How Bioenergetics Can Restore Your Energy for Life Transcript

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Introduction to Harry Massey

Okay, so welcome back to another episode of the Restore Your Mitochondrial Matrix Summit. I'm your host, Laura Frontera. I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love.

Today, I have a very special guest. It's Harry Massey. Hi, Harry. Welcome to the summit. Hi, Laura. I'm really, really excited to be here. So. Yeah. Thank you.

I am to and I'm really excited to introduce you to this audience because you quite literally have made a huge impact in the world. And it really all started with your remarkable story of overcoming chronic fatigue syndrome.

And it was actually so severe that you were house ridden and even bedridden for seven years during your 20s, during the time that should have been your peak years, and you had a really long road to recovery.

But once you discovered something called bioenergetics, which you're going to talk about today, you were able to really overcome your illness, and you went on to become the CEO of Ness Health.

And really, you're dedicated to helping people restore their health and energy. So here's why it's so important that you're on this summit and that you're talking to our audience, because you've created an entire system for measuring the body's energy field, and then you correct it so that people can achieve optimal health and energy and we're going to talk about that process.

We're going to talk about what you do today. Now, I've heard you say that you have a mission to help billions of people. That's billions with a B. And when I think about that, it means your vision is so big that it goes way beyond your company.

And it takes a community of thousands of practitioners and patients to get the word of bioenergetics out. So this is really a global impact vision. And we're going to talk all about it today.

So first can you start off by telling us your story. Tell us about that time in your 20s and what happened. How did you even get to where you're at today?

I'm sure you know, I'll take oh, so I'm 47 now. I'll just take us back to when I when I was 20. So when I was a 20, I was at university. I absolutely love what I still love today.

Climbing I have climbed 4000 meter overhanging faces in the French Alps, are free climbing without ropes 100ft above the ocean with waves crashing into the cliffs below.

But when I was 21, I had these free climbing trips. The ended up with me being bedroom for the next seven years, and on this first trip I went ice climbing on Ben Nevis in Scotland.

From Climbing Accident to Chronic Fatigue

On ice climbing is much more delicate than rock climbing, and sometimes you can come across patches that are extremely brittle, whereby you teach us to teach off as delicate as you can of a few hundred meters up, up, up.

Ben Nevis I place my ice pick carefully make my move, the ice shatters and the next thing I realize, I'm falling backwards, tumbling onto the slope below the fortune.

I managed to get my ice back into the steep snow flow, snow slope the rest of my fall. And although I was in pain, it

didn't really seem like anything was broken.

So I got home. Have a whiskey. I say go home. I went to a pub in Scotland and it wasn't for another year. When I went, I went for an X-ray after a paragliding accident.

I was told a fractured my spine during that fall. I hadn't stopped climbing. And before I even found the out, I went to Shamone in the French Alps. I get halfway up this mountain called the.

I Google to start getting this fever. Or I'm shaking, shivering, and I have to get down as soon as I can. I check into a hotel and allow what turned out to be glandular fever to to sweat itself out for about ten, ten days or so.

And after that I find myself becoming increasingly more exhausted. But I, you know, I went back to university, and just just carried on. And I attempted one more mountaineering trip to Europe, which was actually about nine months later than this, thinking that the mountain air and exercise would cure me seemed like the natural, healthy thing to do.

But I couldn't have been more wrong. That trip exhausts me so much. So I ended up stuck in my tent eating dried bananas, which get that boring. So still, I managed to some of the energy to drive myself home.

And really, my days from there just went flat on my back staring at the ceiling. It's like living in a dark cloud, trying to focus enough to remember what I was thinking.

In two years of Western medicine, couldn't figure out what was wrong with me. One doctor told me 80% of the people had common fatigue syndrome. Like us basically have it for life.

So just take these anti-depressants. It's like, well, fuck that. I then researched, tried everything to get my energy back. Literally, like following.

Following all these doctor's protocols, the letter I went to Africa, to do a waterfall. I lost a third of my body weight. I was not I was not overweight in the first place.

You know, I was a rock climber before that. The next thing I know, I was in a wheelchair. I tried IVs, supplements in different diets. You know, ozone.

Ozone in every orifice you can imagine. Coffee. And there's only one orifice that's clean. My dream was even more. And really just trying to get well, but trying to get well with just biochemistry was extraordinarily exhausting.

And the worst because I was actually getting worse. I wasn't getting better. So I ended up laying in my bed staring, staring at the ceiling, not climbing, not going on dates, not having a career.

And it wasn't one year not to even five. So several years trying all these different therapies until finally I thought to myself, if I don't have energy, why don't I study where energy comes from?

And that led me to Biology Essays, which is a study of energy in living systems. And I went to so then like went on to Google, found the leading professor in the field, which was Peter Fraser in Australia.

He sent me this paper on quantum biology, and I stood about 10% of it. But I was totally fascinated. And that's that's when I really felt so something that I hadn't felt in a long, long, long time, which was which was like, you know, it's this whole new avenue that, that, that had the potential to get us better.

So I actually volunteered to become a research guinea pig. You know, instead of, like, the mice that are in lab rats. And, and I ended up being experimented on daily for year, for two years, getting all sorts of incredible reactions, like, you know, I'd get, like, I had a, an antidote for the MMR vaccine, you know, get boils, flakes boil on my arm where the vaccine had been a bit different.

Fevers from antidotes. These, viruses, but quite short fevers, like a day or two. So totally different to getting the flu or something. A little bit, a little.

I ended up getting my energy back, slowly. Started living my life again, going on dates. Had my first rock climbing trip for ten years, you know, building friendships.

And in the end, you know, we started what we have today, which is apologetics research and development company. And today that company that we started with, Professor Fraser, it's turned research into many technologies that are able to detect and correct your health and energy.

And for so long, you know, when you look at it like we've been using chemistry, drugs or supplements, etc. to treat symptoms, but especially in the case for schools, you know, they, they cause a lot of side effects over time.

Plus they only treat the symptoms, not the root cause of disease. But, you know, out of that whole process of this story, we discovered how we could restore people's health in a chemical toxin, toxin free way without side effects.

It's affordable for everyone. So that's, Yeah, that's our story in a nutshell. It's a that was the first ten years, and the next ten years is a whole other thing.

Well, that's an extraordinary story. And something really important that I heard you say is you did a whole bunch of, a whole whole bunch of strategies that sounded like they were intended to get to the root cause kind of root cause medicine, clear underlying infections, clear toxins.

Yet no matter what you did, you still didn't resolve the chronic fatigue. So that's where the bioenergetics came in. And I know people listening right now are super curious about this.

So, you know, we're on the bonuses. And, you know, I will probably get into this, but it's literally I didn't have enough energy to heal or to respond to a lot of these.

A lot of these other therapies. And if you don't have enough internal energy, it's sort of just fighting a losing battle. And I had so much stress in that period because I'd ended up well, going from, you know, those first few years I was actually fight, you know, I was really fighting it, not surrendering to to being sick.

And then, you know, I ended up back at my parents. So I'd actually left home at eight because I went to boarding school.

Discovering Bioenergetics and Recovery

So, you know, to be, to be, to be back at home was well, it was actually it was incredibly it was incredibly stressful. You know, so I just was never able to put myself into a healing state.

So it's not that biochemistry doesn't work. It absolutely can work. It's just in my particular case, my energy was too low and my stress levels were to holiday.

The my body's heating system just wouldn't activate it. So yeah. And this is why it's so important that you're talking on this summit where we're talking about restoring mitochondrial health.

And, you know, many speakers on here talking about mitochondria being the, you know, energy producers of the body. But if if you can't even launch and energy at all, if you cannot get there, you're not going to get better.

So can you explain what is bioenergetics and what are the principles of it? I'd really like to unpack this today. There's a lot of principles, apologetics, but I'll, you know, just give you a, give you a few of them.

So firstly, I'll just define biology Essex and biology. Essex is the study detection and correction of energy in living systems. This was pretty it's pretty much what it says.

But basically we're concerned with how energy works in the body. I'll just give you three principles. I've got eight principles, but I'm going to give you three because that would take you forever.

And, you know, three, a particularly good way to look at health and eating is one life. Life really is an energy exchange system. And I'll explain what that means in a minute.

The second concept is the the body in a way is, is very it's very, very like a battery in the sense that it stores, it stores energy and you use energy for it, for day to day living and for healing.

And then the third concept, which is, you know, broader and really, really interesting is the fields govern, well, basically fields govern your control system.

Or you could say fields govern biochemistry. And we'll go into a longer explanation. But starting back with the talk of, how life is an energy exchange system. So now if we're here, we're here sitting on the planet, the sun is whatever it is, it's a million miles away.

Now, ultimately, all the energy for this planet is coming is coming from the sun in the form of in the form of light and photons. And so you can just take that from a planetary basis.

We're sitting here in the planet, if we go outside, we absorb light, and most of us don't think as light as a, as a form of energy. But, you know, you can very, very easily see it.

And of plants, like plants would live and survive without photosynthesis. And at a level we also get some we get some energy from, like someone that we all think we just get food, but we also and there's some way you don't need to eat as much because you're actually you're actually using heat and light as one of your sources and sources of energy.

You're also breathing in oxygen, breathing out carbon dioxide, experience the whole grounding thing. You know, you can take your shoes off. There's all sorts of energy from from the earth and in the form of electrons, which can be amplified, like if, if you're doing ozone therapy and drinking peroxide, actually, that's a very, very concentrated form of, electron space, you know, so that's why you feel much energy when you do that.

If you go into the sea. Because water is sorry, because seawater is, is is saline. That's also kind of, you know, connected to all the electrons in the Earth.

But the, you know, the long and short it is, you're always exchanging energy of the environment because we're on the mitochondria summit here. So as a principle, you really want to think about how you can optimize that exchange of energy with your environment.

And you know, there is a bit of a of a hierarchy in this. At the top of the tree, honestly, is oxygen. And and if you want energy really quickly, then breathwork is a very, very good way of doing it.

And things like, you know, if you're doing things like breath, a breath of fire, you can get your oxygen levels up quite, quite quickly. And it's then it's even better if you then start doing breath hold, because when you start doing that, you raise your carbon dioxide in your blood and you know the can.

Well, I could get into the chemistry, but basically the bottom line is, you know, when you have a high level of carbon dioxide in your blood, you're actually able both your lungs are able to exchange more oxygen out of the air.

And then when Ulster's in the blood, your cells are able to extract oxygen out of out of the blood. So, you know, breathwork is a very quick, quick way of getting energy.

Things like movement, you know. Well, actually movement actually is also behind, behind a lot of the oxygen mechanism. And then you've got food. I'm not going to get into food because I'm pretty sure a lot of your other, your other speakers will be talking.

We'll be talking about how, you know, how food gives you energy. And the reason that is important, because if you can optimize the exchange energy of your form, it's also like detoxification.

All these things are good because it's helping with all those mechanisms. Then you have a good source of energy to, to, to basically heal. And so the second principle is just, just this idea that the body really the body is a battery.

So imagine I imagine where a cell phone is a good, good example. The cell phone has a whole bunch of apps running now, one app could be like that your healing app if you like.

You know, one, one app might be, how you digest food. You know, another an apple. Now that might be your mental processing for doing, doing an interview or something like that.

You know, there's all these different systems in the body that, does it draining and basically draining energy. And so that's why I sort of describe the body is a bit like a battery now to heal.

Well, it's super important is that you need enough excess energy. So when you're exchanging energy in the environment, you need enough extra flow of energy beyond what you're needing in that moment.

Because if you're running around being a total stress said, likely a lot of us are, including me, in different periods. You we're using two. We're basically using too much energy.

So we're draining that body battery. And you know, you can drain it for a few days, maybe even drain it for a few weeks. But if you if you drain it down to low, it actually becomes really, really hard.

And, you know, like a, like a normal battery would go flat and then you can plug it back in the wall. Not actually did it just it just breaks. I mean, it's a very similar thing.

And that's exactly what happened to me when I was bedridden, just like, you know, I was going out to the Alps in the fresh air, eat all the best food and fasting all of that.

But my body was actually so frigging broken, it didn't matter. It didn't matter at that point what I did, so, you know, as a principle in the healing, I so it's just so incredibly important to make sure you want to build back up that, that battery.

And it is honestly, it's it is a bit hard when it's completely flat. But you can absolutely do it. And also that second thing is, you know, just make sure you've got enough energy left over to heal.

Core Principles of Bioenergetics

And so, you know, all of the all of these other types of therapies like meditation, massage, like gentle walking, you know, yoga, not not how you do in the heat, but like other forms of yoga, all of these things are very regenerative.

And, you know, we'll make sure you're much more on the healing sticks. That's a very, you know, very, very sort of important concept. And we could get into HIV and autonomic nervous system.

But again, for the other people talk about that. But a is a very basic, I guess is a very basic point of view. The more the more you have your parasympathetic system activate of your sympathetic, you know, the more like the more likely it is that you're in that state where energy can go to heal you rather than, you know, just not be there at all.

So the second principle, the third is fields govern basically, fields govern your energy control system. This takes a bit a bit more of an explanation.

So, firstly I'll just describe like what? Control system is, like, we're all very used to a chemical based control system. And, you know, we think X molecule will have one effect body, and that's absolutely true.

But all of your cells, they don't just have chemical receptors. They also have field based receptors. And they can basically pick up in some information from, from light, from sound, from electromagnetic, electromagnetic fields and a field based control system is actually much, much more efficient than the chemistry based control system.

So for instance, what is actually, I mean, like light, for instance, you know, light, if you looked at a chemical flowing through your going through your blood light, you know, you might produce an whatever adrenaline and adrenaline or something like that, or for the adrenaline to get from your adrenal gland to the cell.

Especially, it's like down your little toe or something could, you know, might take a minute or so. But from a field base point of view, that instant, that information can be transmitted to every single cell in the body instantaneously.

And, you know, you experienced that, like if you're in a car crash, etc.. You know, it's I mean, it's fairly obvious when you, when you think about it that actually the communication systems in your body, are actually pretty, pretty instantaneous.

And the chemical based system is more it's more like that very solid back up system. You know, once it gets going, it's just it's just there. But all of that information can be communicated through through fields to and the great thing about fields is they can be read or detected.

They can also be they can also be correct. And you can also influence them. So like in all it all work, what we ended up doing is we ended up recording, recording the information of of fields in different parts of the body.

So in different organ systems or different, different overall functions. And because we've record like we've recorded how, you know, how a liver can work when it's working up to me or, or a kidney, we can then transmit that information back.

But back into the body. So someone's kidney, liver, heart isn't working. You know, it isn't working optimally. If you present that information back to the body.

And and the other key point is there's enough energy. So that's why the body battery part is so simple. And also exchanging energy, the environment. So there's enough energy.

And you present the body with how to heal or with the right information. It basically it will basically heal. So like at a very, very simple at a very, very simple level, you know, model way of healing people is like waiting for the energy in the body of the body battery, so they have enough energy to possibly present the body.

Or we basically optimize the body's control system with the right information. If you do those two things, the body will heal. I mean, it's it's pretty simple.

Yeah. But it's also pretty profound and really, you know, you could even match biochemistry, you know, a lot of, a lot of other healing methodologies into that.

But, that's basically what's going on. Okay. So, Harry, you just unpacked the first shift, first three of eight principles. So, so to recap before we talk about how do you figure this out with people.

So to recap the top three, let's make sure we got this straight. So life is an energy exchange system. You talked about the sun energy fields from the Earth.

Oxygen. We want to optimize this energy exchange. So first principle. Second principle. Your body is a battery and your internal systems are draining your energy.

So you got to build that battery back up when it's gone flat. And then third thing, you have fields that govern your energy control system which is more efficient than a chemistry based system.

So those are those three top foundations. Do I have that right. You do. Yeah. Okay. You know right now and

there's and there's five more. So what I mean those those are the you know those are actually good for you.

You really need to I just happened to have written at least eight. I, you know, how can I, you know, I'm a part time philosopher as well. So I've been working out these eight principles of reality and how you can manifest.

Yes. So I've got well, if you want to know it, it's the law, the law of information, the law of energy, the law of the law of resonance, the law of oscillate, oscillation, polarity and transmutation.

And that gives you, if you understand those eight principles, you can basically manifest anything in your life that's a totally different subject for these top three.

So these top three are the basis of everything that you're doing. And none of it means anything to the people listening unless there's a way of figuring this out.

So you have a way of scanning people's bodies. So tell us about that. How do you apply these three principles with your scanning? So it's actually it's actually pretty simple.

So we just detect and caress people's, people's energy fields. So we have, we have this system called apologetic wellness system. But you got two ways.

But I'll describe the main one of our company, it's been around for 20 years. So, we basically we basically have this system where you can either use a scanner or you can actually use your voice.

And from that, we're basically able to scan the energy fields in body. And it's up split into four, 440 different different tests. That and that will tell us the priority of what parts of your body or your your body's energy control system, a distorted or going wrong.

And then from that we have, actually 82 of these, which is, that comes out on the camera, in pursuit of cool, which is basically an information imprint imprinted into clothing and minerals and those are basically so, so, you know, we've got all this one particular here says heart.

So that's heart information or the information. Okay, the information that we have different emotional ones, one for each and Meridian, different ones for different sets of light.

To, to create the terrain from damage from different viruses, fungi, bacteria, etc.. And we basically just present that back to the body. And it really is as simple as just adding that information to go to a glass of water.

And you just drink glass water that there is one other way. If you saw a practitioner in person, we have a device called a raffle and I don't know. Anyway, so we have the device called, My Health, which will basically broadcast that information to your body on an electromagnetic field.

Which is, which is similar, but because it's in the device, you can you can put it exact. You can put it exactly on the right, on the right edge of the body.

So you can you can get slightly more precise treatment. But the suit goes work pretty, pretty well. It sounds like this would be a really vital part of any functional or integrative medicine healing plan.

Like this sounds like your body has to be able to create energy and make energy to heal. And it sounds like this is really foundational. Yes. Yes. Okay.

So so basically, there's things in biochemistry, you know, the, the helpful for this, like, you know, the good, like that, that whole path, like the whole nad h pathway.

So, you know, and I'm not big massive fan of nad IVs because they're very expensive and they make you really feel sick, actually. But for instance, like, if you take like half a gram to a gram of NMM, which is a precursor to NAD and

Nadia's, but it's basically sent is basically central to the electron transfer chain.

So, you know, that's a bit of biochemistry that, that can support the body battery idea. And when you're exchanging energy in volume, can, can help. And like the research in that is.

But like with athletes, I'm not sure what it is with sick people, but I know with athletes, if you take a gram of an in a day, it increases your it increases your endurance.

I think within to two weeks like a before a muscle fail. And you know, 50% increase in, you know, an energy level, that a muscle can handle. I mean, it's, it's, it's it's very significant and, the same, you know, you can you can assume that the same would, would be true feeling.

So, you know, there are things a lot of times you for sure do help. Yeah. So how do people viewing individuals, how do they do this to themselves. You mentioned that there's a device you can measure.

So is there a way for people to utilize this and kind of be their own, protect and correct their energy for themselves? Absolutely. So a say in what we describe that's, that's actually with a larger practitioner.

And like if you went to nurse health.com, you can find all of our practitioners and they will do the whole scan process with you and walk it through and training on the summit is coming out.

They see in November, where we're launching a new wearable that detects, corrects and protects your emotional energy.

Scanning and Correcting Energy Fields

And basically, it's a whole it's all a little thing. But you know how in traditional Chinese medicine you can you can pick up your pulse? So we basically to create a wearable and algorithms that can work out your TCM pulse and for the sort of, just for the consumer that will basically tell you your emotional state, your overall energy state, your overall vitality also does all the normal things that like a routine does with like mood and sleep etc.

and based on it's based on the readings. It will then send in a corrective bias signature if you like. So we were just discussing usage goes a digital infrastructure goes straight into the blood.

So Stacey imprinting the blood with the corrective information. That will basically help help you to restore your energy, reduce stress, increase resilience.

Things. So that's that's we available November the protect part. We also do these like personalized meditations. Again that they are based on the readings.

So, you know, one of the really, really massive drains of your body battery is stress. And if we take that a bit further, it's really it's really in our reaction to the stress and in our, you know, reaction to, to our daily environment and what's happening.

And most, you know, negative reaction comes out as a, as a negative emotion. And so there's five sort of core if you like this five core sort of emotional states that we have transformed through the through these meditations and also the corrections from the wearable.

So so like in the wood element, for instance, in Chinese medicine, the it's basically like anger and frustration is the is the negative side of that. But so we have we help in the meditation to transform that to decisiveness.

The reason that works is like, you know, if you're very frustrated, your energy is that your energy is actually just blocked. You're just overthinking all this stuff.

But if you become decisive, it's naturally more energy efficient. Like once you made this decision, you're not taking

any more energy with it. And the same is true with pretty much all of the states.

Like, you can take anxiety, anxiety, gain, overthink, just overthinking all this stuff. Whereas if you actually have faith because there's no logically, there's really no point in being anxious about this thing that's going to happen in an hour or tomorrow.

And like, overthinking. Well, no, just have faith that it's going to work out, be be in the moment and don't waste excess energy. You know, the less, the less energy you're wasting and all these negative emotions, the more things you have left over to heal.

It's it's it's that simple. So, yeah, that new wearable, I mean, the company's called What's energy for the number for life.com. And yeah, it's a lot of it.

It's not available right now. So I will November if you're watching this summit live at the time of its, initial launch, it's August of, 2022 and, and Harry, your, your product will be out two months after.

So if you're watching this live right now, you'll be able to access this product in two months. I mean, you can go to that site and like, you know, opt in to the newsletter and then you'll be notified when it comes out.

Perfect. Perfect. This is really exciting. What I'm hearing over and over again from you, which I love, is efficiency. Helping your body be more efficient at creating energy, more efficient and clear right on it.

So that that's the whole point of the energy control system. We're just trying to we're just trying to get the body to be more efficient. And unfortunately, disease and time stress and all these things over time, I mean, sort of in the end, is the ultimate definition of death.

Like by the time you die, your body's become so in a in a efficient home, you just drop dead. Yeah. And we're just basically continually battling. So I mean, that's another principle I didn't describe.

Which would be if information opposes entry, life is basically fighting entropy. Entry just means that energy and heat is dissipating across across the universe.

And the thing that holds it all together is, is information is order is coherent. So everything we're doing is basically makes me more efficient placing more ordered information, etc., etc.

but yeah. Good point. Yeah. So you had mentioned, you know, I, I've heard you say before, you want to really influence billions of people on the planet.

So I'd love to know from you as we wrap up this interview, which I know we could talk for hours, but I'd like to know, how do you see bioenergetics changing society?

You said you're also a bit of a philosopher. Scientist. You're you're a whole bunch of things wrapped into one. So how is this going to change society?

And what do you see for the future of bioenergetics? Because this is so much bigger than just the individual person healing their energy. I have a feeling you're going to go somewhere bigger with this.

Yeah. I mean, so I think a prelude to that or part of this answers on the is on the science. So we've basically had 100 years of, of biochemistry, trillions of dollars being, being put into that.

And, you know, the history of that is very briefly, it's just like, Rockefeller. Rockefeller was originally looking for what he could do with oil. So, you know, they started the chemical industry.

Wearables, Emotions, and Energy Efficiency

What can they do with chemicals? Or we can make pharmaceuticals. They set up the AMA and, you know, and all of that. And, and they basically, you know, went on, oh, they basically got rid of alternative solar energy.

You all see, you know, they, you name it, and, but basically had always zero, $0 looking at energy and energy fields in this space. However that that obviously is changing right now, maybe partly due to the pandemic and stuff, but like we've got a research program going on at University of California, where they for it like there's a bunch of different experiments, but one they took, lung tissue, infected it with, Covid.

And then we basically that's, you know, not quite that way around. So we, we took we took lung tissue. We then fed it with information that would help, would help reject Covid virus.

And then we basically saw, we saw the lung tissue reject, reject the Covid virus because it was a it was infected. They did the same with a the Aids, the each one had a greater effect than COVID's Aids.

We had a, a it was a it was a 58. It's a 50% reduction in infection rate. I with Covid, it was 25%. Unfortunately, we succumbed commercially. Put that out. It's just an FDA nightmare.

However, the research is the shows that and, unlike, actually we also did one with, neural stem cells. So, we had another, another article that we basically said the neuro stem cells and that we saw a 52% growth rate in, stem cell proliferation over ten days that, you know, has great application because, you know, we haven't yet done it in humans.

That'll be the next, the next sort of trial. But the assumption is that it would it would also happen in, in humans that we can help stimulate in the body's own state, you know, stem cell growth going, and the reason to go back to your actual question, like if you, if you imagine so that's one university.

You've got another meeting with Wake Forest University. And like if you imagine over the next few years, all of these different universities and now research basically they're researching the physics of biology, how information and energy and fields can can, can directly affect biology and therefore healing that has so many applications.

I mean, basically, they'll totally change health care. Because what we're talking about is pretty much side effect free. I mean, you can create effects, the negative.

Obviously, we're not attempting designer, but there's no toxic chemical sort of residue that might, you know, the microbes, some, on the side, you're not thinking it's only the effect that it's a much more intentional direct effect.

It's pretty much costless on me. You know, we do. Well, I mean, I guess companies can pay attention to fortune if they wish, but it but it but it does.

But it basically does allow it does allow our healthcare system that can be, get a much more cost effective, the other side, you know, when you're looking at biology S6 as a whole, because one of the really big components, especially with this new wearable that we're we're really tackling emotions directly, cause emotions least in my view, is like the biggest drain on the body battery.

So if we can, tackle that. But I mean, if you can imagine a world that wasn't ruled by the emotions of all leaders, you know, if wars were basically perpetuated by this state for the state of energy and consciousness, if work stress didn't burn up your energy, you know, if doctors didn't only offer anti-anxiety and anti-depressants.

So basically, when really the root cause of stress and mismanaging emotional energy, and whereas instead we had the majority of people basically detecting, correcting and protecting their own emotional energy, instead of world, what people were going to understand their bodies, their emotions, how to fix their life experiences, the health, their relationships, etc..

Or that type of world where each individual's positive emotions that's really going to create what they see creates a ripple effect. They'll raise the consciousness of the planet.

So in theory, or even in theory, the more conscious the more people are that are more conscious, but they can end up in a world that has, you know, less wars, their corporate cultures, in the end, better societal decisions.

I mean, frankly, the last two years societal decisions have been a total toe show because because of this, the consciousness at the top is really not that.

It's and we're going to have a much, you know, much better, better health outcomes. It's also going to catalyze an absolute so, you know, sort of a scientific revolution.

I mean, it really has the potential to overthrow medical science that's going to lead to changes of all fundamental understanding of biology and how to heal people.

Yeah. So, yeah, in my view, this is going to lead to a world where the first port of call is to energetically heal people and the chemical side of it, you know, free way.

And we're only going to be using chemistry as more, as more of a secondary or supportive measure when, when needed rather than like the first, the first port of call.

Future of Bioenergetics and Closing Remarks

So, yeah, I don't know. That's what I see. That's what I see us doing a lot of things to get there. There's a practitioner company, a consumer company.

We have a, nonprofit, research. So it's it's anyway, if anyone likes to support that, that's on Insta politics.com. Just contact contact us. But yes, it's going to it's going to be a long, you know, it's a long road.

We'll be doing it 20 years already. But we we are seeing an acceleration and say I think the work. Well, the world is in such a state of such a state of change right now.

You know, fortunately, a lot of old ideas and paradigms are getting thrown away. And I think when some of these, I guess like the South Seas and others of the world, actually like, stop being and still being in charge, like, you know, there's going to be a change over of the of the old guard.

When that happens, you know, companies and ideas like, like we're talking about here at, you know, they're going to that they're going to get they're going to get a lot more attention.

And society will change. Thank you. Harry, that is a great place to end this amazing interview, raising the consciousness of the planet and healing on a huge level.

I want to make sure everyone knows how to get Ahold of you, how to find, a practitioner, how to how to, get involved with your company. Can you share all the places people would want to go?

Yes. So if you're, if you're interested in, like, just going deep and learning this material, we, we actually we actually have a bone health coaching program and, I think yeah, I'm pretty sure you come across, masshealth ecom.

If you just want to see a practitioner, same, same domain. And a lot of practitioners are listed there. But they also work remotely, so, you can do it that way to, let's say if you're just more interested in doing things for yourself, then the wearable is, energy for life.com.

And yeah, I guess that's about it. Okay. So energy like the non. Yeah the non profits instead of biologics.com. Yes. We could always do sports. We finance it pretty much all ourselves right now okay.

So energy for life.com for the wearable ness health Dicom for finding information learning working with it. But even if you're if you are a practitioner or want to work a practitioner want to become a coach still in school at one.

Okay. Excellent. Yeah. Okay. Thank you so much. Harry. Any final words before we conclude today? I think just that, you know, if you are, if you are suffering from fatigue or lack of energy in a big way, I would just say, you know, we were bedridden for ten years, and obviously we're not we're not now, just I'd say it is possible to recover your energy.

And, I would just say, yeah, you know, probably the first thing to think about is just that idea of a body battery, and it's just it's so easy just to, you know, you get a little bit of energy.

Oh, I feel good today. I'm going to go and do x, y, z and you burn it all up. If you are really depleted, just just remember it. Take it take some time to really repair the body battery, but it absolutely can be done.

Excellent. Thank you so much for your time today, Harry. Really appreciate you. Bye now. That's it. For.