Introduction to Red Light Therapy

But how about arthritis, or autoimmune disease, or Crohn's disease, or dementia, Parkinson's, Alzheimer's, multiple sclerosis. These are these global chronic conditions that we're seeing amazing results.

We had a guy, he had Leber's hereditary optic neuropathy, which is a version, sort of like a multiple sclerosis of the retina. He's guaranteed to go blind.

There was no question he was gonna go blind. Wow. And he got, he said, well, he's got nothing to lose. Remember the worst that will happen is nothing with red light therapy.

and we were able to halt the progression of the LHON, or Leber's hereditary optic neuropathy. Well, it's the same thing we can do with multiple sclerosis.

We halt the progression. Any type of neuropathy, we already talked about Parkinson's, rheumatoid arthritis, we had a lady that had a stroke and it was devastating.

I mean, she was a mess. And after eight visits, she was better than she was before she ever had the stroke. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

Hello, everyone. Welcome back to Take Back My Brain. I am your host, Laurie Hammer, and today we are going to dive into red light therapy with Dr. Carl Rothschild, who is a pioneer in this red light, red light industry.

And he has, he is a leader in professional grade red light devices. So I'm so excited to hear about his product trifecta light. He has for over four decades in chiropractic care and a passion for innovation.

He has helped thousands reclaim their vitality through science backed, non-invasive healing, technologies and therapy. So Dr. Rothschild, thank you. Thank you.

Thank you for being on the podcast today. My pleasure. I love this opportunity. Thank you so much yourself. Ah, awesome. Well, I have been so excited because I love to dive into red light therapy for one.

So I would love to know, well, how did you get started in red light therapy? And then let's dive into exactly what it is. So if I may, it actually kind of started in 1972. Oh, wow.

I was a junior at Stony Brook University out in Long Island. It was a very good school. And I was a good student. And I tried to decide what I wanted to do for the rest of my life.

And I was introduced to chiropractic. And believe me, it was not well thought of in the New York area. Definitely not in the 70s. Very medically oriented.

I called a lot of chiropractors all over the country and I never found one that wasn't thrilled to be a chiropractor. And that's what I wanted. I wanted to help a lot of people.

I don't mind making money, but if I'm not helping people, that doesn't work for me.

Dr. Rothschild's Path Into Chiropractic and Light Therapy

And to wake up in the morning and look forward to going to work, if you want to even call it work, that thrilled me. So I, and I had 12 practices. I was doing pretty well about 20 years into my practice.

I was introduced to red light therapy and it was a famous, relatively famous orthopedic surgeon and professor out of USC. And he hands me, I knew him way before this, but he hands me what looks like a flashlight and he says, help me save the world.

And of course I think he's crazy, right? I'm going to use his flashlight looking thing and within a month of us using it. And remember, it was technology that was a state of the art at the time, but it was thousands of times weaker than what we are currently using.

So our results were interesting. They were not as consistent as we have now, but they were good. I mean, and so it revolutionized my practice. I got to the point where every patient would get my chiropractic and get laser therapy.

That's what we called it back then. And it was cold laser. So lasers back then, there were two kinds. There was hot lasers and not hot lasers. We called it cold, but it really just wasn't hot.

And I'm going to talk to you in a little while why heat is such an enemy to this whole thing. But then I started working with lasers until about 15, 14 years ago.

It was discovered that there was an element of light a wavelength of which I was not using, that they discovered that that element of light, which is pure red light, it's not green or purple or orange or any of the infrared, it's red, that it can affect the fat cells in a very unique way to assist in fat loss.

It doesn't damage the cells, it doesn't. You're not freezing them, boiling them, lasering them, you're not using ultrasonic cavitation or radiofrequency.

All of those things are about destroying essential tissue. And that's not what I'm about. Chiropractic is not about putting anything in the body that doesn't belong there or yanking anything out that does or doing any damage at all.

And so now having an opportunity to get involved with weight loss, I want you to know, which I think everyone listening already knows, that there's pretty much not that many things that is as popular as weight loss in this country.

And people are willing to do some pretty stupid things to lose that fat. In some cases, dangerous things. They'll inject themselves with crap. They'll take pills.

They'll do all kinds of not smart things. But imagine pairing a smart diet which we review with people. I'm not going to do this now. But it's not a difficult diet.

That's the most important thing. I know more about weight loss and dieting than your average human being. When I was a preteen, when my mother became an executive of Weight Watchers, I know dieting and I practice.

I'm 73, so I can't imagine how many years ago that was. But throughout my entire career of 48 years, I always incorporated trying to get people to lose the weight.

When someone loses the weight and uses chiropractic, we're going to have much better results. Right, right. Then it was such an amazing thing to find that we could do fat loss, I got involved in an even more serious way and started manufacturing.

We were manufacturing lasers and pads and things like that that covered parts of the body. And then a few years ago, COVID hit, and our practitioners wanted less physical contact between the patient and the provider, and we came up with something that looks like this, a bed.

I don't know if you can see that. I can. Yeah, we can see. This is the fifth generation of those beds, but the first model that we made, which was the state of the art at the time, we just thought it would be a nice substitute for what we were producing up to that point, lasers and things like that, not thinking that what we later learned is that when you bathe the whole body at the same time, top to bottom, left and right, front and back, and inside and out,

affecting as many cells as the body as possible.

That's when you're making these miracles. Let me give you an example of a miracle. And I have many of these. Arnett calls and says he's having a heart attack once, if not twice a week, and this has been going on for 12, 13 years.

Wow. And so he was dying. By the time we met him, he was dying. If you want to kill off a part of your body, restrict blood flow. Well, he had that all over his body.

Every organ, every gland, every tissue in his body was struggling. He had no energy. He had no clarity. And basically, he was pretty depressed because prior to that, he was an athlete.

The practitioner calls me up and says, I don't know, should I even treat him? He's having a heart attack. I don't want him having a heart attack in my office.

And remember, I want to tell you something that your audience should know, that in red light therapy, in the world of red light therapy, that has been studied for several decades, there has never been a recorded side effect.

From Laser Therapy to Full-Body Red Light Beds

You couldn't hurt somebody if you tried. So I told the practitioner, I said, let's just treat him for five minutes, normally a dose is 12 minutes, and stay in the room the whole time.

That patient went home that night, and that was two years ago, has not had a heart attack since, and it has totally changed his life. He's had more treatment.

but no more heart attacks. That's amazing. And everything has come back to life. His energy is back. As he puts it, his energy is through the roof, but also everything has come back.

His blood pressure is normal, pulse is normal. His erectile dysfunction is no longer an issue. I mean, it just goes on and on. And I'm going to forward you some testimonial videos that I think you'd really get a kick out of.

And Arnett is one of them. And Steve is another. He had COVID from the time he was 12. We met him when he was in his 50s. So 40 years of horrible COVID.

And it was so horrific, it ruined his life. I mean, he had no energy. So he couldn't have a career, really. He couldn't get out of the car sometimes. Well, he couldn't make it to the car sometimes.

And when he was in the car, getting to his office or getting back home was a struggle. And he gets in our bed. extremely doubtful that this is going to do anything.

And sure enough, he gets out of the bed and he feels no difference. He just dismissed the whole thing as a bunch of hooey. But five hours later, and ever since, it's completely changed his life.

So I'm not going to tell you any more, other than to tell you that when you watch this video, again, it's Steve, you will see why I had goosebumps. I started with that notion in 72 that I wanted to help a lot of people.

72. So this has been important. As a chiropractor, I did it sometimes, but now we're hearing it a lot. The phrase that we hear more than ever is, thank you for giving me my life back.

Yeah, which is why we do what we do, right? That's what I do. I want to mention something to you. I am going to sound a little maybe even obnoxious here, but I am telling you that nobody that's listening has an excuse any longer for their ailment or condition if they haven't tried the bed six times.

Now they might need more than six times, but after six times they should see a change. And the chance of them

not seeing a change is pretty slight. What I'm saying is stop complaining, get in the bed six times.

I'm not in practice, so I'm not inviting you to my office. I'm just telling you for your own sake, try this medical grade high end bed that really makes a difference.

Are there other pieces of equipment out there? There's masks and there's helmets and they're good. They're toys, but they're nice. I'm not knocking them, but if you want the miracles, if you want the fountain of youth, I know it sounds corny, but if you really want that, like I said, I'm 73 and I used to teach a class, will you be dancing when you're 75? Because a lot of people ain't gonna be dancing when they're 75. As a matter of fact, we liken well-being and health like a candle that burns right from the beginning all the way down to the bottom and then sputters out and dies.

That's not what's happening with most people. The last 20 years of their life, they're invalids. They're not mobile. They're not having a fun life. They can't feed themselves sometimes.

They can't wipe themselves. And I know that the reason why some people don't take care of themselves is they're not scared enough. And you want to get scared, go and visit convalescent homes and see people that are not that old in some cases and what kind of a not great life they're having.

And when people are not scared enough, they don't take care of themselves enough. Well, I got scared way early when I had patients come to my office. And I wouldn't say it out loud, but I would say it to myself, please, God, don't let me wind up like that.

Exactly. And so that's what I've done. I've tried to make sure that I didn't put anything in my body that wasn't helpful. I exercise at least three times a week.

I get in the bed at least three times a week. I don't drink. I don't smoke. Never have. So I take care of myself, not that I'm the most, and it's gonna sound crazy, but I'm not the most disciplined person, but I was scared as heck to wind up like these people did.

I wanted to have a decent life when I was older. And you owe it to yourself, all of you, to take good care of yourself. And if you're smart, you will incorporate red light therapy in the process, full body red light therapy.

Yeah, so let's kind of tease that out a little bit if you don't mind, because there's so many different red light devices out there. So yours is professional medical grade.

So can you kind of tell us what the difference in the grading is for one? And then I know yours is a bed that encompasses everything, plus you have resonance that's with it.

It's the whole shebang. So I would love for you to unpack that for the listeners, because I think there's so many misunderstandings on red light therapy.

I also want to go over just very briefly why it works. But first, let me answer the question. What you should be looking for in equipment. I believe in full body.

Now, some people say, well, it's much less expensive to get just a face mask or a helmet. It is. But it's not going to give you the whole story. What you want is overall healing and overall well-being, not just my face, not just my head, not just my arm.

And my company manufactures these things. We manufacture masks. We did helmets, but I like other equipment better, so we're not doing the helmet anymore.

And we also make pads. And they're good. They're fun. They're nice. But once we started, and I was forced into the bed because of COVID, You know that we're bed people completely.

I mean, when you watch some of these videos, you'll watch Jessica's video. She had 16 very serious conditions and now she doesn't have any of those. And that included also Lyme disease, but she also had three forms of psoriasis.

She had shingles and I mean, all kinds of stuff. I know you're anxious to hear about it, but you asked me about, but I can't stop talking. I'm sorry. So anyway, let me tell you why medical grade is important.

Heat is the enemy. If the lights get hot. then that will dilate blood vessels and bring more fluid or in particular blood to the surface, which will block the penetration of the light.

So the last thing you want is heat. So if you hear red lights on, they're fine for what they do, which is heat. But from a healing point of view, they're not the smart thing.

So what really where the money is, is in the medical grade lights. And these lights burn really strong I shouldn't use the word burn, are really strong and burn cool.

That's important. And that's where the money is. That's the majority of the issue, are the lights that you're getting or have been using at different places, like at gyms where they get the cheapest Chinese knockoff.

And that's what happens when you have a really good product. You're going to see knockoffs and they look similar. They don't work nearly as well. So one, you want the lights.

Two, you want the top canopy to come right down onto the body. If there's a distance, you lose power exponentially as you come away from the body with the lights.

How the Bed Works: Medical Grade Light, Heat, and Frequency

So the beauty of our bed is that the top canopy can come right down onto the person's body. Not the weight of it, but it will approximate it. It has these hydraulic arms on either end that will allow you to push and pull the top canopy to wherever you want it to be.

And if you can bring it right onto your body, that's the ideal. So you also want the capability of customizing treatments of someone who's 80 pounds is not getting the same dose as someone who's 400 pounds.

So the 400 pounder has a lot of flesh and can absorb a lot of this energy without us generating heat. and the 80-pounder has zero flesh, you can't have the same power driven into that person without generating a lot of heat.

Heat is the enemy, so we can control the power both of the red and the near-infrared. And let me just also mention red is red. We'll move that aside. But there's this word that people hear called infrared.

Well, there's no such word as just infrared. It's either far infrared, which is heat, or near-infrared, which is cold. Proper near-infrared, which is the only thing we use, we use red and near-infrared.

Far-infrared is in this sense, far-infrared is fine for heat. So if you want a deep penetrating heat, that's fine. But when it comes to our lights, far-infrared would be the enemy because it would generate more heat.

It would dilate the blood vessels, block the penetration of light. It's the last thing that we want. Now also, the fact that, as you said, we can create that resonating frequency so you can pulse the wave to resonate with different tissues.

As you know, or may know, those of you out there, that different frequencies, will different tissues of your body resonate with different frequencies?

And we can control that frequency separately with the red and the near infrared. Now remember red, when I say remember, I'm going to tell you that red is primarily the color that I told you before that was shown to help with…

weight loss or fat loss. And the way that works is that they found is that the red, when the fat cell is affected by the red, that it makes the fat cell walls more porous and allows the contents to leak out.

This is just a temporary change in the fat cell wall. So it doesn't damage it, it doesn't injure it in any way. And then with our unique protocol, we're going to move that fat away from the fat cells eventually to deliver for use or elimination.

That was a mouthful. The next thing I want to mention is the near-infrared is really where the healing comes from. I'm going to spend a lot of time on this, but I want you to know that the near-infrared has been shown to stimulate certain tissues in your body.

I want to tell you that tissue is called mitochondria. So every part of your body is made up of tissues, every tissue is made up of cells, and every cell has mitochondria.

The mitochondria is the powerhouse of the body. It's the reason why you breathe oxygen and eat food to generate this incredibly important molecule called ATP.

It's the energy currency of the body, and if you have the right amount of ATP in your body, you can live very good life. And that means even healing. So if you're concerned about, like if you walk into the room and if you're germaphobic, let's not even talk about that.

So the only reason germs are an issue is if you're weak. But if you're strong and you can ward off just about anything, then you don't have to worry about it.

Now that doesn't mean, you know, get people coughing on you, but try to be as strong as you can. And one of the most important thing is to get your mitochondria affected as well as possible.

So where do you think this light that we're talking about, the near infrared, it's an element of sunlight. What we've taken is four elements of sunlight, not UV light, not blue light, which screws up the circadian rhythm.

It's just red. which is somewhat healing, but great for fat loss, and the near for it, which is the miracle wavelengths. We have two of those types of wavelengths that we put in the bed.

And then we drive that into the body. And it has been shown to stimulate a unique enzyme in the mitochondria to bring the mitochondria back to normal so that the mitochondria is now producing the right amount of ATP that your body will be able to function beautifully.

And that's why when I talk to people, they go, well, it sounds like, Nicole, you're affecting every cell in your body. I'm sorry. It affects the nerves and bones and muscle and every tissue in your body.

So musculoskeletal issues are a slam dunk. But how about arthritis or autoimmune disease or Crohn's disease or dementia, Parkinson's, Alzheimer's, multiple sclerosis?

These are these global chronic conditions that we're seeing amazing results. We had a guy He had Lieber's hereditary optic neuropathy, which is a version, sort of like a multiple sclerosis of the retina.

He's guaranteed to go blind. There was no question he was going to go blind. He said, well, he's got nothing to lose. Remember, the worst that will happen is nothing with red light therapy.

And we were able to halt the progression of the LHON or Leber's hereditary optic neuropathy. Well, it's the same thing we can do with multiple sclerosis.

We halt the progression. Any type of neuropathy, we already talked about Parkinson's, rheumatoid arthritis. We had a lady that had a stroke and it was devastating.

I mean, she was a mess. And after eight visits, she was better than she was before she ever had the stroke. Wow. So I think I'm crazy. I am. I will tell you, I am nuts about this stuff.

I started off wanting to help people and I've never seen so many people being helped. And we have practitioners all over the country and I interview a lot of them.

I'm trying to get to all of them and I have not, every one of them loves it. They love how it attracts many people to their facility. They love the fact that the people they already have in their office will line up and sign up to get in the bed.

I just talked to this lady, she referred 18 people to the office where she was going because of how powerful this was. She couldn't walk, she's walking.

We have people that, as I said, with eyesight, now they're seeing better. It's just, you'd be hard pressed to find a condition. And the reason why we called it the trifecta or triple effect of skin, fat, and healing, that was the initial thought.

But we realized there were other divisions of the company and that includes men's health, which I implied already with when you get to listen to our next video, you'll see how it helped him with women's health.

We talked about women losing their kind of thinning their hair out as they get older and they talk about know it's hormonal and typically and they'll see more hair at the bottom of the shower or more hair in their brush after they brush their hair and within a month that stops and within the second month we'll start seeing a reversal and so their hair actually thickens.

But then another really spectacular category that we're having a great influence and why we're with the NBA and why we're with the Olympic training centers and many other health gyms of sorts are getting involved with our red light therapy is because if an athlete gets in our bed before their activity, they're going to perform better.

I had a guy call me and said, I can now swim twice the distance I used to swim. And he was a serious swimmer. He wasn't professional, but he was a serious swimmer and now he can swim twice the distance.

Healing Results Across Chronic Conditions

So the reason why the NBA would want this is because their players are going to be able to jump higher, have more stamina. And then at the end of the day, they get in the bed again and their recovery is much more thorough and much faster.

So it kills me that there are teams out there that don't have our bed, knowing what I know that I could get, especially I'm here in LA, so I've got the Dodgers and they've got their series of people that are injured.

They got their whole pitchers out, team, almost every pitcher is out with injuries. And I'm screaming at them in my mind, they're going, get in the bed, because I know it can help them tremendously.

In fact, this is my mug. Yeah, in the bed. My staff made that for me because I'm crazy about this stuff. So at any rate, I was just mentioning with athletes, they get in bed before.

That's called performance. They get in it afterwards. That's called recovery. And then the last category is the mental health. So we're talking about people who are highly depressed.

Yeah. They get in the bed and I had this lady, she wrote me this email that I put up on top here. It says, if this is how normal people feel every day, I can't believe I've been missing out all this time.

She was very, very depressed and hated her life. And now she has found this thing called joy that she hadn't seen in a very long time in her life. So, I just want to mention a few things.

First of all, I challenge all of you to get six visits. Again, it's not my office I'm inviting you to. So, you just go to the website, which is right here trifectalite.com.

You go to the contact us page and on the left side of the page it says request a location closest to you. We can't post all the addresses for privacy reasons, but we can find the office that's closest to you and just try six visits.

I don't care what you got. And at the end of the six visits, I am pretty confident that you're gonna see a difference. In some cases, if your problem is unbelievably tragic and serious, it might be subtle in the beginning.

It could take more than six visits, but you should be able to see a difference. But in some cases, you'll see dramatic changes within that six visits.

So, Arnett, that was after one visit. Jerissa, who had the stroke, she could see it after one visit. Jessica, who had those 16 serious problems, she could see it after one visit.

Steve, who I told you I wasn't going to tell you about his Lyme disease that he had for 40 years, but I will tell you that he gets off the bed, doesn't notice any difference, and poo-poos it as a bunch of hooey, but five hours later and ever since, it's been totally unbelievable how it's changed his life.

So you want to watch that video as well. So at any rate, go to the website trifectalite.com and go to the Contact Us page, you may also be thinking, as I did, what you don't realize, many of you, is how expensive it is to be sick.

You don't get it. Very expensive. Not only are you, maybe you're going to need 24-hour nursing or something like that. Not all of this is covered by insurance, and it becomes extremely expensive.

How would you like to avoid that? And it ruins your life. How would you like to have that fountain of youth that will allow you to live a higher quality of life.

And so on the right side of that Contact Us page, it says, well, why don't you explore the possibility of getting something like this, either for your business, which is what the majority of people are contacting us about buying it, or for your own home, which we get a lot of people that are interested because they want to have that quality of life for as long as they can.

It's the difference between healthspan and lifespan. Lifespan is one thing. That's not as important to me as health span. I don't want to spend the last number of years of my life as a cripple or whatever.

Yeah. So that's about the website. Another thing I highly recommend is that you go to the YouTube channel. And that's right here. If you go to YouTube and put in at trifecta light official, so the at sign trifecta light official, you're going to see over 130 really well done videos.

You're going to see our athletes that have recovered and doing so much better. We just had a boxer. Now I can't watch this. It's bare knuckle boxing. And it's brutal.

So with bare-knuckle boxing, one punch, if it's in the right spot, the guy's out. So it's brutal. But we have the world's champion. Yeah, world's champion.

His name is Harry the Hitman Gigliotti. And I have been interviewing him over the years, and he absolutely loves our bed. And just July 4th, which is just a week or so ago, he was in England and became the world's champion in his class for bare-knuckle boxing.

And he loves our red light bed. So he's going to put the trifecta light on his trunks. Yay. Well, that's pretty exciting. Is there a minimum you should be in the bed or can you do it too much?

Anything that you want the listeners to know? So, as far as a minimum, I'm saying let's do, it's 12 minutes a dose, it's six visits. That's what I would like you all to do.

When you call, when we find you the location, just call them and say, I was listening to Dr.

Athletic Performance, Mental Health, and Getting Started

Rothschild's podcast and I would love to learn more about what you can do. Maybe they'll give you, I don't own any of these offices, But you can certainly ask them for a deal, if you want, for those six visits, because that's what I want them to do.

At the end of the six visits, when they see this change in their lives, they're going to want more. They're going to want this more, as I do. As far as too much, not really.

You're just wasting time and money. So 12 minutes is a dose. 13 minutes, you won't see any improvement over the 12 minutes. You won't see any downside.

You could do it for an hour. There's no negative, but everything's going to happen within the first 12 minutes. Okay. Your question? Yeah, that definitely answered my question.

So it's not a long therapy. You don't need to be in there for 60 minutes or whatever it might be. 12 minutes is totally doable. Can you buy these for your homes too?

Yeah. Yeah. Yes. you go to the website on the Contact Us page on the right side, see if this is something that you want to buy. When people have more money than health, they recognize this is something that they might want to incorporate.

The majority of people are buying it for their business. If you want to see a A few things. One, if you like me and you want to help more people, you're not going to believe how helpful this is for so many people.

But the other thing is it's a great revenue streamer. You're going to see a lot more people and you're going to make a lot more money with this. And it's easy.

You don't need staff. When people say, what does it cost? I tell them, well, first of all, you're saving yourself a couple of thousand dollars a month with this because you don't need staff for this.

You don't need anything. In fact, this light is so safe. In the 50 years they've been studying this, it's never been a recorded side effect. So you don't need to have a health providers license, but you do need to have some knowledge about the body.

Or you have to have somebody there that has knowledge about the body. So we have people that have nothing to do with anything other than their investors in the company.

but they make sure that they have people that know about the body. And the reason why I mention this is that one time we had an accountant. I didn't know he was an accountant and he was gonna work it at his facility.

He knew nothing about the body. He knew nothing about weight loss, about healthcare, about how to attract people, how to manage them, nothing. And it worked with him, but it was such a struggle.

I mean, normally within three months people are up to speed and he took practically a year. I mean, and drove us all crazy. So if you're involved with the body in any way, massage, esthetician, anything in the aesthetics world, by the way that I told you before, it's about skin health and skin fat and healing, but originally it was face fat and healing and this face is going to look fantastic.

So our estheticians, people involved with hair restoration, things like that, they absolutely love this. And then when you get a chance to watch Jessica's video and know that she had three forms of psoriasis, goutate psoriasis, plaque psoriasis, psoriatic arthritis, and it was all gone in a relatively short period.

And she suffered with the psoriasis for over two decades. That's incredible. It's amazing what light can do, the right kind of light. Any issues with like electromagnetic frequencies that people need to think about or anything of that nature?

I'll say this again. Any issues with EMFs that people need to be concerned about? This was something that was a concern for us from day one. That was years ago.

And our concern was we couldn't get the EMF down, but we couldn't figure out why until we finally realized that what was the issue were the fans. So our first bed, and it was a state of the art at the time, But the fans had, we needed 22 or 23 fans to cool the bed off because the lights were not what we have now.

We now have the medical grade, cool lights. Back then we had somewhat hotter lights, let's put it that way, 23 fans. Now we only need a few fans. And the fans were what were producing, bless you, the fans were what was producing the EMF.

And we got rid of that. So now when we have our bed tested, it's less than negligible is the way it's phrased. That's exciting too. Wow. Is there anything else you want the listeners to know?

This has been fascinating. If you want to know more about red light therapy and I don't make a penny from what I'm about to tell you, but if you buy the book, illuminated healing, you'll learn more.

Every penny that comes a profit out of that goes to charity. Um, and so I would recommend getting it. You can get it as a Kindle, you can get it as audible if you want to listen to eight hours of me talking, or you can just buy the book itself.

That is awesome. Well, Dr. Rothschild, I appreciate your mission. your passion about this and all the lives that you're changing. And I hope the listeners will pay attention, find a practitioner, go lay in the bed for at least six times and see how they feel.

This has truly been exciting to interview you today. So thank you for being on. First of all, thank you for having me on your show. And like I said, my goal has always been to help as many people as possible.

So hopefully we help some people here. Hopefully we did. And thank you everyone for listening. Make sure you like, subscribe and share this episode and please leave me a review.

I would appreciate that very much. God bless each and every one of you and I will see you in the next episode. Thank you for tuning in to Doctor Talks.

We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

For more insights and strategies, subscribe to our podcast and visit our website, www.doctortalks.com. Stay connected, stay healthy, and join us next time on Doctor Talks, real talks from real doctors on the issues that matter to you most.