their kids, kids and and so we kind of change the course of the direction of general health and well-being, so that people actually live, find their bliss and live a fulfilled life with a vital force and don't kind of fall into, the malaise of, you know, just knowing.

Sauna, Binders, and Practical Detox Support

Well, my, my grandparents live to 80 or 85. I'll probably get there, but will I be sick between 60 and 85? So the golden years I'm supposed to. I'm working so hard to enjoy.

I'm not really going to because I'll be going from clinic to clinic or hospital to hospital and managing all that. And I mean, I'm living in South Florida and that's one of the retirement areas.

So it's very, it's very, pervasive here that people are just into that mode and that's what they think is acceptable. I think it's, you know, not the way I want to be living.

And so I'm working hard to try to change a little bit, change that course, and educate and hopefully influence young families and and their kids and their kids.

And, I mean, our prodigal son is so fun. We have this little Instagram account and it's for me, like I get joy out of doing what I'm doing every single day.

And it is, you know, troublesome. And, it wears on you and, you know, I, you get all the emotional peace when you know your heart is open with a family that's struggling.

But then I have this Instagram account where people get in the sauna and they're bringing their dogs into the kids in, and they're jumping around and they're joyful, and they just can't wait to get in.

And it changes them. And they're communicating that joy and love to their kids who are going to grow up thinking, gee, everybody has should have an influence on their in their home.

And maybe that's part of the toolbox that we all need in our modern world in order for us to to maintain some kind of good health and vitality all the way through, you know.

Yeah. No, no, I, I was, I was I took the words out of the mouth. I was thinking how important it is to have something

because that is also so comfortable to use for people.

I personally like, you know, the I'm an old fashioned guy, like hot sweat suffer guy called conscious suffering. You know, that's why I. Yeah but but there is still something but again but that's difficult you know for people who are ill I mean because for them in distress it does not, you know, like harsh exercise.

It's a big stress and it leads to more vitality. But if you're ill, it doesn't lead to more vitality. It leads to getting wiped out. Not helpful. And that's the beauty I think of the infrared sun is, is that they support you at the level that you can tolerate it.

You know, you know, you can go in for literally 1 minute to 5 minutes and get your body slowly attuned, you know, because it is a stretch, you know, healing is stress.

You just is just. The question is, can we do it in small enough steps that even the most sensitive can, can benefit and, know and I just look forward to like, the point that it's something for the whole family because that.

Yeah, I mean, if the kids today I worry I mean, you know, I see a lot of them and it concerns me, you know, and, and how, they're just being overwhelmed. And, you know, they just even the ones who, who don't supposedly even devices still school these devices these days.

So anyway, enough with my, pontificating about the I think, we should go back to the horse and buggy. I don't know about that. I'm not suggesting I am a hacker from way back, I.

Yeah, in toys and inventing and putting things together and seeing how they work and understanding how my body responds to it. And I mean, for I don't know, as far as back as I can remember, frankly, they've been on that little road.

And I think that that's kind of what helps me in my in my day today is I'm able to draw on all of those life experiences and put it into the things that we're doing and not being restricted with, with, certain, you know, like corporate regulations and structures that prevent oftentimes you from really making the application that you might want to make.

We don't have a lot of that. So we're actually able to continue to keep raising the bar and everything that we're doing, based on our research and. Right, and yeah, no, absolutely.

I, I don't think that the, the Healing stones, would have made it anywhere, you know, because, you know, unless you could mark it up a whole lot, you know, I mean, like it.

That's that that is, I applaud you. That is the wonder of having your own shop where you can still be creative, you know? And so. Thank you. Really, and thank you for what you do.

And, we'll talk again. And I'd like to, you know, I this time we kind of went all, you know, all over the world. And one of these days where I'm planning to do is I'd like to do some deep dives on, on energy and different aspects of, of the healing because of the healing technologies.

You know, because what happens is that certain people can really resonate with some, you know, I, I have a saying that everything works sometimes, you know, I mean, the more basic it is like light, the more people it's going to help.

But then we get into there's some esoteric things that only help sometimes. And, I just think all need to be explored because in this day and age, healing is about the individual.

And, anyway, but thank you so much. We've touched thousands of people's lives and families. We haven't had one circumstance where somebody actually didn't love the energy or the warmth of sun, sun energy.

And back to that primal healing concept. You know, good water, good food, you know, good sunlight, good air. This is like the foundations of life and health and, you know, coming to a close because we've gone farther than way longer than you probably anticipated on this interview.

There are real answers here. This isn't an expensive technology. I'm not suggesting you should necessarily buy our devices. There are other competitors that make good devices, too.

But it's not just good enough to own a sauna. The sauna is the mobilizes the toxin. The infrared sauna mobilizes that. But we use a binder protocol. A binder is like a sponge a and we call it.

And so it's like for me to stir up the micro toxin in your body eventually, because it's a very small I call it salt, actually. Eventually what happens?

It's kind of like maybe you probably had one of these in your earlier days. Those those, paperweights that you shake up and they have snow, and then they settle back down, and then you shake it up again.

It's just fun to look at. Well, that's kind of the body. Like when you stir up the pond and you don't have a vehicle, a good active detox vehicle pathway to get them out, they wind up settling back down, either in the same place or a different place.

And so you're back to sort of a zero sum game. So our goal is to stir it up and get it out. And so the sauna stirs it up. But using the binder particularly if your immune system, if you're asymptomatic and your immune system's compromised and maybe your detox pathway is like like your lymphatic system or you have an inability to, to, have a bowel movement every day or things like that and or sweating.

Many times people have trouble sweat. They can't sweat. Right. The number one reason why people have trouble sweating is because they're dehydrated. And yet we're a country that drinks a whole bunch of water.

But you touched on that earlier. You said that structured water. And it turns out that infrared frequencies actually structure the water inside your body.

That's Doctor Gerald Pollock's work, the fourth phase of water. And, but we drink bottled water. Sometimes we think it's a good bottled water for whatever reason, but that generally passes through us.

It doesn't cellular hydrate. That's the key cell activity. You know, like you mentioned, mitochondria cell energy. Yeah. Water is a transport system to get minerals and nutrients in to the cell and also allow the cell to get to export all the waste products without good water in the body.

That isn't happening. Your cell is not methylated. Your body starts to break down eventually. Slowly, but eventually. So so tomorrow, anybody listening that has lived and or has a micro toxin, they can use infrared sauna or not.

They have to consider how are they going to mobilize that toxin wherever it is stored. And then how are they going to help the body get that toxin out?

Because until you can remove yourself from the mold environment, you still have this imbalance in your body inside, internally. That's creating a toxic event.

And and symptoms, inflammation and so forth. So sauna is great. Infrared sauna is amazing. The other song is like hot rocks on a steam room that'll pull out toxins that are suspended in your serum and in your blood, but what's unique about infrared is that actually will break the bonds with the heavy metals and the biofilms, the silt, the micro toxins where they're stored inside the tissues and the joints.

So like deeply in the body. So so we have a format that will mobilize everything. And now let's get a binder, a sponge to soak it up. And if you're having if you're symptomatic that probably means your liver is probably compromised.

And so if you could bind everything up with a little binder like activated charcoal or a zeolite derivative like silica, zeolite or a derivative, these are going to grab the micro toxins.

They're going to bind them up and make them bigger and make it easier and less stressful on the organs that are already under stress, again, because they're symptomatic.

Of course, we're talking about the chronic, patient, but this applies to someone that's optimally healthy, that's young. Now let's keep them healthy so they don't have to get behind a ball.

I think that, in fact, every year we dedicate here in our company, topic to research and 2021 122 but 21 was optimal health because probably like you've seen in clinic yourself, it's kind of relatively easy.

It sounds funny, but it's easy to make a person with a chronic ailment kind of feel a little better. But it's a lot different to take on an Olympic athlete and make them feel better.

They're already at the top of their game. How do we keep them there and actually elevated even higher? That's a challenge, and I took that challenge last year and I'm continuing because I absolutely think that that as much as I love helping people that are that are under the, you know, behind the eight ball, I like the new generation.

I like to keep them healthy and vibrant so they don't have to get behind the eight ball. Yeah. No, I think that I, you know, this is a whole other we should go another time because we have so much to talk about because yet, you know, I mean yeah, the sauna is step one.

You're right. We got to the reason people are sick is because they can't get rid of what they mobilize. These are people who they get in massage and they still they feel terrible the next day or that, that evening.

I mean, because, you know, mobilization is nice, but without excretion, you know, as the natural part, say, the among tourists, all the ways out of the body have to be opened up.

And, things have to be chaperoned many times to get there. So, that's something I love to chat with you about that and, how it all comes together and but really, so thank you so much.

It was really such a pleasure. And, look forward to using your, your products and really, you know, seeing lives change. So thank you. You're very welcome.

And thank you so much for offering me the opportunity to talk with you, meet you, meet your clan, and certainly, divulge and bring out some of the, things that we've talked about today.

Okay. Take good care. Bye bye. Right.