Healing the Brain by Resolving Emotional Blockages Transcript

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Introduction to Harry Massey and Emotional Health

Welcome to the Brain Healing Masterclass. I'm your host, Doctor David Jockers, and today I've got the honor of interviewing Harry Massey. And we're going to talk all about how why biochemistry is outdated, the radical truth, emotional blockages, not toxins or inflammation, how that's the real root cause of illness.

Harry's website is e4l.com, which stands for energy for life, and he is the founder and CEO of energy for life. And he's a visionary behind the My Health device info ceuticals in the bio energetic wellness system.

And after a catastrophic mountaineering accident left him bedridden for nearly a decade, Harry Massey discovered firsthand what happens when every health system fails you Western, holistic and functional alike.

And I hear from a lot of stories that's that's the same. So many people have been failed by all different health systems and determined to survive. Harry turned to physics.

He co-founded one of the world's first R&D companies in bioenergetics and spent two decades building technology that can measure, manage and master the human energy field.

And that's what he does with E4l.com energy for life. You guys are in for a treat with this interview. Again, we're talking all about emotional blockages.

We're going to talk about adverse childhood events, how that impacts our life span, mortality risk, our brain health. We're going to talk about three main energy leaks in the body, and how fixing those leaks can create more energy, happiness and health.

We're going to talk about the latest technology. It helps you measure, master and manage your emotions so you guys are really in for a treat. So without further ado, let's go into this interview with Harry Massey.

All right. Well, here I am with Harry Massey, the founder and CEO of energy for life, E4L.com. And we're talking about emotional blockages and how critical they are.

And so, Harry, you're great to connect with you here. This is our first time, connecting. But, you know, I've, I've heard a lot about you. I read a lot about you and excited to dive into this and really understand more about how emotional blockages impact our overall health.

It's great to be here, David. Absolutely. So let's talk about this. Obviously, you had a catastrophic accident, and that's what got you into this. And what have you learned about the impact of emotional blockages and adverse childhood events and things like that, and how that impacts our overall health?

Harry's Accident, Chronic Illness, and Emotional Roots

Is probably worse than you just rolling back to to when I was 20. So when I was 20, I had these free pretty, pretty extreme experiences. When I fell off a mountain while I was ice climbing and fractured my spine, the second, a few months later, I see I never I never knew that I fractured my spine.

At the time, I just lived in pain. And six months later I went out to the French Alps, was climbing there, got a fever, got down the mountain, checked into hotel.

Not that fever. Ended up as like a Epstein-Barr type type viral infection. And I started getting increasingly exhausted. Went back to university and at university actually.

Well, it was in my last year of university I was outed as being gay by my by my semi boyfriend, my 21st in front of all my family, parents, etc. and at the time I got rejected by my family for a while, went into a bit of a bit of a bad cycle, and after a year of that I end up I ended up with fully bedbound chronic fatigue syndrome, which which I had for the next seven years.

And I'm still talking about emotional health. Yeah. So, you know, the efforts known of some the some of you got very sick from having a lot of, a lot of emotional stress at the time.

And, you know, when you look at it from a, when you look at it from the overall health perspective, there's something called the Ace studies that stands for Adverse childhood Events.

And boy, it's it's pretty amazing how many of us have them. I mean, like 40% of the population have them. And if you've had more than two as a child, your overall reduction in lifespan, i.e.

if the average age is nine, you know, 90, then it ends up a 70. There's a 20 year reduction in your lifespan when you've experienced all these adverse childhood events and you know it comes across in every type of statistic, you're far more likely to get heart disease, far more likely to get cancer, arthritis in know any disease you can think of.

And yeah, I just went on anyway. At the time I just went on this basically. Well, I was, but I was bedridden in a wheelchair for all those years. I did everything that you could probably think of from doing Gus and therapy with all the juicing and the coffee enemas, you know, had all the tried every type of diet from I did the whole vegan thing from all that didn't work.

I did the, you know, the the paleo and macrobiotic etc., etc. but for me, it wasn't it wasn't caused by, by a nutritional issue like my, my diet was, well, you know, I'm not saying it was great as a kid.

It was probably just average as a kid. But when I was sick, it was really, really good. And for me, I just wasn't getting better. And, you know, looking back at that, it was all caused by the emotional end.

Although at the time, like the great insight I had was that I wasn't actually understanding where energy came from and the conventional viewpoint. When you have something like chronic fatigue, fibromyalgia is, well, it's called in, it's caused by a virus or you must be toxic, etc.

so, you know, you just do all these things to try and get rid of it. That way. But let's say for but for me, what I ended up doing or what actually helped me get better was study where energy came from.

And that led me to be meeting this scientist should actually be mapping out the energy of the human body, which which we would now call the human body field.

And, you know, from that I ended up inventing all these different, different devices that could both help detect these energy fields. Also correct them that I said more, probably more relevant to your question was the emotional part.

No more more recently, we've been like working out how you can actually detect emotions in your body to give you more awareness so you're able to correct them.

Yeah, it's really fascinating. And, you know, there's there's no doubt that adverse childhood events impact our health as we go on. Yeah, we it puts us into it puts our nervous system into a state of fight or flight, you know.

And so we need to we kind of have this. We have to have this normal balance between fighter flight and then our parasympathetic branch, which is rest, heal and digest.

And normally we should be spending most of our time in that state of rest, heal and digest. And then fighter flight is good for when we're exercising. Right.

Or if we're, you know, performing at a high level, like for short periods of time. It's good. And one of the things that those adverse childhood events do is, you know, as a survival mechanism, if we have serious, you know, whether it's, you know, we're abused as a kid, right?

Or whatever it is, it puts us into this state of chronic fight or flight. And that's kind of what you're referring to as the emotional blockages. Is that correct?

Yeah, exactly. Exactly. I mean, so for me, there's like a couple of mechanisms. There's, there's absolutely your nervous system that that totally puts you into that heavily sympathetic state.

And obviously, if you're in that sympathetic state, you can't rest.

How Trauma Disrupts Nervous System and Energy Flow

And really you can only repair your body when you're resting, when you're stress to your point, you're in that survival mode. But there's also a further there's also a further effect because your body I'll, I'll just start with the nervous system.

So your nervous system conventionally. Yeah. Conventionally it's all through nerve impulses and it's controlling movement, etc.. But the nervous system is super interesting because your spine is, you know, so, so or you're just listening to not on the camera.

It's like an inch thick, but in your little finger it's only millimeters thick. It's also completely disjointed. So the speed of transmission for your nerves is actually has different speeds throughout the nervous system, which even which makes let's say you're trying to hit a baseball that actually makes hitting a baseball almost impossible the conventional way.

However, it's actually there's actually information that's carried on the field outside the nervous system. And when you're carrying information, if you just see it as setting up a field, information can be carried on that nervous system outside of the nerves itself.

And that's much more instantaneous. It's not quite instantaneous, but but it almost is. And then there's other mechanisms, like the heart will generate a magnetic field about 15ft out, and cells can pick up information from that magnetic field.

There's also there's also this by photon effect. So so cells actually communicate using ultraviolet light. And so without without that via photon communication.

Your body also doesn't it doesn't work very well. And it maybe to land it home for people in the chemical in the chemical model. Well basically the conventional wisdom is that with this bag of chemicals you take a drug or supplement, you eat food happens through digestion, converted through liver.

That molecule travels through the blood and then gets the cell. No, absolutely. That's all. That's all true. But the problem with that mechanism is it's quite slow.

However, the body has depending, you know, your size, whether you're an adult child, etc., between 50 and 70 trillion cells in your body and every cell has 3 trillion operations that happen every single second times that 60 odd trillion.

If that all just happened through just slow moving nerve impulses and chemical interactions, you wouldn't actually be able to stay alive. And you need you need to fast, faster instantaneous mechanism which handles release field effects to to to basically do all your operations and to the original question like net negative emotions and trauma.

It heavily, heavily distorts all of those communication pathways, which leads to sickness. Yeah. And so some of what you're talking about, it seems kind of seems pretty esoteric.

It's hard for people to follow, but I know my listeners have heard of things like electromagnetic frequencies, like, for example, you know, one of the recommendations I have is don't sleep next to your cell phone, right?

Don't have your cell phone like right next to you. Keep it. Keep it from a distance from you. And most, most people now have heard of, you know, Wi-Fi and how Wi-Fi.

You know, if you're close to, like, a Wi-Fi tower, EMF tower that can be really hazardous to your health and there's dirty electricity that you could be exposed to in your home.

So, like, these emfs can have a negative effect. And you've also probably heard about the benefits of grounding and being in nature and how, like when your bare feet are on the sand on a beach, right?

Or even on your grass, how there's a healthy electromagnetic frequency that comes out. And when you're in a forest, right, there's healthy electromagnetic frequencies all around you that are, you know, that are natural to us.

And our ancestors were all exposed to. And so they have a kind of a calming and healing effect on our body. So this is something that that, you know, my listeners have heard before, it's just a matter of really because we can't see it.

Right. It becomes, yeah, it's a little bit more harder to understand. Yeah. I mean, spit is basically an energy, an energy source. And if you look, if you're looking at where energy comes from, from the cell, you've basically got the Krebs cycle and a ATP.

But that's all working through an electron transfer chain. And so the ultimate ultimate source of energy for the body is an electron. See carbohydrates convert to electrons, fats convert to electrons.

But just like you're saying grounding in electrons from the Earth, or if you've experienced going into an ozone sauna like you feel really energized, that's because of all the extra free electrons that are coming from the ozone or in a hyperbaric chamber, you know, you get another very large source of electrons.

Or, you know, if you're by the beach on on holiday, you're breathing with negative ions, you're swimming in the sea, and that sea is literally like, it's literally like a bath of electrons that's charged from, from the sun.

And so, yeah, from a bonded jetty point of view, which is the study of energy in living systems, anything you can do to increase your body's batteries energy helps.

Right. And you know, you talked about the sun there too. That also is a way that that all the different wavelengths that are coming out of the sun, the UV, the near-infrared, far infrared, the red right, all of that impacts our mitochondria, our cellular energy production.

So a lot of these things are, you know, things you can't necessarily see, like you'd like. You might be able to see the sun, but you don't actually see the infrared light that's actually coming off of the sun or coming out of your sauna.

That, that is getting into your cells and impacting cellular health. And so there's a lot that's going on that we can't see with the, with our eyes. Right. And I think that's kind of the general of eating.

You can feel you can feel with your body. Yeah. Yeah. That's right. Now you often talk about energy leaks. What are the three main energy leaks. How are we kind of losing energy and developing these emotional blockages in these energy blockages.

So we you know, we talked we talked about one which is that negative emotions. And apart from it distorting your body's control system, that's sort of a more like a sort of obvious, obvious pathway when you're having a negative emotion, you know, your body's creating more brain waves.

It's craving more energy just processing whatever's going on. And you basically just you're basically just wasting energy. And then you can explain it through more conventional terms, like your cortisol and stress goes up, it activates your sympathetic system.

So, you know, that's that's one the second the second is actually pain. So if we're looking at your muscles when your muscles have high, well, like your muscles when they're all sort of soft and in, you're in a good place.

They have a lot of ATP. But when they're tense and especially when they're injured, they actually use up 3 to 5 times more ATP in the muscle tissue than they would if they're relaxed.

So, you know, that's a that's a massive, massive jet drain. I say then the third is more that concept of your overall distorted body's operating system or control system.

And yeah, in the end, you know, if if you're in pain and, and you're stressed, you've got symptoms on average, you're using like 30 to 50% more energy than you should.

And then if you become much more relaxed, inefficient, you want to have a really efficient metabolic function, efficient energy production. And you're very inefficient when you're stressed in pain.

That's what you're saying there. Yeah. Basically, you know. Yeah. Like like a gas. Like a car. You want better, better, you know, higher amount of, you know, what is it, fuel.

Fuel per mile. Right. And so better, better gas mileage. Right. And so when you're stressed and, and inflamed, you've got poor gas mileage going on. And you're also producing a lot more free radicals, right?

Energy Leaks: Stress, Pain, and Inefficient Metabolism

A lot more oxidative stress on the system. And so so yeah, it's a it's a self-perpetuating. Yeah. Cycle. And I see, you know, that's the whole thing when you're getting sick because you like cycling down, you cycle more and more inefficient, and you really want to do everything you can to go back the opposite way.

The, the easiest one is to start like, Matt, like managing your emotions. But of course, having things like massage, doing yoga, stretching your muscles, etc.

so, you know, also going to help then everything you can to build up your energy, like going out in the sun using sodas, red light, actually eating really, high, highly energetic food.

I like fresh fruit and vegetables, you know, a great diet. All of those things massively messy. Help. You know, one that I really like that is really easy for people to do is using is using hydrogen.

I actually have a hydrogen bath each evening, and I breathe hydrogen gas while I'm in, in the bath. And you know that people buy the hydrogen water that only has a few particles per million, that doesn't that does something, but it doesn't do a lot.

But if you if you actually breathe in, you can breathe in two liters a minute. And I promise you just feel so much better because a it's it's giving you energy because hydrogen in so nad h the h is, is hydrogen just gives you more energy.

But two, it's the smallest molecule in the whole universe, which is why it has such a strong antioxidant anti-inflammatory effect. Yeah, hydrogen is powerful.

I haven't done the hydrogen gas. I do have hydrogen water, right, that I drink hydrogen, enriched water that I've noticed benefits from for sure. But yeah, the hydrogen gas I haven't done yet, but that's, that is that is, the next step is pretty easy.

It's. Yes. Like $1,000 machine and. Yeah, you can be have it, you know, while you're working in the bath, reading a book and like, it's a very low maintenance therapy.

No, that's great. Great, great to know about that. And that's really like what I want to circle back to is all of these things like we think about nutrition really the food that we eat, it's biological information that's helping our cells adapt to the environment that that they are in.

And you know, and that's why like, for example, I'm such a big fan of feast, famine, cycling, like going through periods of time where we don't have a lot of food, like intermittent fasting and then period of time where we're telling the body, hey, food's abundant.

And so constantly giving biological information, and we do that with sun exposure. We do that through grounding. We do that through the thoughts that we're thinking on a regular basis.

We're constantly giving biological information to our cells to help them adapt. Most people, unfortunately, are giving bad biological information to those cells or biological information that's telling them that and too much of it and too much and too much of it.

Exactly. That's right. And so now, when I'm disciplines, I've, I've been disciplined for last three months. Right. I do a 36 hour fast every single week.

Yeah. And you know, the, the autophagy that happens that, that really helps make the body's energy much, much more efficient because it's just know getting rid of all those all the inefficient metabolism, getting rid of all those senescent, damaged mitochondria and repairing them, and then increasing the amount of mitochondria within the cells. You're absolutely right.

That's a big thing that periods of famine do. They increase overall efficiency within the cell. So yeah, really powerful. But really all of the things that Harry are talking about when it when it comes to energy leaks, emotional blockages, you know, some of this stuff that can seem a little esoteric really.

Nutrition is just something we see. We can see the food. But all of this, the thoughts that we're thinking, the, magnetic fields that were around this, you know, getting sun or not getting sun, being in, you know, artificial lighting all day, all this is biological information that's helping.

That's basically training the cells on how to produce energy to adapt to their environment. And we obviously want to make sure we're getting the right biological information in.

And the thing that you have done, like with your energy for life, is you've created some cutting edge technology that helps you measure, master and manage your emotions.

Can you can you talk about that? Because it's like we we kind of somewhat understand our emotions, right? To a degree. Like we can understand, okay, if this is not really a, you know, this is positive, this is not positive, but how are you actually measuring this?

So in Chinese medicine, if you if you've ever visited a TCM practitioner, they'll basically put three fingers on your pulse. And they they measure the quality and the shape of your pulse.

And in Chinese medicine there's 29 different pulses. And an example might be a wiry pulse, a worry pulse is synonymous with having blotchy in the liver.

But for the Chinese and you know, it's noticed in Western medicine as well.

Biological Information, Fasting, and Energy Restoration

Basically, when you have blockchain, the liver, you're more likely to be angry at the extreme, frustrated at the less

extreme, or if it's a very healthy flow through the liver, then you're very decisive.

Or there's another pulse called a soggy pulse. And a soggy pulse would have the negative side of that would be you'd be very anxious. The more positive side of that is you have faith in the future.

So in short, we've been able to map out different algorithms that will read your pulse. And we've translated those into 13 different emotional characteristics.

So we can look at like impatience to joy, anxiety to faith. Frustration to decisiveness and all of that. We put in the wearable. And, you know, the important part is, is it's giving you awareness because, you know, often, like we all just go about day to day and, you know, we're all angsty, you know, frustrated for hours.

But we just carry on with our lives. But by actually having an awareness of when you're shifting into a more negative emotional state and you know, it enables you to either stop, you know, have a pause, and then if you know the more positive emotional state that it'd be better to be into, you know, you can reframe your brain and a, you know, a big process.

I always do is I've got my big journal right next. Yeah. Actually, I basically I basically journal each day what my what happened to me yesterday. If there were any negative emotions that came up, then I think through, well, how could I have either handled that situation better or, you know, had it had a more positive expression of that.

And when you do that each day, it's pretty, pretty fast. How rapidly you end up changing your emotional state over time. And I mean literally two, three months later, you're a completely different person.

Yeah, that is really interesting. So is this this, technology? Is it the my health which, which of the technologies that it's called, is called the gem, which stands for Guided Energy and Emotional Management.

And yeah, it's literally a wearable that sits on your wrist, which stupidly, I haven't got one in front of me yet. So. Yeah. So you put this on your wrist, it measures your pulse and it lets, you know, kind of worn one of those 13 patterns that you're in.

So you're getting that feedback of you're in this particular pattern and it does it give you suggestions for how to how to improve that. It does it does a lot of things.

So it the yes, the wearable is sitting on your wrist. It works with an app on your phone. It'll tell you what state you're in. And yes, it totally gives you suggestions for for how to move out of that state.

It's also combined. It's also combined with an AI component. And in Chinese medicine you can look at your tongue as well. And that provides information.

Yeah your expressions on your face do. And also your voice patterns do that. Overall from that we can do a full like a fuller analysis. And you can use the AI to, to coach you back.

And then the, the second part of it is also correct. So when we were explaining earlier about how you have this field based communication that works through bio photons, the device will also net by photons with a particular signal that will help you correct the patterns that it's detecting in real time.

So it's basically was giving you a 24 seven personalized correction, and that you would just I'm not sure got the full results of that trial. But we we just had 20 people go through a clinic and we collected the well, we did a mitochondria test at the beginning in the middle and the end.

And then actually we just we just film them to to two weeks ago, but we had these incredible, well, incredible stories, actually, there was a, a couple who's just about to get divorced and, and using it by the end of the trial, they basically say save their marriage.

Another person's house burned down and they basically said it, you know, to help them manage all the stress. And they didn't think they would have got through without it.

And pretty much everyone reported better sleep, better emotional management and an increase in energy. But say the full results trial, I can't tell you till February.

Measuring Emotions with the GEM Wearable

Yeah. Really interesting. So basically the jam technology is what you're talking about there. And it's a wearable that not only tracks where you're at as far as, you know, your pulse rate and kind of your emotional state, but also it's releasing bio photons that help kind of nudge you back towards balance, equilibrium, and in a positive state.

So not only are you getting the instant feedback to where you can start making, you know, processing changes consciously in your own brain, but also unconsciously, it's helping move you back into balance.

That's it. Yeah, that's that's great. And then you've also got some of these other technologies as well. Tell me about the energy for life voice scan and how that works.

So yes. So with the voice scan and that contained within your voice, there's all these different vocal biomarkers. Like there's there's actually about 400 that we've identified.

And you can see, you can see like the energy levels of different organ systems and different emotional states. And it gets very, very powerful when you combine that information with the pulse as well.

But yeah, it's it's basically so you can have a fuller analysis of your body. And as a, you know, as a company, as a company, like we were on this sort of long term mission to be able to assess the body in real time so that people know exactly the state they're in, and then they can, you know, they can basically adjust their food, their lifestyle, exercise, you know, meditation, thoughts to to basically coach people back to better health.

And we're looking at integrating blood tests as well. But, you know, from a vantage etic point of view, blood tests, a little more than necessary. But of course, you can't you can't get that information every day because you've got to go and have your blood for more invasive, blood expense.

But, you know, one thing, it that would be interesting would be pairing it with, like, a CGM, like a continuous blood glucose monitor. And see how the emotions are impacting blood sugar spikes or something along those lines that might give you.

Yeah. Well, I mean, they definitely yeah, they definitely do like when you when you get into a negative. Well, especially if you get angry. It really does spike for sure.

Like depression and other stuff. It doesn't it doesn't spike as much. But you know. Yeah. Yeah. Interesting. And so you also have the my health. Tell me about that and what that's doing.

So yeah the my health. That's a super interesting story that basically came the technology and the ideas of that came out of the Russian space program.

So in Russia. So they didn't have to take drug kits up into space, because when you take a drug in space research, the waters will recirculate through the urine.

They wanted they wanted a different method. And it's basically a device. It'll read the resistance or technically it's called the capacitance of your skin in different areas of the body.

So you can basically measure different tissues over of your organs all down the spine. And when you get a low capacitance reading, that's indicative of a basically a problem in that area, it's working directly through the body's nervous system.

And if you then stimulate, you basically put in a microcurrent and you also put in some light red, red lasers. But when you stimulate that particular area, you're talking to the body's nervous system and therefore the brain, and you're reminding the body to go and heal that area.

Because when you're in a chronic sickness, really what sound or a similar example, like if you've got a chronic injury, like you've had pain in a particular area for like five years or something.

Unfortunately, the body is literally just switched off healing that area. And, you know, in theory, if the body is working properly, it should always go and repair an area.

But but the body, the body protects itself. It has trauma and it basically just decides to like look sort of like lock that area away. But you can remind the brain and the body's nervous system to go and repair an area, and then it just starts putting its normal resources like, like repair peptides, etc.

and it creates all the repair proteins and growth factors to go and repair that area. And for example, like we've done work, you know, we've like Russia, have done all these studies that show you can speed up bone repair or a wound repair by five times normal rate.

And with our device, we've got a research program at UCSD. And, you know, we've we've proven out that you can rejuvenate skin and rejuvenate, you know, rejuvenate a wound by, by a few times the normal rate.

Wow. That's really interesting. So it kind of does it do a tapping on that area or, how does it. Yeah, that's that's where the Russians got the idea. So the Russians got the idea from from the Chinese acupuncture point.

Well, yeah. The Chinese for thousand acupressure. So slight, slightly related.

Voice Scans and the My Health Device

But but yes, but the, the, the Chinese would, would tap an injured area and then the body would go and repair it. So that's where the Russians got the idea.

And then they, they just did it through an, through a microcurrent signal that they see uses 15 to 500Hz. But yeah, in it is sort of that simple. But is that a form of pulsed electromagnetic frequency like a PMF?

It's actually got it does it's it's partly microcurrent. So it's just a normal electromagnetic wave. It also has a PMF coil behind it. So adds that on top and then also has LEDs.

Sorry, red laser diodes as well. The red laser diodes is more just because we wanted to put in extra energy into that area. But it it's the most powerful part is the microcurrent signal because, you know, you can literally feel it through your nervous system.

And in that signal just travels up through the nerves to the brain, and the brain just automatically goes, oh, I need to pay attention to this area. So let me go and repair that area.

Yeah. Really fascinating. And so, you know, you're doing some groundbreaking stuff and really interesting research with all of this. And so what kind of results are you guys seeing on a regular basis with, with this technology?

I mean, with that, my health goals, all sorts of things. I mean, I could well, it's hard to show you pictures right now. But yeah, in short, like, if, if you break, if you break a bone, it'll speed up the, the bone healing by by five times that, that normal rate.

I probably shouldn't make claims for different diseases and organs, but sure you can. You can probably sort of, extrapolate. But yeah, if you have a particular problem with, with an organ system, you can repair that organ system as well.

Really interesting. But actually what I can share, I can share the research that's come out of UCSD that's not on humans, but it's all, it's all on cell cultures.

So we took so we took some cultures of just heart tissue and what we wanted to do with that, see if we could increase glycolysis, basically the efficiency of the energy output when you just put in the same amounts of sugar and we're able to increase the efficiency of metabolism by 25%.

So the same amount of sugar that you get 25% more energy. And we also saw a growth, in the density of mitochondria by 50% in a cell culture, the oldest one, you know, and we weren't I didn't instruct UCSD to look at it, but they came back and told us that it happened as they took they took hydrogen peroxide and basically tried to kill the cells with the compared to the control group, they saw a 67% reduction in damage to the to the cells.

So it had this protective effect on the cell membrane. And that yeah, that paper you can find on our, on our website got published, I think we got published in August.

And hydrogen peroxide is actually a normal part of cellular metabolism, but it's a free radical. And so a part of a cell's health and resiliency is our ability to buffer the hydrogen peroxide.

So basically, we're showing is that the cells that were treated with this technology had greater resiliency to that stressor. Yeah. Really, really fascinating.

And people can find more information about these products. And the best website is going to be the e4l.com. Is that correct e4l.com. You know look products are linked on the product side products page.

Yeah. So they're all right there. You guys can check out all the different products that we talked about. The gem the my health really really fascinating stuff.

And so check out e4l.com for the great work that Harry is doing. And where do where do you see the future with bioenergetics going. Like what do you think the potential is with this in the next 5 to 10 years?

So what I see, I think it's just such an interesting, you know, place, like everyone's very aware of this whole AI race. If I had to predict the future, I think in another 3 to 5 years, society and government, different universities that they're going to recognize, the physics first healthcare system is ultimately going to be more where it's more efficient and more cost effective than an absolutely comparing it to, to drugs.

Research Results and the Future of Bioenergetics

So I think we're going to see massive, just massive changes across society. And I, you know, I this is a bit predictive, but just like you've got the AI race, I think a longevity race is is going to happen because I'll just take the US and China as an example.

The nation, the nation that recognizes that reversing aging and having a healthier population and doing it in a more cost effective, side effect, you know, toxic freeway AI not being reliant on pharmaceuticals is ultimately going to be a much, much better society.

Like, if you could imagine, like if the leaders of society were much healthier, they're going to make much better decisions and we're going to have a much healthier economy.

So I it's a bit early now, but I think I think ultimately there is going to be a a longevity race. And putting sort of a physics first principle on health is, is going to be an important part of the future.

And it's yeah, that's let's see. That's where I'm betting my whole life on. Well, you know, I, I'm with you on that. When you prioritize good health and buy good health, not just looking good on the outside, but good mental, emotional and physical health, spiritual health.

When you prioritize that, you're happier, right? When you're happy, you have better relationships, you're more productive. You know you have better energy, freed up, more creative.

Right? There's you know, you have a lot more potential than when you are not healthy. And then you're frustrated, depressed, anxious, right. And you're making more decisions out of fear and anxiety than you are out of creativity and excitement.

And so, the world is better. More people that are that are happy, excited and creative, that makes for a better world for all of us. So how are you doing? Great work.

So keep up the great work, guys. Check it out e4l.com and we'll see y'all soon. Be blessed. Yeah thank you.