Introduction and Guest Background

Welcome back to the Restore Your Mitochondria discussion. I'm your host, Laura, for Ontario. I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love.

Today, my special guest is Doctor Eva Deco all the way from Poland. Hi, Iva. Welcome to the summit. Hello. Welcome, everybody. I'm Laura and I say all the way from Poland because I'm in San Diego right now and you're across the world from me.

And this is the amazing thing about doing these virtual interviews. It wouldn't happen otherwise. Yeah, it's it is amazing. We do need to see it as a gift.

It is, it is. Now I'm bringing you on this summit because we really want to talk about alternate ways that we can restore mitochondria function beyond the usual food, exercise, clean water, sleep, all the things that people are learning on this summit, which are very important.

But you have another way to help restore mitochondria and it's bio resonance therapy. So we're going to talk about that today. We're going to talk about how to optimize mitochondria function.

And also we're going to talk a little bit about what you foresee is happening in the future of healing. So that sound good. Sounds great okay. Let me introduce you to our audience.

Doctor Deco, you are a natural health care practitioner, speaker, and author of the bestselling book The Sovereign Health Solution. Heal the Psycho Energetic Root Causes of Chronic Illness.

You have an extensive knowledge and experience in the field of human physiology, biochemistry and nutritional sciences, and bioenergetics. And you use a wide range of mind transforming modalities, including having techniques which I believe is your very own trademark.

Maybe, not. No, not quite happening is, not that I wish I'd create to go talk about something. Not so, but now I know it's not mine, but it's, one of the, best, top, most effective, trauma healing modalities that I know.

So happening. Not happening haven ng techniques. And you also use hypnotherapy, mindfulness, NLP, CBT, transactional analysis, psychoanalysis and applied psycho neuro immunology.

So that's a mouthful. You do it all. Yeah. So clearly you're established as the expert here. So amazing. Well let's jump into this and talk about you know your approach to mitochondrial health.

Like I said you've got a whole different approach here. So break that down for us and why this is important for our audience to know about. So really my approach to any chronic, health situations and issues, is and we kind of briefly when we first connected, obviously emphasize that we both about the root cause.

But when I'm talking about the root causes, I don't tend to just focus on the physicality, the cellular, the metabolic, the diet tree. Because as much as that's important, that's really just one part of it all.

And so, in my book and just generally, when I talk to people about the the fundamentals of healing and health, I talk about the triangle of healing. That's sort of how I view it.

Other people, view it in, in different ways. But basically you've got this triangle with those three pillars in, in this triangle, everything affects everything.

So we talking about the physical biochemical. You can also say cellular, metabolic. In that first, sort of the first pillar, then we've got the mental emotional.

And then my third pillar is Renny and a genic.

The Triangle of Healing and Root Causes

Obviously spirituality will fall into that, but we really talking about any, energetic influences within, subtle energy field and also the wider of that morphogenetic field because really we are energy.

Everything is an energetic exchange. Everything, whether it is, to do with, even cellular communication or whether it is to do with simple thoughts, beliefs, perceptions, everything is energy. So, when you're looking at the root causes, you often, people often talk about God mitochondria.

But when you talking about the root cause of the root cause, you always go further and eventually you always end up with this fundamental, basic thing of, energy, exchange and how frequencies affect everything.

So and so the real quick if I, you just said something really interesting. So we many, many people on this summit are talking about root cause, and we're talking about the things we can kind of, if you will, we can tangibly see them.

Right? I mean, if we were to look at the microscopic level of bacteria and infections in the body, we could see it, toxins in the body. I mean, microscopically, we could see it.

But you're talking about an even deeper root cause of something we can't see. It's something we feel. It's a knowingness that it's there and it's energy.

Yeah. And, you know, I've said it loads of times in different talks. And when I talk about the subject, I always bring it up. But I will say it again, because it's such a fundamental, critical thing for people to understand that when we're talking about energetic exchange and how an energetic signal acts on the South, we're talking about about a speed of 186 miles per second.

When we go looking at the fusible chemical, we're talking about a speed of one centimeter per second. So what that means is that you can actually affect the body cells, tissues, organ systems a lot faster with frequencies than you can with biochemistry.

And that's just the scientific fact. This is a well-established scientific fact. So now when we talking and we will talk more about this as we go about bio resonance technology, this is really technology that enables us to optimize and harmonize cellular health and also tissues, organ systems, really at every level we can address it, the mental, emotional as well.

Then we are talking about using frequencies to affect our physical body. Right. And in that way, there is, such a feel of this bio resonance technology, that, that well, that the bit that I work with, the part that I work with, I do work a lot with digital nutrition, and this is literally sending frequencies of different nutrients.

We talking minerals, vitamins, glutathione, you name it. Right? We can send those frequencies because those frequencies are known and measured a long time ago.

This is not a new thing. Some people might think it's a new thing because they've never heard of it before. I believe you, me? It's not a new thing. It's going back to the 70s in terms of the general public use.

And so we can, essentially, and I've done because I've worked with this technology for a while, I can tell you that if I have, an insufficiency of, a mineral or a vitamin or something else that I want to feed into the body because I know it's going to be, beneficial for either my cellular health or my hair growth hormones or whatever.

I get such quick results from sending those frequencies and sometimes literally within hours. And I know that if I was to take a vitamins, we have to digest it.

And absorb it. And then there's all sorts of issues. People have got issues or infections and things like that. There's so many barriers to that nutrient ending up in the cell, not to mention the cell health itself when we have the cell membrane potential.

If that's not right, then the cell is not able to empty toxins or take on nutrients properly. And we've got this, you know, so there's so many barriers to that.

Whereas with a frequency when you send that frequency or let's say vitamin B5 or whatever else, when your lips are cracking off, or whatever else might be going on and you're picking up that, hey, I think I may need more vitamin B5 or whatever other thing, you actually get a really quick result with it.

And so this may seem kind of a bit Star Trekkie and a little bit futuristic, but futuristic. It's here now. It's been here for a long time. It's just that for some reason I, I would venture a guess, but I'm not going to go there right now. Why?

In a matter of fact, it's not. So now here in Europe we use it. We've used it for a long, long time. Every good clinic in Poland will have bio resonance therapy on the menu.

Bioresonance Therapy Explained

And so yeah. So that's, you know what I want to start with, I do want to say to all the, North Americans listening that would include Canada, United States, we are behind in functional medicine in North America.

So when you are choosing to work with a functional practitioner, make sure they know something about European functional medicine because it is different.

There are more applied technologies. They use devices and different things to support you and a whole different kind of philosophy. So it's, it's more information than we get in traditional functional medicine training in the United States.

So I'm glad that you brought that up. So, yeah. So, I just, want to say that this technology of, although obviously has that's, it's been, improved and it's become more sophisticated over the last few decades because we always progress.

But essentially this technology was used back in 1930s, it was reserved for the military at the time and astronauts and people like that. However, general public have actually had access to it since the 70s.

And I was I mentioned that to you before we started recording that when I was growing up in Poland in the 70s. I already knew about it. There was a machine called Morra Machine.

We had one in the family. I didn't have one in the house personally, but we had one in the farm and my aunt had one of them, and so I was already familiar with that when I was just a few years old, you know, running around back in the 70s.

So it's not a new thing, but the devices we have these days are, even better not to not just say that some people are still using those old machines, but I do.

I still know people who have those old motor machines, and they still use them, and they still work and they still do a good job. But of course, things have evolved.

And, the things that we can do with this technology now excite me so much. A lot of people say the vibrational energy medicine is the future of healing.

And I keep saying to everybody who says that it's not actually the future, it's right now is the present. We already have access to that and not just to complicated clinical devices.

We have home that use devices that is exceptionally, exceptionally effective. So it's it's very exciting. Part of, healing. Yeah. It is. So let's, you know, you've established kind of your approach to mitochondrial health.

It's it's energy healing, really, and that it's not new. It's something that's been around for a long time. So now let's talk about what is exactly bio resonance therapy.

Can you give us a breakdown on that? So actually I just want to comment a little bit on what we just talked about. And, and that is that when people talk about mitochondrial health and they talk about cell danger response, anybody not familiar with that?

This is the work of Doctor Robert. Nabeel. So the cell danger response is it's a natural response, to cellular threats. And often when people think about cell danger response, they actually think toxicity.

They think chemical toxicity. Usually, however, I want to remind everybody and Robert, Nabeel says that, very clearly in his work that it's not just about chemical or biological stressors.

It's also about trauma and psychological stress. And so psychological stress and psychological emotional trauma can put yourself in cell danger response.

And when that becomes chronic and you have that stuckness, that stuckness is basically, causing the mitochondria to to be, as you know, as the name indicates in this cell, danger response, meaning, the focus is not on energy production anymore.

The it's this very survival oriented thing. And in that same way, on the bigger picture, when we have the nervous system and we've got the past sympathetic and sympathetic, and we've got the ventral vagus that I talk about a lot, it's kind of the same thing when you have unresolved, not just physiological issues, because that could be physiological, but mostly it's going to be to do with emotional, things and ongoing stress.

When you have that, your nervous system, as we know, can have this stuckness in the survival states of fight, flight or freeze. So, so just, remember that, that when we talking about mitochondrial help and energy production, it really isn't just a metabolic, cellular, physical thing that there's there's a lot more going on.

And I we mentioned energy, but I just felt I needed to go back to that explanation to just emphasize that trauma, psychological, issues, belief conflicts, limiting beliefs, all those sort of things.

We can definitely put yourself in cell danger response as well. Yes. Thank you for bringing that up. And for our listeners. We do have speakers coming on and speaking about that.

Make sure you catch, what comes to mind is Doctor Amy, opinion is with us with her biology of trauma. So yes. Thank you doctor. That go right. Yes. Yeah.

So, so so to your question now, so what is that virus and this therapy that I keep talking about. So I already mentioned that universe is vibrational.

And essentially the language of our bodies is frequencies. So by resonance therapy is working with unnatural oscillations frequencies. And it's literally about optimizing them.

So if you have the right device with a function that can, read your frequencies, some of them do, some of them don't. But any of you have that, the device can actually read your frequencies.

And based on what's already been measured, like I said, over the last a few decades, it can actually tell you, Hey, you've got an issue with your gut or your hormones are out of balance, or, you know, your skin elasticity is going

and you've got problems with your, cell function because it's not, you know, it's not optimal.

Your cell membrane potential is not optimal. You can get a lot of information, a lot of information, and then using the same technology, you can then correct your, oscillations to those, that are optimal because every cell, tissues, organ system, everything has the optimal range of frequencies at which it operates and functions.

And then when there is a disruption to that, that disruption can come from a variety of sources. They can come from EMF exposure. It can come from biological, agents, chemical toxins, and of course, absolutely.

It can come from stress. And so when there's that disruption to those oscillations, let's say your liver functions that the range of whatever it is frequencies, if there is a disruption to that provided toxicity or stress or, energy flow through the organ, then essentially that's when eventually it will filter through, you know, remember, like in the triangle of healing, I said, everything affects everything, right?

So it may have started with EMF exposure. We may have started with something toxic or something poisonous that you may have ingested or, I don't know, aluminum, mercury in your body or whatever.

And that's damaging the liver or there's the parasite or something like that. Essentially, it doesn't matter where it started because it's going to affect the organ function over and over, over time if nothing is done about it.

Right. And now with bio resonance, therapy, we don't actually and this is the important bit. We don't actually cure anything. But what we do is we can then adjust those base frequencies that are the base frequencies of the healthy level.

Applications for Physical and Emotional Health

We can feed the healthy frequencies, in other words, and as the river levels start to resonate again at those correct frequencies, it will start functioning at its optimal level.

So really that's how this technology works. And when I'm talking about resonance, people need to be thinking about, some real examples of life resonance.

It could be, one common example is singer breaking the glass. If the singer's voice hits, there isn't the frequency of the glass, and the transfer of energy will occur and the full, transfer of that energy can actually shattered the glass. Yes.

And then we have things like swings that can get into that, you know, resonant frequency. And after a while, they don't really. They just need that light push and they will maintain the swing.

All the soldiers marching on the bridge. Right. If they march in unison, they can actually break a bridge. Because of that, the resonance that, that that creates.

So we have plenty of examples in real life of, resonance. And now with bio resonance. This is really what it is about. It's the reestablishing the healthy frequencies to sound organ, tissue system, whatever it is that we working on and making sure that we are harmonizing at the most basic level, which is the frequency level, which will then feed into the actual physical function of that organ.

And it may also help people to think in terms of traditional Chinese medicine. Acupuncture. Right. When we're talking about the energy flow through the meridian channels.

So this is very much akin to that because both of those modalities are energy medicine modalities. So we essentially we are optimizing the energy flow right.

And so from then on, the function of the organ, no tissue or system or whatever it is that we working on will correct. Because it's now again resonating once more at those healthy frequencies.

Does that make sense? Then explain that. Do you think I did anything to that? So people really understand what I'm talking about? No, that's that's an excellent explanation.

And what's coming to me is how how supportive bio resonance therapy would be in any functional medicine protocol. So if you've identified that you have parasites or you have, you know, you have Lyme disease or you have something that is a that is a smoldering infection, this is going to help with the resolution of that.

And it's going to help your body, resolve it faster. Yeah, absolutely. So this is why, when people ask me, so what can I address with this? I know it sounds fantastic.

So when I say pretty much anything, but that's the reason why. So I'm not talking about curing any labels. Let's get rid of labels. Okay? I'm really not a fan of labels because essentially, when we correct the basic dysfunction, the label will just resolve itself, right?

So that's exactly as you said. This could be, this could be a chemical issue, could be a biological agent issue, some sort of infection, something like that.

And it could be also mental emotional because this technology absolutely works at the mental emotional level. So, what you can, for instance, do, with the mental emotional, we can definitely help balance the nervous system.

So just imagine from everything that the whole summit I did on the vagus nerve and everything that I, I talked about in relation to the sympathetic parasympathetic balance and how much impact you can have on the physical by balancing that.

Well, this technology can help you balance those two branches of the nervous system. So that alone makes you realize, okay, well, that's going to have a further knock on effect.

It can help you, with, traumas, because if you have, it's actually one of the devices I use is a class two medical device, which is, approved for working with depression and anxiety and even fibromyalgia.

Chronic pain. Right. So if we imagine if we address things on mental emotion, like I said at the beginning, we help, help heal epigenetic trauma. We can feed the frequencies of butter flower remedies or Australian bush remedies.

If people are not familiar with flower essences and how energetic, how beautifully that works. In terms of our emotions and balancing the emotions, that's worth exploring.

We can actually figure in the frequencies of homeopathic remedies we have access to the entire materia medica of all this homeopathy. So then, and then, like I said, we've got the nutrition.

We can feed frequencies of different nutritional supplements without spending lots of money on those supplements. So, so there's just so many different levels.

But I do want to say if people are still not quite getting this, your brain obviously you must know this, has many different levels of, of oscillations.

And when we talking about trauma, when we talk, talking, addressing distress and things like that, we often talk about brain frequencies and modulating brain brain frequencies with meditations and things like that.

That's essentially what you do. So you've got this, brain frequency range between 0.1Hz and about 40Hz normally. But there's also this thing called hyper gamma wave, which is, you know, 100Hz.

It can go that high and that usually is when trauma hits that your brain goes into this hyper gamma state. And we can alter that with meditation, with haven techniques, with even people now, EFT, things like that.

Other tools. And obviously this technology also can help. We can, do that with sound. We can do this with other

things. But the point is this as you alter the brain frequencies, you alter the associated neurochemistry.

Okay? So if your brain is very, sort of hyped up in the stress state, you're going to have a different neurochemistry, you're going to have the stress hormones releasing.

And then if you actually calm your brain down and you bring it down and you access your, your delta, you offer your feet to get anyways, that's is what we do with meditation and things like Haven Inc techniques.

Then you will change that neurochemistry and suddenly your body is flooded with oxytocin and serotonin and Gaba and everything as well. Right? So so you can already see that you are doing this every single day.

You do this, you work with frequencies every single day.

How to Work With Dr. Deco

And, this is just a device. And that kind of, enables you to shortcut certain things. Because one thing on the size, this everybody is a machine when it comes to healing.

We are absolutely machines, okay? There's nothing we can't already heal ourselves. Is that it's it's the beliefs that we have about healing that are preventing us from doing so.

Okay. So this, technology can just give you that helping hand is basically that do you really need it to heal from. Thanks. Now you can use your mind and I've been working with this for over two decades.

And that's basically what health sovereignty is about for me ultimately is people healing themselves from all sorts, which is the era we going into, I truly believe, but this technology just gives you that little bit of help.

So I just want to be clear that it's not something you need to be dependent on, but it can definitely help you. Thank you doctor. Dead Co this is a great explanation and it is a hard topic for people to wrap their minds around.

And I think you do a really great job of breaking it down in really simple and scientific terms. And you bring a lot of validity and credibility to, to by resonance therapy, the whole concept of it as well.

Now, I know people listening right now are going to want to know, how do we do this? How do I how do I find out more information? How do I work with you?

I mean, obviously I you're in Poland. People are watching this from all over the world. So, you do work with people all over the world. So how how can they get in touch with you?

So luckily, distance is no longer an issue. Yes. Absolutely. So the best thing to do is to drop me an email if you come to my website, which is D ebay.com.

You can find how to contact me and if you're interested in that, drop me an email with just a short, brief explanation of what it is that you're trying to address, and I can point you in the right direction in terms of what, device, what, which which sort of technology would be best for you for your given situation?

I do, support people in, in getting the best out of it because to me, it's not just about. Oh, yeah, just get the device and figure this out on your own.

I actually, as much as there is a lot of, and, unless you're using a complicated clinical device, it can actually be reasonably simple. But even so, people with complex health issues sometimes can be just so overwhelmed, and have so many different layers.

They don't know whether they're coming or going, and sometimes they just need somebody to say, look, just do this program or run this protocol and that, you know, it just makes it that little bit easier.

So I do, I do have my Vibrational Healing Academy, for anybody who's working with this technology with me and, we're doing live Q&A and things like that.

So I don't leave people empty handed with that. Excellent. Thank you so much for your expertise, for your time, for breaking down this complex concept and making it so simple for people.

I really appreciate you. Thank you so much for having me. Thank you for allowing me to share this. I am very, very exciting word. This is going and that's absolutely my belief that, in the very distant future, many, many people will we'll just have this technology in their homes and they'll be able to address whatever health issues they have, which would be absolutely fantastic from my perspective. I would love to see that.

Thank you. So good. You take good care now, doctor. Deco. Bye. Thank you.