How Electroacupuncture Treats Chronic Pain and Stress Transcript

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Opening Story on Liver Support and Allergies

And so I worked on that for a while. And as you know, the sinews and the tendons controlled more by the liver. So I focused more on his liver and supporting that and talking to him with diet and things to support his livers.

But he came back after about six treatments and he's like, did you do something to my allergies? Because I usually have the worst. My allergies in the spring are usually just unbearable." And he said, they've improved.

Like, I can't even believe it. And so I didn't really talk about allergies. So, and sometimes patients will come in and they feel like they don't want to tell you their whole background because they felt like that's not related.

If they choose not to talk it, then we don' really know how to help them. But it is fun though when they bring it up and it's like, wow, you I could have let you know this would probably help.

Hi, welcome to The Balancing Point. I'm Dr. John Needers and I am here to make traditional Chinese medicine, functional medicine and integrative health simple, practical and fun so you can restore balance, boost vitality and enjoy a healthier life every single day.

Hello, this is Dr. John again. I want to thank you for joining me here for another episode of The Balancing Point. And we've gotten some great, great reviews about our guests.

Today we'll probably get a ton of great review because I'm really pleased to introduce Alexia Bennett.

Podcast Introduction and Guest Background

Alexia, who goes by Lexi, is a licensed acupuncturist with over 25 years of experience and specializes in pain relief, integrative wellness, and advanced techniques such as electroacupuncture.

And today we're going to talk mostly about the electro acupunture piece because even many people who have received acu-puncture numerous times still don't know what electro-acupuncture is.

And Alexi is the founder of Calm Spirit Integrative Wellness in Colorado. Has a very large team of people that she works with. I told her I was envious of her organizational skills.

So, but anyway, she runs a big center there. Alexia has a background in biology and then thousands of hours of advanced training in electro acupuncture, acupuncture.

She's been deepening her expertise through advanced study with the Electroacupunctur Institute here in the United States. And in this episode, she's going to share how electro acupuncture enhances traditional acupunture, uh, by using gentle electrical stimulation to activate the nervous system, reduce pain and accelerate healing.

And I have to tell you, I love this topic because we love electroacupuncture here at Alameda Acupunpture too. So. Electroacupuncture is increasingly recognized for its ability to address chronic pain, stress-related conditions, not that anybody has stress coming up to April 15, filing your taxes, and it is very effective with reducing pain and accelerates healing.

So Alexi brings a really unique perspective that blends decades of hands-on clinical experience with a passion for helping patients. She wants them to feel their best physically, mentally, and emotionally.

So, Alexie, before I get into other things, would you be willing to kind of tell us how you got involved in acupuncture in the first place? Sure. Thanks for having me and I appreciate just the great introduction.

Yeah. I went to school for biology in Boulder, CU, and my mother was always into holistic healing. She was pretty much ahead of her time. There was a lady in boulder called Hannah Kroger and she had Krogh herbal medicine and.

And she has her own little clinic and that's who my mom mostly took us to growing up. Her book was on my bookshelf. I was so impressed. She was a really wonderful…

Now I look back and I'm so thankful that my mother had that kind of guidance and she took classes from her. When I was kid, I didn't like it. I just was like, can't we be normal and go to normal doctors and why do we have to be weirdos?

And she was just… No, we were going to try it naturally because she knew a lot of times if she could do things through diet and other ways that we would heal.

And so I'm so thankful for that. Then I was drawn to Boulder with a it's a pretty eclectic area. And so I went to school there for biology for four years and I didn't know what I wanted to do.

I thought I want to to something environmental or something. Then I did a year as a teaching assistant with stream biology and it was interesting but it just was not I'm more of a helper and I like helping people directly, I feel like.

And I realized that I wanted to do something different. My older sister actually encouraged me to check out Chinese medicine because she had been getting treatments and it really helped her so much and she wanted But she couldn't change professions.

She's a produce broker and she's really good at that. So anyway, I was encouraged by my family to try it and go to school. And the first couple of years, energy, what is this?

It's kind of weird. But the more I learned about it, the I think we feel it every day and we just don't recognize that qi comes in different feelings and just through, you know, just different ways.

And so that really decided, it kind of guided me into doing traditional Chinese medicine.

How Lexi Got Into Acupuncture

And the more, over the years, just learning, I feel like you could learn your whole life and there's still more to learn. And we're discovering new things with more technology and it's just so awesome.

Yeah, and you're a lifelong learner, obviously. You know, i've checked out some of your things, as am I. I'm 75 and I keep threatening that I'll retire and my wife just laughs at me.

It's like, you'll never retire, right? And as you can probably tell any of you followers of the Enneagram, Lexi's definitely a two. She loves helping people.

That's her life story. So, so happy to have you here. Let me ask you some questions about what made you start including electro acupuncture in your practice?

Actually, before you answer that, did you get training in electroacupunctur in you master's degree program? We had a little bit of it. It was part of the classes, the curriculum.

They had few classes where people came in and showed us how to use an eSTEM or a TENS unit, but it wasn't well explained about voltage and amps and all of the things that we learned that they're discovering that, we need like high volts, low amps, and not these machines that have high amps in low volts.

They just don't work with our body's energy the same way. And just different frequencies, all the thing that were learning now about frequencies is just amazing.

And so it was some, but just not, and I really wasn't that interested because at the time I thought it's overstimulating, you don't need it. You can just do regular acupuncture and it is effective.

And it had been for like 24 years or 23 years until I took this class with the Electroacupunctur Institute and Jeremy Steiner, the founder. He was a physics, first he had a minor in physics and then he went on to become an acupunturist and also now he's getting his MD.

And his wife is also an MD. He has both sides, I feel like, just an explained electricity, so much better than the school when I went to school. Yeah, I feel so blessed to be alive and practicing at this time.

I mean, every day, you know, my patients will say, Oh God, You know so much. And the only thing I'm thinking is, oh my God. There's so I don't know infinitely more that I know than I do know.

Right. Acupuncture and electro acupuncture being accepted much more widely now. My wife is the acupuncturist for the football team and they love it. And she does one day of injury and one.

a sports performance. So before the game, she'll do sports, performance acupuncture. And I'll look up sometimes and see these 300 pound guys walking up and down the hall because she's doing gait analysis.

Right. It's a little, little disarming sometimes. Tell us how electro acupuncture works. I'm sure people are getting fascinated now. Give us a rundown.

Well, how it's been explained to me is it is called ICHI, which is like energy, different than the energy that you see or that we have within the walls, like electrical energy.

But it uses electrons, and our body is kind of like a battery when it gets a charge. And we can get charges from when muscles are used, they can release frequency or release electrons and ATP.

So this is basically to send a charge into different parts of the body that are deficient. And you could actually use like a voltmeter. I went to one of classes from a mentor, Dr.

Tennant. He's down in Irving, Texas. He wrote the book, Healing His Voltage. He's written a few books. I recommend that book all the time. Yes. And he's like 86 years old.

he still teaching. I went to his class last May. He's amazing. But him just explaining to many, there were several, like 50 different doctors and things there explaining it, but basically your body is You can use a voltmeter to measure your frequency, and if it's deficient, when it should be at minus 21 millivolts to be healthy.

And every channel should at that frequency if its strong and getting enough electrons and moving like it shouldn't. If it is blocked or deficients, that's when you have things happening that shouldn' t.

The organ and the whole system, the channel isn't getting the energy that it needs, so then it starts to have problems.

Training in Electroacupuncture

And so if we send each end using electricity or the east end, then it can help charge up the channel and give it frequency. You can get it other ways like scalar energy using maybe moxa or using just even regular energy or acupuncture, just to send energy through, you know, the way we do acupunture to release different areas.

But this is even a stronger, nourishing channels with electrons. Takes us right back to our first year of acu-puncture school, right? Free flow equals no pain, no free flow, equals pain.

Right? Right. They were on it. And so this just charging the channel to help give the body flow where it's blocked or where its deficient and trying to get that, whether it is deficien or excess, if you get energy in there, it'll do what it

needs to do.

Yeah. The body knows how to heal itself, but we just, you know, get out of the way and get all the impediments out the of way. Right. So that sounds awesome.

And, so what kind of types of conditions do you treat with electro acupuncture? We see a lot of pain issues with acupuncture. We're looking at the channels, where is the pain and how is it connected to what we call energy leaks.

And there's different types of energy leak. Like a root canal is someone, usually that's the only doctor that leaves dead tissue in the body. So if someone has a route canal, their body is always trying to deal with that.

dead tissue and that can be an energy leak and every tooth connects to an organ system. And so we look for those kinds of things. Do they have, you know, silver amalgams?

Do the have scarring? Even tattoos. I mean, it's a little concerning now with the culture and everybody seems like so many people getting tattoos and those can block energy.

And I mean, not that it can't be fixed, but I think a lot of times if people have a of tattoos, it's almost like a scar that can cause chi to stop flowing in certain areas or block it.

And so we look for, you know, what are their symptoms and what energy leaks and then trying to figure out which channels need charged. And so we use a lot of eSTEM for pain and just by using that diagnostic tool.

We love it for paint. Like I said, my wife carries with her several electro acupuncture machines of different types when she does house calls or when goes to the foreigners.

They're an amazement at how effective it is. So is electroacupuncture, you know, some people worry about the safety, right? Which by the way, I've never heard of anybody being damaged, but tell me how you feel about safety.

I think it's very safe. You have to have someone that's trained to be able to hook up the machine and not hurt someone because you could turn it up where it would hurt.

I would think that would be a short term injury, but it would just be like someone that had pain for a few seconds if they turned it up too high. But that's rare.

If you know what you're doing, you'll know how to turn it out correctly. It's similar to every other acupuncture, it's very safe because if you're not going into the lung area or somewhere, you are not gonna puncture anything, if your not hurt nerves or anything you just have to be careful about how you needling and how your using the machine to charge the channel.

I'm the chairperson of an acupuncture advisory committee for a major malpractice carrier. And so they let me set a lot of the agenda. On every one, I want to know who's getting sued for what, right?

And they also cover medical doctors. They'll generally have some acupunture injuries, but they're all done by the medical doctor's that are doing acu-puncture, not by acrupuncturist.

So it's just fascinating.

How Electroacupuncture Works

The last lung injury was an MD who was actually, had worked with someone that was doing a demo and hurt his friend who he was, he doing the demo on. Cause he would just cavalier, you know, they're doctors, and we are so careful, so carefull not to hurt anybody.

I know that physical therapy in Colorado, in the chiropractic board, they were doing dry needling, and it was just trigger point, like in and out needle.

And then in 2019, I think it changed our laws in colorado that they're able to do retention needeling and add eSTIM, it's still called dry-needling. which it seems very similar to acupuncture, but they don't really know the whole system to do like charging channels or things like that.

They're more like just local releasing trigger points or muscles or something, so it's different. I think it can still be effective the way they do it, I've heard of more injuries.

Yeah. And again, when players get traded, football players, which happens to about half the team every year, There'll be new, new people coming in and they don't want to acupuncture because they've been hurt because a PT and not to put down PTs, but used a huge needle and did what they call a pistoning technique, you know, where they're just jolting it.

And these big 300 pound guys are crying basically. But when my wife treats them and I'll go, well, aren't you going to start? She goes, I'm done. Right?

Yeah, that's, I think it's really nice to be able to show people that it shouldn't be scary and it doesn't have to hurt to work. And they're like, wow, it really helped.

I didn't think he was going to do anything because it didn' hurt and they are used to dry needling or something that hurts and does not need to her to.

Yeah. Do you have any stories about, you know, where you've seen electro acupuncture work and be really helpful? You've probably got hundreds, but can you pick one or two?

Just this week, I have a patient that she's had hip pain. She's 74 years old and she has had chronic hip for over the last year. And they were telling her she possibly needs hip replacement.

and She has been concerned about going in for that because she feels like she is not ready for it. And so I do what they call a spinal bracket and sending on the dew channel, trying to send energy through the spine down the dermatomes.

And then also locally trying the charge the channels that usually with sciatic pain and hip pain, it's the gallbladder. So we try to charge at the start.

Sometimes I start with gall bladder one. It's one of my favorite points to start it. intimidating to do needles on the face with eSTEM and I tape it on.

I've done it myself a lot, but the gallbladder just, it controls so many parts of the body with the legs and the head and neck. And so charging the Gallbladder, people can feel a huge difference and it helps with improving sleep.

Just gall bladder improvement is huge. And so just working on her charging her gallbladder channel and charging Purdue channel, and she was amazed. I really thought she because she's from an era that maybe is more skeptical that this is going to work.

And so when she came back and she said, wow, I don't know what you did or understand it, but it actually really helped me. So those are the cases that it's like, this why I love this medicine to teach people that they don t have to normally And not to say that someday she may not have to have a hip replacement.

I'm hoping that part of the Electroacupuncture Institute, what we teach people is you need Ichi and Gucci. And the Gucci is from what they put into their body.

They have have the right materials. So when I put in electricity and doing eSTEM, it's like sending a bunch of guys

over to build and start working, get the energy there to built it.

But you have to have the materials. And so if I send a bunch of people over and there's hardly any material, what are we going to build? And that leads into talking to people about their diets and what they're putting in their body.

I tell people there are three legs for health. What are you putting? You know, chemicals and all that. and your emotional health, how is that, your stress level, How do you deal with that?

And then movement. How much do move? Are you moving too little, too much? are you wearing it out faster than you can make it?

Conditions Treated and Safety

So those three things are a huge factor when we when I'm talking with patients. But, you know, I've had people I have a guy with chronic sinus problems and we've been doing I start with stomach two on him and I do the e-stim on it to charge that channel.

He was actually a green beret, he fell out of the helicopter too low and crushed his sinuses. And so he's had chronic problems with them. But as we've been doing this charging his sinus channel or the channel that goes through there, he noticed life changing.

He said it's been life-changing, just not to have this pain and chronic congestion and all this. If we get the right energy in there his body can use it to do what it needs to.

That's fabulous. Just for the listeners, the dew channel runs from the lowest point on the torso. up along the spine and comes over the top of the head and ends above the upper lip.

And the, well, on Qigong, it actually penetrates deeply in to the mouth. That's why you hold the tongue on the roof of your mouth, but anyway. Then the gallbladder channel, and I'm sure you've had this experience, someone will come in and say, I have a headache.

Well, show me. They'll trace the entire gall bladder meridian on their head. Right? And then I'll put a needle in their foot, right? Because the gallbladder channel goes all the way down to their feet.

But I always have to explain first so they don't think I'm that senile that I don' know where their head is. Right. Yeah. That's so funny. When I first started acupuncture, my brother used to get migraines.

And I started working on him and I just would do mostly his feet and he's like, are you even listening? It's my head. Exactly. Yeah, there are a lot of things like that.

I was taught in, when I, was studying more functional medicine stuff to start listening to the heart on the opposite side, right? And then you make your way through for the different vowel sounds.

But I don't do that because as soon as I would touch it over here, they just look at me like, don' you know where my heart is? So I still start on over their heart.

I had some Dr. Tan training and we do a lot of distal points and he used to talk about he would just put one in just for their mental, just to help them think, okay, he's not crazy.

Yeah, right. Exactly. I loved him. He was just, I love his classes. And I had my last clinic, not this one, but the last one. The rooms were so small that we had to put the beds up against the wall.

Um, and so his balance method was perfect for that, because I could get to all the points that way. Didn't have to walk around. Right. Yeah. It's very effective, even though it seems like crazy, crazy.

Well, I was there for three or four years and almost all my treatments were balanced treatments and they work. People loved it. Yeah. Do you ever use Dr.

Tan's with electro acupuncture? I never thought about that. I do. And that's part of what goes a little bit. different than what the Electroacupuncture Institute teaches.

He teaches doing no more than two to four points with the eSTEM. And sometimes I have my machine hooked up and I almost always do six points because I just like the way I do it with a balance method, having maybe one on each limb and then sometimes on the core or the face.

But yes, I think it's very effective because you're still doing some of what I've done for years and then I can add eSTEM into strengthen the channels with the balance method.

So I think they go together really wonderful. That's great. One of my books on my shelf over here is about golden needle, Wong Le Ting, who's the very famous acupuncturist, you know, from the first half of the 1900s.

And he says, if you really get it right, You only need one needle. He said, I'm not that good. I usually use four to six. I have patients ask me a lot of times, how do you decide or how many needles?

And I'm like, if I was really good, I would probably need only one or two, but I'd probably meet a few more. Yeah. That's what I tell them too. So how did you determine when to use electroacupuncture versus just hand needling?

Well, because I've been doing it for more like the last three years, a lot of my patients that are regulars are getting used to it, they like, the idea.

I still have a few that, are like I prefer just regular, I just want to go back because, i've treated some of them for 20 years or more and they just like their regular.

They feel like they've, been comfortable with that for a long time and, so. I let first talk to them about how open to you are, are you to doing some eSTEM where you might feel tapping or just a little buzz.

Clinical Examples and Treatment Approach

And if they want traditional, I'll just do traditional. But I would say 90% are people that I treat are they like the eStEM or the electro acupuncture and they prefer it.

Good. Yeah. Thank you. There's growing interest in, you know, kind of integration. I have a certification in functional medicine and I noticed some of your people and your staff do.

And how do you see those fitting with the electro acupuncture and functional medicines? You know, there's the old channel versus nervous system stuff, right?

Yeah. Talk about that a bit, if you would. I'm trying to actually tie this even more together where we have, because a lot of patients now are coming in because they feel like they're needing hormones and they need, you know, to get on testosterone or estrogen and some of these maybe bioidentical, but there are a lot of things we can do with their own energy to get it to shift and help them.

And so maybe they do the Dutch test with our functional medicine doctor and figure out their hormones, they're too low in estrogen or testosterone or something, and trying to charge certain channels that would support their estrogen and their testosterone, or just balancing those so that they feel balanced and they don't need to resort to more and more supplements or things.

So working with my functional medicine doctor and actually I've been kicking around the idea of getting more training on that myself just so I can run some of the tests and feel confident of giving them the results and then talking about let's use Chinese medicine first to try to balance before we go into supplements and other things

That's awesome.

Isn't it amazing? I mean, again, you're a lifelong learner and you really dive into these things. And how, what I found is for me, there were several different groups of points, I'll call them techniques, et cetera, that I found myself doing, but I didn't know why.

But they just worked. And one was an abdominal technique. Then I picked up a copy of Acupuncture Today and apparently it was Dr. Baer's abdominal treatment.

You do this for a while and you start to see what works and what doesn't work quite as well. Another time, one of our acupuncturists here does a lot of facial work and many times I walked up to the front desk and said, wow, Mary, you look younger.

And she'll start laughing because she thinks that I know she's been getting facial treatments, but I don't. She looks younger, right? And the other thing we found with the facial treatment.

Catherine was doing those at one time. And in one month I had like three or four patients come in and I said, how are your migraines? And they go, oh, I don't have them anymore.

Really? What happened? Well, after Catherine did the treatment on my face, you know, cause it got so much blood flow. So they're always fun when you start to realize those.

That's yes. I've had a few like. I had a patient that had chronic tendonitis in his Achilles tendon and one of them had surgery and he didn't want to do it on the other one.

And so I worked on that for a while. As you know, the sinews and the tendons controlled more by the liver and so, I focused more on his liver in supporting that.

and talking to him about diet and things to support his liver. But he came back after about six treatments and he's like, did you do something to my allergies?

Because I usually have the worst. My allergies in the spring are usually just unbearable. And he said, they've improved. I can't even believe it. We didn't really talk about allergies.

So, and sometimes patients will come in and they feel like they don't want to tell you their whole background because they like that's not related. And so if they choose not to talk about it, then we don' really know how to help them.

But it is fun though when they bring it up and it's like, wow, I could have let you know this would probably help. Something that relieved some of my, the burden on my shoulders, I was doing a doctoral program with Dr.

I'm going to pronounce his name horribly, but Dr Shamin, very famous guy and. turned out he was voted the top acupuncturist in all of China. I didn't know that fortunately, but we're doing clinic and, and he says, here, do these points.

And so I did. and I said, why those points? And he goes, ah, you know, very brusque, kind of older Chinese doctor way. So then we had a little round table afterwards, I asked him the question again.

He said. Sometimes you just put the points in and it works. Right. He said that the noodles are very intelligent. They know what to do. So I took some of the stress out of my life.

It's so good. Yeah. If someone's curious about trying electro acupuncture, how should they go about that? Well, I know the Institute that I'm part of has a directory and a lot of people that are taking the classes are on the directory, but they could also just do like a AI or Google search or something, just to see who's in their area.

And I always recommend they call and talk to the office and just see if they get, listen to their gut. Are there people connecting with them or are they, and then looking at their, maybe their credentials and what kind of training have they had?

And there's several of them out there. There's two acupuncturists that work in my office that really like the Lombardi electro acupuncture training and they feel it's even superior to the one I've been taking with Dr.

Steiner. So I think there's a lot of different training out there and different beliefs, like the different frequencies and how they affect things. And so, yeah, I, think if they can just look around, they'll find some and then just trying to connect with an office that they, feel like they're heard and, you know, actually getting help.

That's awesome.

Integrating Functional Medicine and Finding a Practitioner

Yeah, I started fairly recently, actually, within the last year or so, putting on my scheduled free discovery calls just for that reason, you know? Yeah.

And sometimes I'm not the right person. You know, if I am not right, then I don't want them to come see me, right? Yes, that's right. giving to our sports and orthopedics department, right?

And sometimes it's stuff that's right up my alley. But at least they get to meet me and talk to me. And, you know, maybe they like my personality. Maybe they don't.

but atleast they know what they're getting into. So I really like that idea in particular. I have a question. Have you read any of Dr. Han's work, HAN?

He was in Beijing in the 60s. Well, he's the first person that I can find that started publishing the different frequencies for neurotransmitter function, opioid release, et cetera.

And one of his studies. just blew me away. I thought it was so brilliant. He was a neuroscientist, and then started studying acupuncture and electroacupuncture.

But he did a lot of work on rats. And so with rats, they test pain at that time, I don't know if they still do, by giving them something good to eat, then shining a hot light at their nose.

They time how long it takes them to turn away, so the more pain, the they turn. So they time the rat, how often he's turning away. And then they did electro acupuncture and the pain threshold changed completely.

Like he could eat about four times long. Okay, that's cool. But then he took cerebrospinal fluid from that rat, injected into another rat and they had the same pain.

Threshold as the first rat. So in his mind, it proved that it was chemicals, you know, at least for pain that were being released into the cerebro spinal fluid.

I was just blown away, I thought that was so brilliant. right I have heard this but I've never read any of his information I would love to hear or read more and learn that sounds I don't remember where I heard about that particular It was in some class that I did sometime, but I then looked him up and he, one of the things he was famous for is he worked on many different types of animals and they all had the same responses.

They had this same release of certain neurotransmitters for certain frequencies. And so I just thought that was very, very very cool. So you might want to check him out.

He's a fun guy, Dr. Hahn. I'll check that out, yeah. an institute with the same name as the institute that you went to, right? But it's in Beijing. I'll have to look this up.

It sounds very interesting. Well, it's fun doing these interviews because I learned something every single time. And I had one doctor that I was being interviewed by, again, a young guy, very intense, you know, really committed to what he's doing.

I started talking about how we do things diagnostically that they can't do, right? And so with functional medicine, I do all these lab tests, but You can't replace the tongue and pulse.

And so I talked to him about pulse diagnosis and what you can feel there. He said, no, really? I said oh yeah. I'm telling him all about it. Can you send me the names of three people who teach that?

And I did and he took one of their courses. That's awesome. So cool. How would people get ahold of you? What's the best way? Do they want to come see you or?

We have a website and a lot of people book online or they can call my office and I can give you, just call the office or just go to our website book it and we have Facebook, Instagram, LinkedIn and it's under Calm Spirit Integrative Wellness.

Calm spirit integrative wellness. And you're in Colorado? Yes, in Arvada, Colorado. Excellent. You've got a very impressive looking staff. I looked at your website and I was, like I said, just blown away by the variety of practitioners as well as their bios, but you cover pretty much everything.

It's been fun to work together and I feel like we have a great team. Now we've been just, we collaborate well and it's just fun, to learn from each other and help each.

Other. I try to, when people start, have them do multiple treatments and even, you know, with even our skincare as the Titian, she's have over 20 years of experience having her own skincare line.

And she's very into holistic natural healing and so not just all the, you know, chemicals and things that a lot of people are doing. And so it's been so fun just to learn from each other, like you said, and help each to help patients.

Yeah. I used to rent several rooms from a chiropractor and at that time in California, they really liked acupuncture. They changed the laws, so now it's harder to do.

But I was doing a lot of worker's comp and usually she was late. So no matter who was scheduled to see her first, I would end up seeing the patient first.

Research, Closing Thoughts, and Contact Info

And so then one time she happened to be on time and so she saw the patient and afterwards she came over and said, oh my God, they have to see you first every time.

It's so much easier for me to do my chiropractic work because they're so relaxed. Right? Yeah. Yeah, that makes sense. Well, I'll let you go. Any last words you want to add or?

No, well, thank you for having me. I hope just getting more people informed about what we do with acupuncture and with electricity and East End, all the things that it can be so healing and it's not scary.

It can just be, so helpful that they should maybe look at frequency medicine before chemical medicine, or at least check it out. Yeah, exactly. And I love Tennant, I never met him, but I loved his books.

In fact, one last thing I want to throw out there. A few years ago, there was a special on Einstein, right? And they said, when someone asked him, Dr.

Einstein, what's it like to be the most intelligent man on the planet? He said, I don't know. You should go ask Mr.

Tesla. And of course, Tesla said it's all vibration, right?

It's frequency. Yes, that makes sense. I love that they have looked a lot at what Tesla taught and even this Dr Jeremy, he actually mentored with Albert Einstein's grandson, George Einstein.

If you look up George, Einstein, it will say that he did research with electricity for HIV. And he says they've destroyed a lot of his information. They wouldn't let him publish it because he had found a of things that were healing people and they didn't, they wanted to use more chemical medicine instead of frequency.

Well, most of Tesla's writings and studies have not gotten to the public. You know, they were grabbed up right away after he passed away. So, okay. Well thank you so much for being on here.

I learned a lot and mostly that you're a delightful person and I wish I had knew more people that I could refer to you, but we'll see. Well, thank you.

This was fun and it was neat to get to talk to you, have a good one. Okay, take care. Thank you for joining me on The Balancing Point. If you enjoyed today's episode, please follow the show, share it with a friend, and leave a review.

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