How to Improve Your HRV: The #1 Marker for Stress and Heart Attack Prevention Transcript

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Hey, everyone. Doctor Erickson Linsky here. And welcome to the Heart Attack and Stroke Prevention and Recovery Summit. I'm absolutely thrilled to be part of this life transforming event that has been carefully designed to give you and your loved ones the natural living tips that you need to enjoy a long term, healthy, abundant life.

This is information your doctor will not be telling you about. So please, please, please clear away distractions and get ready to take lots of notes. No joke.

You will not find this information of carefully curated, practical, natural solutions anywhere else online. From avoiding hidden toxins in your home that are damaging your heart to easy natural product swaps, to simplifying lifestyle habits, each expert will empower you with simple, money saving tips to put your heart health back in your hands.

And remember to keep this life changing knowledge at your fingertips. Be sure to grab a copy of the summit recordings and bonus materials for ongoing support on your journey to a long, hard, healthy, abundant life.

And today, I'm thrilled to introduce you to a longtime friend and colleague, Doctor Wendy Myers. Doctor Wendy is a natural path doctor and founder of Myers detox.com.

She is an internationally recognized expert on heavy metal detox, anti-aging, and bioenergetics. She's a sought after speaker, number one bestselling author and the host of the top 50 rated podcast, Myers Detox Podcast.

Her mission is to educate, inspire the globe about all topics related to anti-aging that will help you explain the increasingly talk world that we exposed to to help combat disease and increase your long.

You can learn more about her work at Myers detox.com and get ready. You're going to absolutely love this conversation. Well, friend Doctor Wendy, thank you so much for being here.

I'm just blast blast and appreciative and just grateful. Yeah, thanks for having me. And it's been a while. It's been a while. And there's so much that we could talk about.

You know, one end of the world you're known as, detox expert and other end of the world, you're known as energy frequency. What is this bio energetic stuff?

And another word part of the world. You just have your hand in so many things as you've been doing this as long as I have, if not longer. By the way. When did you start?

I started here in 2014. In this online world, that was about what? About YouTube? Yeah, I started about 2012, but I was definitely a health nut for since I was a teenager, studying, you know, all about health and just trying to trying to feel better, like all of us.

And I, you know, I had some health issues when I was about 37 and led me into detoxification and learning about, you know, heavy metals testing and the importance of that.

And I just for me, I got really passionate about that. But, even more so as I, you know, just progressed on my, my health journey. I discovered bioenergetics was essentially energy medicine.

And in my life that when I'm having a health issue, the first thing I turn to is a bio energetic modality and treatment and protocol. And so my passion now is teaching people about bioenergetics, because for me, it's it gives the highest ROI or highest return on investment for your time, energy and money that you invest in something.

And so that's what I look for personally when I'm trying to, to address my health. And so that's what I try to teach others. Now in addition to the, you know, the heavy metal toxicity and, you know, teaching people about toxins as well.

Do you remember when you were first exposed to that topic, by the way? How can you repeat that? Yeah. Do you remember when you were first exposed to bioenergetics?

Yes. Yeah. I actually met, Harry Massie, who was the founder of Nestle, which is called energy for Life Now. And I started on his program. It's, you do a software scan and do a protocol, based on the scan.

And I had such a profound transformation in my life that it really, lit a light bulb for me in. You know, I had never really thought about bioenergetics before.

Energy healing. I'd always been very, very science focused and research oriented and only wanted to do things that had, like, research behind them. But bioenergetics has a tremendous amount of research behind it.

But so for me, it just wasn't something I had really thought about or explored, yet, but that really caught my attention, in a big way, in my experience with that energy for life, software and protocol.

And now my whole clinic here, it's filled with different bio energetic, you know, devices that I use for my health now. Yeah. I remember you sharing that with me.

It had to be 2015 or 2016. And I'm going back, folks, in this memory lane, because bioenergetics has been a science since the late 50s. Bioenergetics, the first book, I believe, was 1963 or something like that.

And when I when I met Doctor Wendy, she shared with me what she was studying. And I will tell you, I was skeptically skeptical at the time. And I was like, okay, that's cool, good for you.

And then I started seeing your life, your practice transform, your personal life, your professional life, your your the clinical outcomes, the patient outcomes that you're having.

I was like, wow, what's going on here? And then you shared with me studies, and then you shared with me a product that you formulated, the Harmony pendant, which any of you who follow my work and my wife's, we love that.

We've been recommending it for years. So I guess all that to bring in is, is 2016. Doesn't seem like forever ago, but it kind of is forever ago because you were one of the first.

And I want to give you that thumbs up on this and just tip my hat, because one of the reason why I wanted you on doc is you were one of the very few people that introduced me to this topic, and one of the few people that was championing this next to Harry, who was a mutual friend of mine as well.

So with that said, a springboard, into this whole concept of and heart attack and stroke. So, we, we have a loose conversation here. I have a lot of questions I want to ask about this bioenergetics, but if you could kind of go back a step, talk about Harvey, talk about heart attack and stroke and just kind of paint that picture for everybody.

Yes. So you're so stress promotes heart attacks and strokes okay. There's no question about that. And for so many people stress can contribute to sleep issues and stress eating and a hypertension and all kinds of other unhealthy habits that contribute to heart attacks and strokes.

But you can measure your, your stress levels by measuring your heart rate variability or your. So it's really, really important to, to measure this because, the hrb is kind of just the, the time in between your heartbeats.

So it's the amount of time in between heartbeats. And so you want it. You want to have the longest space possible in between heartbeats. So you want to have a high heart rate variability and a low heart rate variability is

associated with mortality of all kinds.

And so in our our heart rate variability in declines as we age. So it can be up in the 80s when we're, a teen and can go down to even the, the 30s, when we're in our 70s.

So it's a really important marker to stress. And it's a marker that's used in a lot of studies in Harvard. And it's just, it the hrb is a marker of your stress resiliency and your stress levels and the state of your nervous system as well, which are really important to to work on improving and track.

If you are concerned about having heart attack or stroke or you have a family history and all the the great health practitioners I know have, different software, there's heart scientific, there's chief fractal, there's other kinds of software that measure your heart rate variability and lots of other variables as well.

And they'll use this in their clinic before and after doing certain, modalities to see if that improve their heart rate variability as a sign that what they're doing is working for that particular patient.

So it's something that's used by very skilled practitioners when they're trying to track what they're doing is working or not. Won't find this typically with a conventional doctor.

But for a lot it's a lot of the kind of cutting edge fringe, you know, functional doctors that I know and, and hang out with, this is kind of the, the software that they're using because they want to they want to track the hrb.

It's that important. So that's a really interesting study, that showed that your heart rate variability was a more important measure than whether or not you are obese, whether or not you had high blood sugar levels, whether or not you had high cholesterol, your social economic class, your diet, that heart rate variability was more important than all of these other variables when determining all cause mortality.

And so it's a really, really important marker to to track how. You mentioned something that I think is worth noting. And let me go see if I could share my screen here.

We'll practice sharing screens. I've been having fun with this a little bit. Look at that heart rate variability as an index of resilience. And and this is interesting because this was published in 2020 I mean post 2020.

Right. The Covid era teen books and up in studies were published about resilience because resilience was one of the key markers of defining people. Had they thrived or struggled through Covid, right.

But this was published like before Covid, right. And that makes that's something to be said about the cutting edge research and like seeing around the corner.

And and I if you feel led to share a little bit more about this, I think I don't want to under I don't want to undervalue the importance of RV because it's definitely not something that, I'm hearing general practitioners talk about or most family doctors talk about.

It's it's they typically look at blood pressure. They look at a blood panel cholesterol. Maybe the more advanced might look at CRP, inflammatory markers and functional medicine. So, if you could give some even guidance on, on how to help people determine their own RV, what's the best way?

I mean, is it a super expensive task? Can you go to Amazon and get a $50 gas? So like I literally have no idea. So that's one reason why I'm asking is I'm thinking this.

I'll bet you other people are thinking it do. Yeah. So I use an aura ring. It's a very it's, you know, you can get one, I think, for like, $200. Now, you can get a used one if you want, but, Yeah.

So I just use this aura ring, and it's a great, accurate way to measure your heart rate variability. And, you can there's, there's, you know, expensive software you can get, but it's not really practical for the average person. But

really, the, but unfortunately, there's a lot of, devices that say that they measure hrb, but it's a very complex measurement.

Actually. So I would only trust the aura ring. Just personally, I've tried a lot of different devices. A were burned. Some other ones that that track your measurements of sleep and other things.

But I find only the aura rings really accurate because they've been they were the first to market and doing it the longest time. They have the most data. It's awesome.

So walk us to your development of the Harmony pendant and the studies that you did and the testimonials and the people that you've been able to help and how that connects with all this.

Yeah. So, so I was one of the founders of this company called Harmony pendant, and it's just a little pendant. That you wear. I don't have mine on right now.

But it's a little pendant like this, that that you can wear. And we've shown in a study that it helps to improve your heart rate variability. And this is really surprising.

I knew when I first started wearing it, I started having better sleep. I didn't feel as stressed out. I felt more relaxed. But, I've had, like I said, improved sleep I had I was able to sit in front of my computer longer than normal and not feel fatigued.

So I had a lot of improvements from it. But I was really surprised by the data showing that it improved heart rate variability on average by 700%, which is phenomenal.

Especially we had eight different doctors working on the study, and they use this heart scientific software with their patients doing it before and after different modalities.

And they said they had never seen anything that they've ever used. All the different, you know, VO2 Max machines or, you know, all, all kinds of modalities that they'll use with their patients.

They never seen an improvement that much in heart rate variability with any modality that they've used. And so, what we did with the study was we had 107 different participants and eight different doctors because we really wanted, you know, we wanted it.

We wanted no one to be able to refute it. Essentially. So we wanted to have a lot of different people, a lot of different very, you know, well known doctors like Doctor Lisa coach that works with Tony Robbins.

And we have Doctor Nathan. Brian, who, is very, you know, famous, researcher for nitric oxide and, just, a lot of, a lot of really amazing doctors. Doctor Rincon, Michael Rincon Jr as well, working on the study.

And so we found a lot of really, really, interesting data points as well. We found that people had, on average, they were able to improve their mitochondrial energy reserves by 530%.

They were able to reduce their biological age by two years. So that was really fascinating. And they improve their nervous system regulation by 310% on average.

So they were really able to go from that, that sympathetic state like that fight or flight state and really sink into more of their parasympathetic, which is that rest, digest, detox, kind of, you know, mode of your nervous system.

So and you can for some people that are really, really stressed out, they can really feel the pendant helping their nervous system relax. Like when I first started wearing mine within about 30 minutes, I started yawning and getting really, really tired.

And because I was in a very hyper stress state, at that time in my life, and, and I found that that that continues, you

know, it, you know, over the years, I've been wearing the pendant, like since 2016.

I found that I've continued to maintain, like a lower stress levels, really good, robust heart rate variability, really good sleep and things that I just and this is, you know, what, eight years later when before in my I'm 52 now, but in my early 40s when you think I'd be healthier.

I really struggle with a lot of these things. I struggle with sleep. I struggle with stress. So the pendant really has helped me a lot. But we've got, testimonials.

I mean, we have thousands of testimonials now. We have, you know, over three, 4000 testimonials. And we have people, come back to us. The number one thing is seeing that they have a dramatically improved sleep.

They they're able to sit in for their computer longer, that they weren't able to before. People that have, a lot of, like, EMF sensitivity where they have, like, skin tingling or they'll have, brain fog and things like that improve people that have rapid heartbeat where their heart is just, you know, they're they have, called tachycardia where they just have rapid heartbeat occasionally it can be really irritating.

We've had reports of that disappearing after wearing the pendant. So just really, really pleasantly surprised, by the testimonials that have come back and how much it's helped people by just simply wearing this, this pendant.

So it's just it's just really been, you know, very rewarding to see that happen. Oh, yeah. You mentioned sleep several times. A mutual colleague, Doctor Michael Druce, the sleep doctor, recently wrote, pretty powerful article about what is and why does sleep matter, or why does it matter for sleep?

So just curious if we can go one more layer deeper on. I want to and then we're going to talk about bioenergetics and frequency imprinting and even explain, the science behind this and why you could help.

But but I want to make this practical doc. Like, I get it all wrong. We can't pay 150, 200 bucks for whatever it is. I start to measure HIV. What? What can someone do practically based off of the numbers that they're getting?

I mean, what is HIV? How do you make me a better way of saying this is how do we use HIV as a driver to determine what we need to do for our health, especially heart health?

Yeah. So it's very individual. So, so it's great, to get a handle, get a baseline of your heart rate variability, do it for a week or two. You can also track your sleep, the deep sleep, the REM sleep, the light sleep and all these things that are very important to track.

And then you can start testing things so you can wear a pendant and see how that improves it. You can do, start taking a lot of magnesium and see if that works for you.

You can do Epsom salt baths, see if that works for you. You can see how exercise, improves your heart rate variability. You can try different modalities like, you know, just any kind of protocol that you want to try.

Infrared sauna. You can try a lot of different things and see if your sleep, your stress levels and or your heart rate variability improve on your aura ring.

So it's kind of like that real time. And one experiment and we've had some really interesting, you know, people email us and tell me that they'll, you know, test or baseline or heart rate variability in sleep and things like that.

And then they'll put a pendant on Harmony pendant and they'll see dramatic improvements in their sleep, in their stress levels and their heart rate variability.

Then they'll take the pendant off and it will kind of go back to baseline and then put the pendant back on and see the improvements again. So it's a really, really interesting testament.

I've had numerous people email me that and tell me that, which I thought was, again, really surprising to me. I hadn't really thought about doing that.

But then now I talk about this more and more. Using an aura ring to see for yourself. If a Harmony pendant is working for you. But more importantly, you can test a lot of other different things that you're doing to see if what you're doing is working for you.

If it's if it's, you know, creating an improvement in your health because some things just don't work for certain people. And, but they're told that this you've got to do this, because it's, you know, the biohacking does your is really, really important.

So it's one of those things that you can do to track to see if it's working for you. So to validate what you said. And I by the way, I love this. I don't know why I didn't think about this back in the day.

You know why? Because I don't know if zoom was so easy, but when I did interviews, when in ten years ago, I never thought of like, hey, let's show what the what the expert just said.

Like doctor, when he was just very clearly identifying HIV as a primary indicator of not just that heart attack and stroke, but all cause death. And this is a study in 2020.

This is another study. And here's the thing, folks, about quick studies, a systematic review and, a Cochrane, especially a Cochrane systematic review, meta analysis is some of the most powerful research available because it takes all the clinical trials, it takes animal trials, it takes anecdotal stuff.

It takes the theory that brilliant people are just spinning through their minds, and it systematically summarizes it. So when you have something in PubMed like this, and Neuroscience of Behavior reviews stating that yes, NVH is a main indicator, would you be so bold maybe to say that it's more important you mention more important than blood pressure, more important than cholesterol.

Like, is HIV the thing again, to nip to nip this, or to put the bow on the conversation on HIV and stroke and heart attack, would you argue that HIV is the number one thing that people need to be focused on?

but yeah, absolutely. Because heart rate variability and and this is shown in a study studies this study that you posted in one that I was quoting earlier that they did a meta analysis of many, many other studies and found this, this really incredible discovery that yeah, your yes, your cholesterol level matters. Yes.

Of course your blood sugar levels matter. Of course, if you're overweight matters. And certainly things that you do to improve your heart rate variability will also improve all these other factors.

The lifestyle, diet and detoxification, other things that you stress reduce and other things that you can do. But yeah, but you want to track that hrb and consistently do things to improve it or try to find things to improve it because it's so important.

And you're the first person to really paint that picture that clearly. And I appreciate it, Wendy, because it's it's cost effective. It's easy to monitor.

You get immediate data. And it's something that you could experiment with. And I want and folks this is really key stuff. Go to Walmart, go outside, be exposed to toxic perfumes and fragrances.

Do things. Maybe have an unhealthy meal. Whatever it is, check your HSV and then flip the script. Go fragrance free, go in infrared sauna, do some fun biohacking stuff, wear the pendant that Doctor Wendy sells and then check your HSV and it should show a dramatic difference.

Not that I want you to do anything unhealthy, but as you expose yourself to environmental toxins and things, you might want to consider that. And so wow wow wow.

And I thank you for that because, I'm really excited to do more research in my own life. And as I turn my mid 40s, I'm seeing dramatic changes in my own health, in my own life.

And I get to do I get it up at up a level, too. So, let's kind of go back to what we mentioned earlier. And in painting, the picture view is not a founding.

Og, so to speak, of the bioenergetics world. But you were one of the early adopters and someone who was very instrumental in me and my life. And you position yourself as truly an expert today.

This science has been around for a long, long time. So guide us into a little bit about what is bioenergetics and what is frequency imprinting. Yes. Well, so when we talk about bioenergetics, it's just the energy in living systems.

So when you think about art, we have a physical body, but what actually governs our physical body and its functioning or its breakdown or building up is this energy field that we have around us.

It's about ten feet in diameter, three meters in diameter around us. And our our heart sends out very powerful waves. And there's information on, on these, these energetic waves as well.

Our brain emits waves. So we have the delta and the theta and the alpha waves that are emitted by our brain. And these are our our body sends information on these waves just like Wi-Fi.

It works the exact same way. So all the data coming from your your Wi-Fi router to your cell phone, there's information packets on on that Wi-Fi. Our body works the exact same way.

And it's why these electromagnetic frequencies that are coming from your cell phone, your computer and Wi-Fi go in and they interfere in the our natural kind of, it just kind of our, our, our natural energy field.

So the, these harsh EMF frequencies very much interfere and, and will block or scramble messages that, that our body is using to communicate vital messages.

And that is kind of the, the root cause of why EMF causes so many different types of health issues interferes in your sleep because it's interfering in your delta waves when you're trying to sleep.

And it can cause just really there's there's hundreds of different health issues that we've seen EMF causing in the research, but that's the underlying root cause.

It's not a huge mystery. But that's essentially, bioenergy. It's in a nutshell that we all emit an energy field and different things negatively impact that.

And you want to make your energy field whole to optimize functioning. And so you can do that by doing different protocols you can do to, scan your, your energy field with all kinds of very sophisticated software like energy for life, like zydeco.

There's, there's, spooky. Spooky to. I have a sister spooky duo system right here. There's lots of very sophisticated software that's been around for decades.

It has decades of research behind it where you can scan this energy field and then give yourself protocols to to kind of mend, mend, the holes in your energy field, which then heals your physical body.

So it's a really, really interesting concept. Why do you feel and maybe I'm incorrect with this statement by using the word so many, but do you feel there are many people that are skeptical of this concept?

And if so, why? Oh yeah. Oh I curious. Yeah. Yeah. Well, you know, and I was skeptical too, of course. I mean, I think it's because we're just so just naturally conditioned to think, oh, I have a headache.

I need to take something physically to correct that, or there's a pill for every ill or I've. I have a pain in my knee. There are some physical modality I have to do to to fix that.

I need to do massage or cupping or acupuncture or there's got to be you know, acupuncture is an energetic modality. But but, you know, people like that physical touch or that physical protocol to fix a physical issue.

And it's how we're conditioned in conventional medicine as well. There's always we're only looking at the physical body, but people are limiting themselves because we have this whole other world that's much easier and more elegant to to address our physical health issues.

Working in your energy field, it just it's, it's it can detect health issues much sooner than physical health scans. And it's just it's an easier and cheaper way also to, to work in the physical energy field, to work in the, the bio energy field.

My niece said something. You said the word. You said the C word. You said all about money. Really? And I don't want to go down that rabbit trail. But folks, I just want to highlight something.

I mean, the history of bioenergetics has been in the peer reviewed PubMed literature since 1974, and what does that mean? It means that this stuff is science.

It's evidence based. And what I want to challenge everyone listening or watching that might be like, it sounds a woo, or many of you who may share my faith as a Christian.

I get this all the time. This isn't biblical, right? It's new age. I like, you know, really appreciate how you highlight the EMF, connection with the body and just even taking a step back.

Like, how does microwave technology heat up your food? And you start to think about, how do we think that that is an isolated scenario just with your hot dog or your popcorn?

But it's not going to affect me. And I really feel there's been that disconnect. It's like, oh, this little box is just putting it's just it's just somehow, you know, heating food and I'm not being exposed to anything in those towers.

Don't mind in that over there. And when the airplane pilot says, hey, turn off your phones or put on an airplane. So none of that stuff really affects me.

I go back when you're talking, I go back to the Sistine Chapel, and I was in Italy, and I go back to the beautiful paintings of Christ and Mary and, you know, the the aura that's over their heads.

Right? I'm sure you've seen those paintings. Yeah. I mean, Michelangelo recognized the energy field. Yeah. Like, just think about that. Think about just ancient paintings.

Just think about thousands of years old. Hundreds of years old. How? Especially saints, especially the sainthood. The Catholic, tradition and the Greek tradition and icons always highlighted a saint or an angel having, like, a halo.

Like, where did that come from? Where that come from? That's not biblical. There's not like the Bible doesn't say there's a halo around Jesus's head at birth.

It's like it was intuitive. Isn't it interesting? It was intuitive. Maybe, by the way, maybe they had a better visual representation of it back before I don't know, 1800, 1700.

That's another discussion. But I just want to highlight just the importance of this. And and so how do we springboard off of the reality that we are bio energetic field we emit.

And that can affect our healing emotionally, spiritually, physically? How do we then go the next step into frequency imprinting, like unpack that a little bit and how that connects.

Yeah. And so when it comes to imprinting, so a lot of the different things I use for my health are items that are imprinted with frequencies. And so, this is a concept going back for, you know, many, many, many decades.

But with the Harmony pendant as specifically its imprint it with frequencies that help to transmute and negate different types of EMF, like from modems and Wi-Fi.

Really, all cell phone types, cell phone towers, smart meters. And it also helps to reverse the radiation effects of, things like gamma rays, x rays, cosmic radiation, which we really kind of don't think about.

But these are things in our, our environment and, you know, very harmful to us. And then I also wanted to do things to improve people's overall well-being.

So I imprint the Harmony pendant with what are called terahertz frequencies. And they vibrate at the same frequencies as our body cells. So it helps to boost immunity, increasing oxygen utilization, increasing blood flow circulation.

And also there's like frequency balancing frequencies, like, solfege wheel frequencies, which have all different types of health benefits. And so there's dozens of other frequencies, imprinted on the Harmony pendant.

That's kind of just gives you an idea of kind of the things that are on the Harmony pendant. But, but many people might ask, like, what? What is an imprinted frequency? Exactly.

And so what we do is I use a device, called Radiomics. It's a radiomics device was developed, by Doctor Abrams. He also invented x rays, in the early 1900s.

And a lot of the, the bio energetic, like masters or the the early adopters or discoverers and founders of the bioenergetics were, Doctor Abrams, who developed Radiomics.

And it's just, frequencies that are sent on scalar waves. And you can imprint any type of device or any type of, object that has carbon in it. So including metal, like the Harmony pendant.

And then, Tesla was also one of the first people to discover scalar waves and develop one of the first devices to harness, scalar wave technology. And so we all know who Tesla is.

He's very, famous now. But yeah, so there's a lot of these technologies were developed and discovered in the like the 19 tens, the 1920s. And so we can use these technologies today to just to imprint anything that we want.

And so, short of anyone wanting to buy a device, it's 3 to $5000 to imprint things. It's much easier to, you know, buy products from people that have the frequency and then that you're wanting to, you know, impart on your body and enjoy the benefits of that.

And you can get that for a much cheaper price. And buying your own frequency imprinting equipment. As a point. I mean, that is because a lot of this stuff, folks, it might be different.

You know, I remember back in the day when purchasing a red light therapy device was way outside the scope of most people's affordability, you know, ten, 15 years ago now it's really affordable.

You can get a handheld thing and just, you know, wow. And so that might be different. But right now, maybe the demand isn't there. You underscored something that I want to over score of.

There's such a thing is that, emfs emfs emfs and the relationship it's beyond confirmed through multiple clinical trials. Is EMF exposure. Decreases it.

It's it's something that you need to be very, very careful of. And so, any any other tips you want to provide maybe to wrap up the EMF piece and then we can land the plane in just a second here, because I really appreciate the

conversation.

You know, I can go on and on and on. There's so many different areas that we could draw from, but this is really, really important in the context of, in the context of HIV.

So any other thoughts about Emfs before we end that topic? Yeah. Yeah. You know what? I think for many people that are trying to improve their health, they don't really EMF protection is like the last thing that they're thinking about, you know, because it's kind of a big rabbit hole with a lot of mind, you know, a lot of minds, that you can step on.

And a lot of people can waste money on things that don't work. There's a lot of garbage out there in the EMF space that really doesn't work. Claims. So when it comes to EMF, you know, there's there's many things that you can do.

There's very simple measures that you can take in your home to reduce EMF. But, you know, you can put things on different devices. You can turn your Wi-Fi router off at night, you know, don't charge your cell phone by your head, you know, try not to have electronics in your environment.

You know where you're sleeping because those emit EMF or electromagnetic fields. That caused, you know, various health symptoms. But when it comes to, like, wearing the pendant, the Harmony pendant, it's, it's you can protect your body, from EMF.

And it just makes it, Well, so in what I'm trying to say is, in all, when you're trying, when you're thinking about EMF mitigation or email protection, obviously you want to protect your body.

That's the the main thing that you're looking to protect. So if you when you're wearing a Harmony pendant, no matter what you've done in your home to, to protect your home and turn your Wi-Fi router off at night and things like that, you still want something when you're walking around your environment, when you're like, leave your home.

Know that that, wearing a harmony cable to mitigate the stressful effects of the EMF so it doesn't affect you as much as it normally would. And so it's not 100% blocking EMF.

There's nothing that can 100% block EMF, except for being in a Faraday cage that has, like, gold, you know, copper and silver wiring that completely protects you.

And you can certainly sleep in one of those. It's very effective. But there's nothing that's really going to block it. You can only kind of like, reduce its stressful effects on your body.

And the Harmony pendant is kind of a proven way to to very easily do that, at a very minimal expense. And you have some other products coming out. So folks, keep an eye out and Doctor Wendy and all that she's doing.

And, I've been just honored and blessed to have the Harmony pendant as part of, my life and my family's life. And we have our own fun, healing testimonials that we shared on our blog at Natural Living Family.

And so you can type up Harmony pendant and just see our story. I actually interviewed Doctor Wendy in depth on this a couple of years ago. So thank you. Thank you for the furthering of the research and not letting just not getting lazy.

I mean, some people just, you know, it's easy. It's easy just to kind of relax a little bit. And you've never done that. You've always pushed and, whether it's your continuing education or whether it's your product development or whether it's your own personal development.

Doc, I really have something, very sincerely, just always admired about you, and I appreciate that. And, and you and your team or some people that we trust.

And so it's like, this is awesome. So I really, really am grateful. There's a lot that you could do, y'all. There's a lot that you could do, a lot that you can consider.

And the last question I have, and I know you might have a thing or two more to share, and I definitely welcome you to do that. The last question I have in terms of the study that you mentioned, you did these, you did these clinical trials with patients, mutual friends of ours were the researchers, one of which is Doctor Marlene Siegel.

And when Marlene was telling me she's a holistic veterinarian. By the way, shameless plug for Marlene. If you live in the Tampa area or if you need cancer support for your fur baby, contact Doctor Marlene.

Unbelievable results. And so Marlene was sharing with us the animals blood trials, the blood studies that she did. And, it was very humane. Again, she's a vet.

She loves big fur babies. And so she did a very humane blood trial, exposing. So just do you want to unpack that a little bit? Because this it blew my mind.

And even before you shared with me the pendant, she did because she was doing the research. She probably shouldn't have told us that. But she's like, I just did the study and we were vacationing with her because she's like my wife's best friend, and she was talking my ear off about like, what in the world did you do with blood?

And how did it like, whoa. So anyway, give us a little bit of that and just highlight the power of energy frequency healing. That's basically all this is bioenergetics and frequency imprinting.

This is the potential effect that it can have on your body. Yeah. Well this is kind of the proof is in the pudding. And I, I have a couple of the studies that Marlene actually did.

She actually did one on Elle Macpherson. So she did this live blood cell analysis where she exposed her to, EMF frequency. And then I just want to show you the results of that.

So I'm going to share my screen right here. Oh, she didn't tell me it was Elle. Yeah. It was. This is this is Elle McPherson's, power line. Okay. Yeah.

So can you can you see that right now? Oh, yeah. Okay. Okay. And so this is Elle is Blood. So this is being exposed to EMF. So you can see the cells kind of like clumping together.

Because that's what happens when you're exposed to EMF. It makes your red blood cells start clumping together. They're not supposed to do that. They're supposed to be separate hair.

And then we can. And then she put the Harmony pendant on for only ten minutes. And then this is the results. Following that, you can see they're all separate here.

Wow. Incident kind of floating around, and they're all separated now. I mean, there's some they're kind of next to each other, but it's a much better picture than what we saw previously.

So they just work together. That's a sign of unhealthy, right? Clumping together is a sign of, like what? What do they call it, like sticky DNA molecules or something?

Like, it's a sign of death, like cell death, because they're not live. And so it like it's almost like rejuvenating. It was she explained to me, it was almost like resuscitating, like rising from the dead.

These cells were like in the state of dying. Yeah. Is that is that I mean, I, I'm not, I mean, I'm not an expert in this field. So it was like. Yeah, I mean, they have the cells need to be separated to be able to diffuse oxygen to the body.

I mean, that's what the red blood cells are doing. They're they're carrying oxygen throughout the body. And, and

diffuse oxygen to the cells. So you don't want them clumped together. It's really bad.

And then here is another patient here. This is exposed to EMF. That's worse. Your mom. And then here is her, ten minutes after wearing the the pendant, the Harmony pendant.

So definitely a much more improved there. Yeah. And the proof is in the pudding. I mean it's just really I thought this is really interesting. Marlene actually didn't even tell us that she was doing this study.

She was doing the heart rate variability study and just out of, you know, being intellectually curious. She did about 15 of these, and of these live blood cell analysis, and they all had the same result clumping before with the EMF.

And then, a breakup of those red blood cell clubs with, wearing the pendant. Marlene's in her, and she's got to be close to 70. She looks like she's 30.

She acts like she's 20. Yeah, and it's just. And she's just like, I just saw the coolest thing in the whole wide world. And I get excited, and I'm a fast talker, and I will tell you, wow, wow.

Like, so folks, I mean, that's I mean the big takeaways I'm getting get an aura ring, start looking and taking seriously your nerves. Start determining what increases or decreases.

Remember low V is not good. Hypertrophy is better or higher. Emfs are bad right? Obviously harmony pendants good. I'm trying to make things really, really simple for people.

But you look up look up energy medicine. What bioenergetics. Like if you could give people a recommendation obviously your blog other good resource tips if someone's like, okay, I'm, I'm putting my finger in the Kool-Aid here, I'm going to depend on my tongue.

Where do you where do you advise people to start? The rabbit hole. Like, what's the first gateway mind-blowing thing that they should submit themselves to?

Yeah, well, I mean, they can read a book called The Field by Lynn McTaggart. And you can also read a book, called Decoding the The Human Body Field by Harry Massey.

That's a that's a really good book that takes a really difficult concept and breaks it down. In layman's terms. I was really amazed by how easy that book is to read, and really helps you understand all the physics and the scientific proof behind it.

For people that are maybe skeptical, but there's a lot there's lots of resources and videos and, and there's just, but those two books are really, really good. And I like I said, I on my blog, I have lots of information as well on my Dexcom.

Folks to take it seriously. Take it seriously. Go to, go to Harmony pendant.com. I'm just double check in here. Go to Harmony pendant.com, and I'm just double checking here and making sure that it's up and it looks like it's up.

And I'm really excited. You know, you know, the hardest thing, Wendy, about having so many kids is I got to get another picture. This is like three kids ago.

By the time this airs, I have seven. Seriously, I got all these pictures of my family all over the internet, and it's like, what's what's for kids? That's nothing.

Anyway, folks, please go to check it out. Check our independent. This is the story. Hey, look at owl. I love this. Congratulations. Like, this is a big deal.

I this is it's a big deal that we're getting this mainstream. It's a big deal that we're helping people. It's a big deal that we're spreading the message.

And I'm so glad and grateful that we have mutual colleagues like Marlene and others that could shoulder the burden of research because we could say all that we want anecdotally.

But unless we have data, it you know, it's just what what are we talking about? So the proof is in the pudding and you can see the studies. We had two white papers written up, one showing how it improves the meridians and the chakras, and the other one showing all the the heart rate variability study.

And that's on Harmony pendant.com as well. Keep it up. Keep it up. Well, doc anything any last words of encouragement or advice that you want to share with people before we go? Yeah.

You know, really, you know, an ounce of, well, I was going to say that, you know, I really encourage people to think outside the box and to start thinking about ways that you can improve your health beyond just what you can do physically.

Because I think many people get kind of caught in that trap of, you know, they're having a health issue. So they go to their doctor and their doctor is merely a consultant.

And so a very important one. But, you know, I think you need to always question, things that they're saying to you, like, you know, for instance, my mom went to a doctor always trying to put on cholesterol medication and trying to put her on diabetes medication.

And I said, well, whoa, whoa whoa whoa, let's, let's, you know, let's think about that for a second. Let's get a continuous blood glucose monitor and see if you actually are diabetic in real time.

And she wasn't she had better. She has my mom, who's 77, has better blood glucose levels. An ideal and 52. And so I was like, no, you don't need to be on diabetes medication.

So I think you shouldn't just blindly just follow what your doctor says. Question it, do your own research intuitively, feel what's right for you, and also be open to exploring, bioenergetics or even functional medicine or even just supplements.

For some people, that might be a stretch. But, you know, look at your doctor as a consultant and have a whole team of different consulting from different types of different areas of expertise because you don't want to put all your eggs in one basket.

I think that can have, negative outcomes, for, for people, that just trust in one person, for their whole health. I think that you really have to take the, you know, take the power into your own hands, and knowledge is power.

And I think you've just got to be kind of more responsible rather than just, you know, leaving in the hands of one person. That was perfect. Thank you.

I agree, and folks, that's the charge and utilize and encourage you to utilize AI. You have the most efficient, fastest research assistant giving you information within seconds that took doctor when you need days with not weeks to find because it's available.

And so we're going to continue doing more and more of that education because that's really leveling the playing field folks has been awesome conversation about heart rate variability, bioenergetics, frequency imprinting, heart attack, stroke prevention, recovery.

It all is together. And I'm so grateful to be here with my good friend Doctor Renee Myers. And as always, this doctor Eric Zelinsky, as my hope and prayer is that you and your family truly experience abundant life.

And we'll talk soon. Bye bye.