Introduction and Guest Background

Welcome back to Reverse Autoimmune Disease Summit 5.0. This is the Healing the Energy body summit. I am really excited to bring to you a dear, dear person, friend colleague Doctor Robbie Dessner, who is the co-founder and chief science officer of there A.

He's always been an advocate of natural health and wellness, and he graduated from Boston University and pre-med, engineering, psychology and business and continued on to post graduate work at Case Western Medical School and Holistic Medicine.

After many years of illness, doctor business, teenage daughter was diagnosed with Lyme disease and thus began his mission to find alternative, holistic and homeopathic avenues of treatment.

He discovered the natural healing effects of infrared frequencies, and began developing specialized devices and applications to help his daughter with her health challenge.

When he saw the positive results, he felt compelled to share what he had discovered and formed Thera sage, now recognized as a leader and integrated infrared technology.

Their size has built a reputation with the health care community and mainstream public by educating and creating special cutting edge applications and protocols unique from the rest.

And I can say that right next to me, I have three very, very cool things that come from their size that I have the privilege, the little mat of far infrared or in full spectrum infrared that when I turn it on I look red.

But I when I sit here and work on my computer, it's it's on my other monitor and I get to just absorb it. And I have this beautiful essential oil diffuser.

It's just really great technology. So I'm really excited to have doctor business here. Welcome, doctor. Besser. Yeah, thank you very much. Pleasure being here and loving the opportunity to share some of my research, my wisdom with you and your community.

So, you and I, we're talking off camera a little while ago. And one of the things that you mentioned is a lot of times there's the question, like when an autoimmune diagnosis comes up or a Lyme or something that stops us in our forward motion tracks, right?

And we say, why me? Why now? And I would love to have you address that a little bit. What's your experience of them? Well, you know, it's expresses itself in so many ways.

My wife and I, we eat the same diet. We both have blood tests just recently, just in a normal checkup. And the results of the of our blood tests were so diverse, so apart, so polarized, that the the doctor in the clinic, when they got the results, they asked both of us independently what kind of food do you eat?

What is your diet? And, they were amazed at here we are eating the same food. Yet our blood work was completely, completely different. Why is it that you might.

We both can sit down and have, let's say, a hamburger and French fries for lunch. If you eat that and, I'll gain a pound and you may not gain or you might even lose weight.

And so pounds from that, by the way. Okay. Don't eat that. All right. Well, you get the drift, right? I do, yeah. And in the chronic world, and because my orientation has been, through my daughter's journey and then some just

internal challenges or in our own health care practices and so forth, I'm often asked.

And so almost every single day, like, why me? Why now? I'll be in a room with or be out in the field with other people. They got bit by tech. They become symptomatic.

They have Lyme and also a bit by tech. But yet my body and immune system fought it off and I'm not symptomatic. Why is that? And so that's the question why?

Why me and why now?

Why Autoimmunity and Lyme Affect People Differently

And, well, I have to actually, give a big shout out to doctor Jerry Tennant on this topic, because just last month we had a chance. I was with him privately, but also part of a master class of training.

And he looks at the body. What I see myself as sort of a bio researcher in the energy medicine category and like emotional healing and energy medicine, I think they're both the emerging areas of health care that are going to get a lot more, attention as we move forward because the the allopathic MD approach, that Western medicine approach that most of us have been accustomed to for most of our lives, it's the things we see on TV and the way that the, pharmaceutical companies advertise their medications and so forth.

That's the brainwashing. That's what we've come to understand to be real medicine. When you step outside of the US. And I've been fortunate because a lot of my development has been overseas, spent not just recently because of Covid, but prior to Covid.

For 20 years, I would spend the better part of a month and a half in China and the Asian bloc countries, working with scientists, doing research and also developing devices to bring to the US that would help people, you know, with manage their health care, real solutions.

And that's how we see ourselves and our company as a sort of a solution side, a place to go where you can actually get real science that's been vetted in clinics.

That really works. And, also answers many of the challenges that people are experiencing. And you can do it in the comfort of your own home, not necessarily in a hospital setting.

So, that being said, I think that, you know, sitting with doctor tenant and looking at the body as body electric, believe it or not, even though we walk on the Earth, we don't touch the Earth anymore.

And our body, actually our whole neurological system, all the information transport system is basically done on a very low, low circuitry or a low current electrical current, like a microcurrent.

And, and so, the Earth has a negative charge to it. It's actually an ionic charge. Is the technical term in order for each of our little cells or like little batteries, and each battery has a positive and a negative charge.

So, in order for ourselves and our tissues and our bodies to actually thrive, we have to have an equal positive and negative charge in our modern world.

When you live in a big city, the worlds, the rural areas are a little bit different because generally people that live in rural areas, they're more in touch with nature.

They're actually walking barefoot in the fields. They're I, I laugh at myself because I sometimes will be outside hugging palm trees and hugging, oh, oak trees.

And, you know, people are walking by and thinking, what's this? What medication is this guy on? And, but really, what I'm doing is communing with nature, bringing nature and the macro biome, back into my microbiome, creating

a balance of my terrain, both energetically and also with all the little organisms that live in and inside of us in harmony.

And I think that's the challenge we have today. You know, we wear sneakers or shoes of sort. We walk on the earth, but we don't touch the earth anymore.

And what I think one of the root causes of why people have chronic ailments is that there is actually imbalance of charge in their bodies and their body.

You need, you need a -25 millivolts of charge in a cell. In order for it to be vital, you need -50 millivolts of charge. In order for a cell to actually repair.

So I believe people are in chronic ailments states because they don't actually have enough electrical charge in their bodies and in their cells to repair, to support their immune systems.

And, and actually to have the ability to fight back. We're just we're depleted now just as a sidebar, there's a term in physics that's called polarity.

And that's basically left your positive energy negative charge. What most people don't realize is that if you take a, let's say a double a double a battery and you drain that battery down so it has no charge, the actual polarity of the battery will flip.

And so if in your body you have you're being attacked by a pathogen, you've got a parasite, or you have Lyme disease or bacteria of sort or covet something like that.

Those little organisms are our ion stealers. They're actually stealing energy, not just your life source. And resources like your food, but they're also stealing part of your electrical charge.

Okay, so that's an electron stealer. The electron donor would be the Earth and or different kinds of technology of which we are developing right now, making it affordable and easy to get in your home that can actually charge up your body, almost like a Tesla car, where you can go every 300 miles and get it on a charge so you can go for another 300 miles.

I think a lot of that stuff is what our bodies are deficient and why people are in a chronic state, because they actually don't have enough energy to support their own body's normal platform to heal.

So in clinic, I've actually reoriented a little bit of my thinking in the steps, the sequencing of of when I talk to patients and people listening today might be able to understand this, that, that understanding that polarity when the polarity flips, like if you took a, a battery that's rechargeable and you put it in the canister, if it, the polarity is are right, then it charges up and with no problem.

But if you drain that battery down so there's no charge and the polarity flips, then you put that same battery in the battery charger. It won't hold a charge.

And I think that's the challenge we have today energetically, is that our bodies aren't holding charge anymore because we are so stressed, we are so drained.

All the epigenetics, the influences of our of the toxicants in our environment, really is pulling our life, force or our, vitality from us a little bit at a time.

Body Electric, Polarity, and Environmental Stressors

Now, that being said, and it may seem complex, the road back, the primal healing aspect of this is, is it's pretty simple to find primal healing. Well, I think there are primal forces in the world.

Right? Basically air, water, food, sunlight. And if you think about it like, what do we have now? Like the water we drink, even the best bottled water isn't really the way nature intended water for, for us to have.

Right? I mean, water comes down from a pristine mountain. It meanders around rocks and stones, gathering energy, momentum, gathering minerals. What are we drinking?

Something out of a bottle or something that's coming down a PVC pipe? And if you're in Flint, Michigan, something out of a really corroded copper pipe that's bringing lead and a bunch of other things into your body, that's the water we're putting in us. Right?

And what kind of like bio filters. So we get all of these external influences, from things that are toxicants in the air right now. There's a horrible chemical called glyphosate.

People know it as roundup, right. But we're discovering in lab that it's actually trace out. Trace amounts are in our water and in our food and and, certainly, and also in our air, and certainly as the farmers are spraying it on the, on the, on the crops to try to keep the insects, at least that was the reason that they gave us or still tries to try to give us, that that chemical is seeping into our water tables.

It's it's evaporating into our atmosphere. And then in our rain water coming back down, not to mention all the foods that we're eating that are actually feeding on that chemical that's coming into our body.

And that creates a very leaky environment inside. Leaky gut, leaky brain, leaky heart, leaky throat. We're just leaking everywhere. That really, really sets up a cascade of challenges that we all have with, inflammation and toxicity.

And most of us are symptomatic, no matter what your diagnosis is, the reason why you're symptomatic is because you're you're toxic. And also you have inflammation.

And if we can lower toxicity, we can lower inflammation because generally they travel on the same highway together and then we're less symptomatic. And so we have more of our life back.

And so so even though we're complicated, as individuals, the road back, I believe, is somewhat simple. If we start to take apart the components and so the water, it's not hard to find a pretty good water filtration system.

Certainly there are some that are really expensive in the thousands of dollars, but some much less. But whatever that is is better than the municipal waters.

Oftentimes that we are, that we're taking into our bodies or bathing in every day. Right. The quality of the air, you can filter that out. And I think part of what I consider, primal healing is creating a safe place in general.

I, I start in the home. And so I want you to live in a place where, you know, it's quiet, where you have when you're sleeping at night, there's very little light in a room so that your pineal gland can actually do what it's supposed to do.

Give your body the proper amount of serotonin and melatonin at the right time, just like your circadian clock and rhythm is is in sync that you're not surrounded with exogenous frequencies like EMF and, e.l.f.

Which is extreme low, low frequencies, which is like dirty electricity. These all of these manmade events are really keeping us from being as optimal in our in our health.

And the expression of our health is as we can be. I think I'm a little older than you, doctor Keisha, but I still remember my grandmother. She took me by my hand, and it was in the Bronx, in New York.

And we walked down Bainbridge Avenue and we her refrigerator had a ice block on the top that wasn't even electrical. We. There was no such thing as, leftovers.

There weren't any chemicals that kept foods alive or sustainable on a shelf, like a Twinkie for 500 years. There wasn't any of that back then. And I think people lived a more wholesome life.

A more vital life. They were generally not getting sicker until they were at the very, very end of their of their journey, very different than what we're experiencing now in today's world.

And I believe that, oh, that the road back is simple and it starts in the home, you know, look around your house and look at the chemicals like, you'd be surprised.

The number one chemical that's the worst is your laundry detergent. It's got all these dyes in it, and it's like it's leaving films on your clothes and you wash your clothes, and then all of a sudden, like, now these chemicals are leaching into your body.

Who would think that something as simple as a as a laundry detergent would have that much of an impact. But if you go around and you just do a little bit of cleanup, there, and then you address the primal things, get some sun, get some good food, or eat organic, don't have that as much as you can, you know, look at the labels and make sure that there are no GMOs and and various different other chemicals in the foods that are used as preservatives.

So you can you really have the ability to, to put to, to discern what you're putting in your mouth and what you're breathing and what you're drinking.

You just have to kind of realize how important that is and the impact on your health if you don't, button those things down as you move on and in down your journey and in for, for optimal health or just the way your, your life is trying to, you know, it's a lot of awareness.

I, I'm coming back to the picture of the battery, the Double-A battery that has been drained completely and the polarity flips, and then it doesn't hold the charge anymore.

Is there a way to change that? And and, so that we can hold the charge better? Yes, yes. And that is you replace them. Right, right, right. And so well, first off, our cells are little batteries, and those cells regenerate trillions basically every couple three days.

Some of your bodies, you know, regenerate and in in a matter of days truly 1 to 3 days. And so, so yeah. Yeah. So the question is, you know, like, can we, can we help the cells that are hurting electrically?

And the answer is yes. There. And, and it's done through basically sunlight. And there are certain wavelengths of sunlight. And the most of them are in the infrared spectrum, which is where I spend most of my time in research.

But there's also another wavelength that's called scalar wavelengths. And that is tied to a lot of the Nikola Tesla, research work that was done many, many years ago in the 40s and all the way through the 60s.

And if you bring certain wavelengths into your home through very simple, inexpensive devices, you can actually flip your polarity and just have this present, like, with the equipment that we're doing now and that we're testing.

I have it on a little nightstand, and I just shine this little, this little light or the energy of the light towards my pillow. And I just do it for 15 or 20 minutes and, you know, every night as part of a little protocol.

And so no matter how much I'm beating my myself up all through the day, I'm getting myself grounded in my safe house, in my safe bedroom. And now just, surrounding myself with the loving energies of nature.

Beautiful. A healing home that's so important. Yeah, yeah. Well, doctor, and I so appreciate you joining us. And I don't know if you can see the nice orange glow on my face right now.

I've got my my full spectrum infrared mat on right now that I have on the second monitor, I'm going to move my camera and see if I can do this right there. Wow.

Yeah. Sits right next to me and I use it while I'm here at work. So it's it's so nice because I get to have that, on me when, you know, for periods of time during the day.

But I have just guessed it, what's best. And I'm fighting to have you here to find out some, research based protocols that you have been working on in the lab.

Right.

Primal Healing Through Home and Lifestyle Changes

Well, you know, this, I don't know. I feel like in some ways, I'm kind of like BMW. Every seven years, I come upon a new discovery. Like, every seven years, BMW changes the motif or the front grille of their car or the cars or something like that.

And, and every time I make a little breakthrough, I then try to figure out how many ways I can integrate it into your home, into your normal lifestyle.

Like, for instance, we make a series of what we call healing pads. It's a heating pad with full spectrum infrared heat in it, right. Well, I don't really need to spend a whole lot of time describing to you what a heating pad is because most people have them, you know, they buy them at Walgreens for $30.

And, you know, I my parents had an electric blanket when I grew up and heating pads and so forth. So so I don't really spend a lot of time thinking or articulate in describing what a heating pad is and what it does.

But I do spend time talking about an infrared heating pad, because there's a big distinction. And that's really my body of work harnessing full spectrum infrared frequencies, which is a segment of sunlight.

And it's considered by most, physicists and scientists to be the most beneficial and healing properties of sun. That's a big statement, right? The most beneficial.

Yeah. And Einstein in, in, the 19th, 1942, did a study with Nikola Tesla on, studying sun, thermals and the effect on, on every living thing on our planet, plant and animal.

And without this, this form of sunlight, there would be no life as we know it. And then people tuning in may know of doctor Royal rifle, Rif machines, Rif technology.

Well, what he did was he took that statement and just defined every frequency of every organism on the planet. That was his body of work. And so. So I am a bio researcher on frequency.

It's understanding how these light frequencies impact us. And and this was actually quite an interesting, development because, the as you can see, the red lights, but there are three frequencies in each one of these diodes.

And generally, LEDs are light emitting diodes are monochromatic. It means a single frequency per light bulb. And many of this kind of technology in the market, they'll generally have different arrays, like a row of 600 nanometer frequencies and a row of 800 and so forth.

And they create a cocktail that way. And when I looked at the physics behind that, I said, why is that? It was really just an industry adapted norm. And so I said, I'm not like the norm guy, you know?

And so I just said, why can't a diode have more than one frequency? So we actually created what I call a try light because each light has three frequencies, handpicked frequencies because they do different things.

The visible one that you're seeing is the red light, but the invisible ones are the infrared. The near infrared frequencies. And they do amazing things.

And so, you know, in the energy world, Doctor Acacia, it's kind of interesting because like if you look at electromagnetic fields, EMF or Elf, extreme low frequencies, just like, the invisible lights, like an infrared, you can't see them, you can't smell them, you can't taste them, you can't hear them.

But what is the impact of these frequencies on the body right. Well, we're living we're not like our ancestors. You know, eight, 10,000 years ago, we lived on the land, in caves, on tents, you know, like, we're actually living in homes now.

We're we're influenced by air handlers, both heat and, you know, air conditioning, where we're where you have incandescent lights and, and, argon lights in our homes and our schools and our workplaces, all of these different modern technologies, they all do something, but they also take something from us.

And, so in looking at that concept, I actually created a whole body of work that brings nature and the healing frequencies and the and the loving frequencies of nature, and we install them into our different devices so that you can actually create a balance between what's manmade and the exaggerates frequencies and the things that drain your life force and actually pull things from you and supply yourself with enough of the, natural energies that actually will support good health and so this little pad, as innocent as it may seem, and I think it retails for less than $200, can help you with almost any skin related challenge.

So that could be acne or scar healing or psoriasis or eczema and things like that. It can support mitochondrial. I'm sorry, you need to be in contact with it for that too.

Oh, it's a good question. Most of this technology, they will tell you to stay a safe distance, which could be, 4 to 6in away and further, because generally most of the formats are in these tin cans with motors and fans to keep the diodes cool.

And so those will generate high levels of EMF, which sort of counteracts or mutes out the the beautiful frequencies that nature will give you from the diode.

In our format, we as you can see, it's soft and flexible. There are no fans behind it. It can be right on your body. And the closer you bring yourself to the actual light source, the more of this photon or light energy comes into the body, comes into the cell, and it will do things like support mitochondria.

And most of us have mitochondria stress low energy. And so if you're one out there with chronic fatigue this is one of the ways back. That's how simple it is.

And and so a foot away, which is where it is right now. Totally good and totally good okay. But it would be better if you had it on you. Like my wife, for instance, she spends the first half hour of her morning with a little breathing technology that we developed, and she puts us right on her face, and it will bring natural collagen back.

So she doesn't need, fillers or Botox or any of that stuff.

Infrared Light Therapy and Tri-Light Devices

The body's doing it naturally. And as we get older, the reasons why we age are oxidative stress. We don't make as much collagen, you know, things like that.

We don't get enough oxygen in our bloodstream. And another thing that this system will do is produce a transient gas called nitric oxide. And that will do two things.

It creates better circulation. So that brings more of nutrition that's in your blood DNA and and RNA, which is your repair mechanisms and oxygen. And it also triggers your blood to grab more oxygen.

When you make it available. And so something about it before you go on. Yeah, 100% of my patients that I do and I do genetic testing on all of them have nose snips, which are nitric oxide, challenges everyone.

So what Doctor Bézier is saying right now for anyone with autoimmunity, this is really important. This part about being able to deliver oxygen to the tissues in an efficient way is is usually challenged for people with autoimmunity genetics.

Great. It's good to know. And the genetics are so important because that's your blueprint right. And then what you have is our environment. And the proclivities or the choices we make, which is can influence your genetics.

So it can turn on a light switch or off a light switch. And that can make all the difference between you feeling kind of okay or being B to being and feeling great at all, or the weekend warrior type.

So that's an important thing to make note of. And thank you for adding that in. And so the modern term is kind of stacking. But really what that means is just combining different things together to create a synergy or greater outcome.

And so using the tri light system and even though it produces nitric oxide, taking a nitric oxide supplement and then adding ozone or more oxygen into your, you know, local environment is a perfect combination to help lower oxidative stress, get rid of and actually help rebalance your terrain.

Because many of the microorganisms and like bad bacteria, is parasites, all that stuff. They're all, anaerobic in nature. They don't like oxygen. So in doing anything that brings more oxygen to your blood is going to be great for your vital force, but not so good for the the bad guys.

And, and that's what we look to do is kind of do a hard reset, use your own body's, systems of sort, to create a primal healing platform for jump start yourself with different kinds of devices like this that are affordable.

You can do them in the comfort of your own home. And so normally, like these are the lights that are that are in this panel. You can get by being out in the sunlight.

Of course, it's a little bit more intense because you can regulate the amount of time you can put it right on your body when you go in natural, in natural sunlight, the amount of of Nir frequencies and the specialized frequencies is just a small part of it, where now you're getting all of that in a concentrated way that you can bring light to your body.

So we call this love or everything in my company is their research. So everything is their love. So I'm just giving their love to the area where intuitively you just need it.

And we're currently this is also really good for neuroplasticity. So that's like just making connections in in your neural pathways. So oftentimes we can have an emotional trauma that causes a block in your neural pathway.

Or we could have a physical trauma maybe you got into an accident saw it. And so a part of your body was starved of oxygen or starved of energy like an electrical current and so forth.

And so what what these lights will do is actually, will help, bridge the gap or mend the areas that that have been come disconnected in a sense. And that is also super cool because we're doing actually TBI, which is traumatic brain injury studies right now using these lights, on the back of your head and people that have migraine headaches on the front depending on where you get it.

So for 20 minutes, 20 to 30 minutes that you can do it for two times a day. So this one this one's good. It's affordable. The other big one which I can't bring into the screen because it's not quite screen friendly, is a portable sauna we make.

And we have a simple protocol for that, which is the first goal would be 130 degrees for for about 30 minutes. And depending on how the patient would present, if they're very fragile, we will pull back a little bit.

We believe in low and slow, but but toxicity and inflammation is a big reason why people are symptomatic. And so

the sauna is one of the best ways, which again is just an extraction of infrared frequencies.

And it will mobilize all the toxins in your body. Up there we go. Wow. Fantastic. Yes. Your biggest choice about this technology from our point of view, is do you want to have a black one or a white one?

What we'll see fit the motif in your home. It's not whether you should get it, it's just what what color serves your your your, surroundings. It's pretty unique in itself.

It comes complete with everything you need. Just plug it in. We make fairly sophisticated technology, but we make it really simple to operate. It's part of our mantra, like, we want it.

We want a fifth grader to be able to plug it in and turn it on, get it set up. It virtually takes a minute to do. And so when I developed this particular format, we were making the traditional wooden saunas that most people think of when they think of a steam room or a sauna, that kind of format.

But what we got, because even though I'm a device developer, I'm an active listener. And so I put I make things with intentions, but what's really important to me is what how you interpret it, how you use it.

How can you use one of our devices to get an optimal result? And so when we made the wooden saunas, what we heard is, Robbie, I really I really need the sauna, but I can't afford one because generally the wooden ones are 4 or $5000.

The good ones and or I have the money. But I live in. I live in Manhattan. I have a, you know, million dollar apartment and it's 700ft like I can't it won't fit.

The wooden one won't even fit in my place. So this is the answer to that because it folds up. It can go onto your bed or in a closet. It's around $1,000, which is a lot of money to some people.

I'm not saying it's trivial, but when you compare it to a wooden sauna, a 5000, or the medical bills you're going to pay when you're toxic and you start to get really sick, it's just, you know, it's truly magnificent.

I'm saying that humbly because in 30 minutes every day, you can transform your life and maintain your health and stay out of hospital and, and, and it's fun.

Think about all the cultures in the world, like the Baltic states, where there's a sauna in the community and a sauna in every home, and and the cold plunging and the hot saunas and the steam rooms and all, and the Native Americans that do sweat lodging.

This is not a new technology. And what it's really doing is just creating heat shock proteins. So that's you're immune is a precursor to your immune system.

It's creating redox molecules, which is like the Uber, and the, what is it for us? It helps with pulling free radicals out. So it's an antioxidant and, it just pulls all your poisons and mobilizes and pulls all your poisons out.

And so all of that together. And then the idea that you can do it in the comfort of your own home really is, is quite, quite stunning. Well, the other part about it and that makes it even, better than, wooden sauna is in your Vedic medicine.

10,000 years ago, they said never boil your brain. Okay, good point to put your head in the heat.

Infrared Sauna, Detox, and Clinical Protocols

And so what, these do allow you to sit on a chair in the sauna, you know, and your head's out, which is optimal according Dyer Vedic medicine, where there sauna cabinets have always been like that.

Like they keep the head out. Interesting. My my approach wasn't from that orientation. Although I totally appreciate that. When your brain is much more sensitive to heat than the body, it's probably where they're coming from in a route.

Understanding. And so if you have a chronic challenge, one of the, one of the, frontline defenses is raising your core, creating hypothermia or a fever.

And so in that format, your head is out at room temperature. And so I can raise the core of your body and hit it really hard without affecting the temperature of your brain.

The other thing is if you miss. Yeah. And, we have a lot of great results with the autism community because there's often heavy metals there, challenge with heavy metal concentrations.

And so the infrared sauna is one of the only ways that you can mobilize the heavy metal. And then we use certain binders to combine. They're like little bio sponges.

So you do sauna, you use of the appropriate binder. And then that'll actually bind up that toxicant and help the body expunge it. And so as a company, we believe that it's not just enough to build a really great device.

We want to make sure that it gets delivered to you on time. And also that you know how to use it to get the to reach the goals or the optimal health or help your challenge, whichever, whatever is the reason why you're in.

We want to make sure you achieve that. And so we've we've developed a system, we offer, a best practice guide when you buy any of our devices and we have a free coaching service that you can just sign up and talk to one of our health advisors that will take a, a general approach, like 130 for 30 minutes might be good for most people, but for your specific body, if you're a little bit fragile or a little under the weather, maybe 120 degrees for 15 minutes is a good starting reference.

And so the health advisors will kind of dial in that general, motif and do a protocol that's very specific to your needs. And I think that that is the way to approach what I consider to be a relatively impersonal world these days.

People, you know, they're they got their heads down, they're looking at their phones and tablets. They're not communicating like this anymore. And, we just want to bring storytelling back into the, into the, into the room.

And we want to treat people with respect in the way that they deserve to be treated. You also have these. Yes. Well, yeah. The, we went out about the Harmony pendant.

Of course. Of course. We, we developed a proprietary heart rate variability. Technology, to basically analyze all of our devices to make sure that they shift your autonomic nervous system from that fight and flight, that sympathetic dominance, which most of us are in these days and often stuck in that place, causing a whole cascade of other challenges like adrenal challenges and different kinds of stressors that are, again, turning on these genetics steps back and forth.

Right. And, and so that's a really interesting technology because it's a pendant. I'm wearing one also. And, and it's sort of a protection, if people will look at it go, well, how can a pendant protect me?

And so one of the things that we did was we took our heart rate variability technology, which is kind of like a modern lie detector. It taps right into your autonomic nervous system and your.

That doesn't lie. It either tells you like it's working for you or it's positive for you or not. People that are tuning in that that, listen or follow muscle testing, it's very similar to that, but it's really scientific where you get a report almost like a lab report.

So there's no lying here. It's really straightforward. So I was contracted by the by the, the guy who actually developed that technology, to do a clinical trial to prove science typically that this work because how can a pendant

shift you and hold your body energy like it doesn't seem conceivable to most people out there.

And the results from the clinical trial were just amazing. It took us it we started just before Covid, and because of that, many of the doctors that committed to the study, their practices went from being very vibrant and a lot of flow to basically boom overnight.

There was no one knocking at the door. So the study actually took nine months, mostly because we were starving to get patients, because most people were confined to their homes at that moment in time.

And what we discovered is when we were just studying the effects of electromagnetic fields, EMF, and, we created a, a stressor. Most people don't know this, but a simple fan, the back of a fan has a motor that runs the fan.

And that motor, those motors are generally not shielded very well. And so they generate these big electrical fields. And so we supplied each of the doctors a way to test with a gas meter to show to prove that there was EMF, the source of the EMF.

We did a baseline of what you were before we introduced the stress, the EMF, which could come from a cell phone or a fan or whatnot. Right now, my wife bought a, coffee pot that that somehow gets its time when to make my coffee in the morning because it's tied to my wireless network.

So, I mean, this is how far like Bluetooth. The conveniences are amazing, right? But the ill effects to our health are also amazing. That most people died in my house.

I was like, no, Alexa. Yeah, exactly. So we love the conveniences and we don't often focus on how that affects our body. And sometimes, you know, like if it's just this, if it was just Alexa, it was just one cell phone would probably be okay.

But we're berated with things we can't see and react to, you know? And so I believe that comes back to creating that safe place and having balance in your life and surrounding yourself as you did intuitively.

I mean, that's wonderful that you have that going all day, because that's actually loving frequencies and helping your body actually revive itself on a cell level.

Harmony Pendant and EMF Protection

And that's really what we, what we look to do in, in our company and in the studies dialed all that back. Yeah. What we found was more than 90% of the, of the subjects.

And we had 175, subjects in the study. More and different. The doctors were spread all over the country. And the age groups, they there were some people, in their teens, like 18 to 20, but most were, middle aged, let's say 30 to 50.

And we had a few older, older people, and, and, everybody, everyone but one generally got a benefit when you do the baseline. That's how you are coming in.

And then you introduce a stressor. Your physiology generally dips more than 85%, achieved the same level or higher than where their baseline was just by wearing the pendant.

Having the pendant on. And then around 15 to 20% actually, really hit the leather off the ball. They were about 30% stronger. Their vital force was 30% stronger.

Just by wearing the pendant. So it's pretty compelling, very convincing. And so our yeah that's it. And you can really harmonize as you I do it religiously every week.

But you just it's almost like a URL. You set it up in front of you near your heart chakra, and then you dangle it for

two minutes and then it harmonizes with your body and it creates like a force field of positive energy.

That's about three meters. So it's three feet. Three meters is nine feet around, around you. And that protects you. It keeps the constitution of your body electric and your energy that your body not naturally houses.

And it kind of shields you from all of the, exogenous manmade frequencies around. So, yeah. All right. So thank you so much for taking us on a deeper dive into how to, really protect and realign our body electric and using light frequency as a pathway back to primal healing and said, thank you for having me.

And, love the Harmony pendant. And I was so pleased that you. Yeah, it was fun. And I. Yeah, we're finding, like, someone called me just last week and said they were in, in Argentina, visiting some ancient culture thing, you know, climbing a pyramid, right.

It was there. Yeah. And she, she said that she was in a bus on a tour, and, someone was working upended there.

Closing Thoughts on Simple Healing and Nature

So we're touching people all over the world, and I. And I'm really happy for that, because these are simple things. You know? It doesn't have to be that complicated.

We seem to complicate our lives a little more than we have to. And let's just focus on the simple things and and get back to nature and and get on track.

Beautiful. Thank you again. You're welcome. Thank you. All right, everyone, until next time, be well.