Resonance, Frequency & Environmental Stressors: What You Should Know Transcript

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Introduction to Resonance

What is resonance? Yeah, so essentially what we're talking about with resonance is vibration. There's a lot of words that can be used interchangeably like pitch, vibration, frequency.

So I might be using a little bit interchangeable, but I guess really what it is, is it's in matching vibration or matching frequency, which then results in some sort of effect, Which generally is like an energy buildup of some or synergistic effect.

One, just for a few examples for people that people can probably relate with, is if someone says, I really resonated with that person. That's just a figure of speech we use, but they're on the same wavelength, they are on same frequency, right?

They're at the the level, so it's matching, or they resonate with or are vibing with the person, there's all these words that are used because of vibration, pitch, resonance, frequency.

A lot of times they use interchangeably. Welcome to Take Back My Brain with Lori Hammer, where real healing starts in the brain. I'm Lori, a functional nutritionist and mom who's walked the path from anxiety and burnout to clarity and calm.

Each week, we're going to dive into brain-based tools like amino acid therapy, gut health, fasting and faith to help you reclaim your energy, emotions and sense of self.

Hey everybody, welcome back. I am here with Jeff Hoyt, who is an all-time favorite on the podcast. One of those, if you haven't listened to the other interviews that Jeff and I have done on zero charge and detox and all those things, you're going to go need to listen to those because we have some really fun conversations.

And last time Jeff, and we were chatting, I talked about resonance. I'm like, hey, we should talk about residents. So Jeff agreed and he's back today.

We're gonna talk resonance and everybody's going, what is resonance? So don't tune out because you're going to want to know what it is and why it affects your health.

So Jeff, thanks for coming on again today. Absolutely. Yeah, it's gonna it is number four. I'm pretty sure it says we've talked so many times. It's hard to remember how many What's a podcast and what is I know we just thought about I think it gets four We did the two on the zeo charge zeolite detox and then we did a little bit more into the technology and stuff last time and now we're branching out into The unknown world of residents so the unknown World of residence which I Think is really interesting and I feel like there's lot more conversation going on about residents and I want to make sure people don't be misled by it and they have a really good understanding of it.

So neither Jeff or I are resonance experts, so just throwing that out there right off the bat. But we do love frequency technology and we love what it does for the body and so I guess we'll just chat about what is and what's not basically.

I'll let you take the lead on that, Jeff. What is resonance? Yeah, so essentially what we're talking about with resonance is vibration. There's a lot of words that can be used interchangeably like pitch, vibration, frequency.

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synergistic effect so when i just just for a few examples people like people can probably relate with is that if someone says i really resonated with that person.

Sorry it's like that's just a figure of speech views but it like what they're on the same same wavelength they are on this same frequency right there at the level so it matching.

Frequency, Vibration, and Matching Energy

right so they resonate with that or they're vibing with the person right there's all these words that are used because vibration pitch resonance frequency there are times to use interchangeably.

So one example I guess I can start with this because this is probably one of I use this many times when talking about a resonant frequencies for for pathogen shattering like with right technology essentially when and there is there isn't really into it but essentially.

Let's say there's an opera singer who is well-trained that can shatter a wine glass. So I think a lot of people have probably at least heard of that concept.

And this is through resonance. This is how this occurring. If the frequency or the pitch of the voice can match the pitched frequency of vibration of wineglass, then they start resonating together.

Then if it's sustained long enough with enough power, then the vibration builds. So basically the energy builds because they're vibrating together. And then, the wine glass can end up shattering because it can't hold that vibration because basically there's so much energy being produced, it shatters.

Right? So if that makes sense. That does make sense, yeah. With a tuning fork, maybe this is a better example to start with. A tuning for is set to a specific frequency, let's say 440 Hz or something.

That's the frequency of the tuning. You flick it or you hit it with a little spoon or whatever, it starts vibrating. It's vibrating at exactly 480 Hz.

If there's another tuning nearby, that's a 440 Hz frequency, let's say it's tensed away in the room, that one will start vibrating as well and making noise, even though you didn't strike it.

Because you hit the one tuning fork and it goes at 480 Hz, and that starts vibrating and sending out sound waves through the air. Those soundwaves then start interacting with this other tuning for across the and they start matching the frequency, and then you have this synergistic effect, this energy buildup, they're resonating together, the vibration strength increases, then that one's making noise.

This is true of a lot of different things, like guitar. If you put two guitars next to each other, you play the string on one, that the matching string and the chord on the other guitar will start vibrating.

So this is what resonance is, right? It's playing or emitting one frequency or vibration, And then when it encounters another matching frequency or vibration, they start interacting with each other energetically, and then the vibration and the energy builds.

And that's where we get whatever the effect is going to be. This could be for sound tuning or for wellness, which is what we're going talk about, et cetera.

Right. What's the range of frequency? Where does it start? where does end? Or is there an end. There there's the other so many frequencies you've got you got low so in the hurts range basically hurts is revolutions per minute so how many times things are going per minutes when you have one hurts.

It's a slow frequency when u have ten thousand hurts it's much faster. So, when you have on our XeoMAT, for example, on the PEMF feature of the XEOMAT or the xeorap, it's a low intensity and a lower frequency field.

So there's this little magnet that you can put on. coil and to show that it's on essentially, and you can do this with other PMF devices, but when you have it on one hertz, the magnet in the little ball is going to be going pretty slow because it is only moving at one revolution per minute.

When you put it at 30 hertz it will be moving much faster because that's a faster field. Those are very low frequencies, but you have 10,000. 10 thousand is actually a pretty common frequency in healing devices, different sorts of frequency therapy devices 10 000 is.

But you can go way, way higher up to, I don't know what they go to but very, very high frequencies. So you've got the frequencies that's one consideration.

And then you the intensity and then the delivery system. When we're talking about healing device, The frequency is one aspect of it. So yes, we can put frequencies on our computer, like sound, just audio frequencies.

They can help balance the body, but that's one. Aspect of its sometimes a little bit more power or a more effective delivery system is needed. So with the PEMF therapy, essentially you have a coil and it's emitting this field and there's a power source to it.

So you get the frequency, which is aspect number one, but then you also get. The power behind it, depending on what PMF device you're using. And then you get the delivery system which is like a tesla coil or whatever it is if it's a rife machine then it like plasma light that's being the frequency so there's lot of different aspects to it but the residence effect is gen is based on the free.

And you have other factors factors to determine the efficacy and and what it can do. Hey friend, just a quick break to remind you if calming your brain is the missing piece in your practice or in you home, my Mind Thrive certification course teaches you exactly how to do that with targeted amino acid therapy.

So it's real science, real results, no band-aids. Enrollment is now open. Link is in the show notes. Wow, so there's a lot of pieces to that. What does the human body resonate at in general?

Or does it vary from head to toe? Yeah, I don't know. There's going to be so many different frequencies that it's resonating at. But I think what essentially one of the things that happens is when we are imbalanced is basically we get out of tune.

So just like a guitar or something else that's out-of-tune, Our bodies can get out of tune and then our we might call it biofield imbalance or whatever or energetic.

So biofilters are energetic signatures. When our energetic signature is low, then it might start draining us. And interestingly, and I wasn't just thinking about this now, there's I think one of the reasons why being around healthy people makes us healthier and being sick people make us sicker is likely through the resonance effect.

Because when you're around someone that is healthier, you start matching their frequencies.

Science, Discernment, and Spiritual Concerns

And if you are at a lower frequency than them or a low energetic signature or vibration, then it's going to help raise it for them. But it might lower it, sorry, it may raise for you, but maybe lower for it them, so you can get in the middle.

If you're around someone that's very sick, you are probably offering a little bit of healing to them but it is draining on you because your frequencies are catching.

So I was talking to someone the other day who was taking about eyesight and she was saying she is using, actually she's using the Xeorep and said her eyesight was improving.

But then she said when she went around her mother, her mothers eyesight also improving a little bit. So she was wondering what that was, and I was like, I don't know, maybe that's resonance as well, where the vibration of the eyes was improved through the technology.

And then when went to around another person, it started matching that and that eyesight improved. It's very interesting, there's a lot to it with, and you can, you know, we don't need to get into germ theory and stuff, but you see how there is a whole lot more to getting a cold or getting sick than just contagion, because just the frequency or the energetic aspect of transmission, whatever it is, is quite fascinating.

So one, it can be hit with some negative field, maybe this is not a person, this cell phone radiation, whatever it is, those things are weakening our energetic signature basically lowering our vibration.

And then in turn, when we're around other people, we can then transfer that lower level energy to another person. So there's other parts of this. There's electron transfer as well.

So one of the aspects of healing is, is when you're, if two people are holding hands, the person that has more electrons in their body transfers electrons to the.

Person with less electrons. That's why holding a baby sometimes can be draining. It's very healing for the baby because you have more. Electrons, but it can.

Be draining if they're sick because. You're transferring electrons, When we go out on the earth and we're everything or grounding with our feet on their ground or hands are laying on grass or whatever.

The earth is is full of electrons lightning strikes dear the pumps of full electricity electrons the electrons are then transferred from the Earth to our bodies that's one of the primary mechanisms of grounding.

And then we can then transfer those electrons to other people. So there's electron transferred as well, which is not resident frequencies, but there are a lot of things that are interesting when you're interacting with other.

It's all God's design. I think it's designed to help us reach an equilibrium, help the people that aren't as healthy get healthier, etc. But yeah, it is all very interesting stuff.

It is fascinating. And I think maybe we should dispel some myths around this too, because we're talking about holding hands and frequency and electron transfer.

That's science, right? We've seen that happen. There's also some people who are like, that sounds kind of woo-woo-y to me. So can you maybe hone in on that a little bit too?

How do we filter out the stuff that's weird? and use the stuff that's actually good. Your residence mat or understanding that we might touch on contagion.

I don't know, that feels like a fun place to go to me and how people get sick, how we can help each other be well if we are well and not necessarily, and we know we had the pandemic and you weren't supposed to touch each and I really feel that made people really sick because then me being healthy couldn't help the neighbor who was unhealthy or whatever that may be.

So anyway, can we talk a little bit about the woo-woo piece of this that people get weird about? Yeah. First I'll say, because some people will say there's science behind it, so it's okay.

It's not woo woo. I will just because something has science doesn't mean it is okay, Like, I mean, the adversary, Satan is still working in the world of science to use things that are probably not okay.

Voodoo can be explained through science, through quantum entanglement, and there's things can that can explained though physics concepts. It doesn't mean we should use them.

So that's one thing that I think is really important for people. Just because it's science-based doesn' t mean it is okay So it s not, just because you follow the science doesn t means you should follow science.

Right, right. Yeah, exactly. And then there's a lot of aspects of it. So touch, for example, let's just start with touch. Touch can be very healing, it can also be the opposite, and it might depend on the person.

You could go get a massage from someone, you don't really just want to let anyone touch you, honestly. Exactly. Even a massaged. If you're getting a message from somebody you trust, great.

But if you're getting massage from someone that doesn't align with your beliefs, maybe a witch doctor, shaman, a reiki master, something like that, then there's going to be different levels of energy that are being emitted and that might not work out as well for you.

Right. So there is a person administering the energy essentially, and then There's a lot to it. So just, it's one of those things to just you want to, you wanna trust the person you're working with, with energy technologies, because you've got two sides of it, the energy field, that the field of energy medicine is probably over 50% witchcraft.

Right. So and a lot of people are getting into that. A lot people think that's a really good thing these days. I went to some bookstore like a couple years ago and literally all of the children's books were on witchcraft and how to become a witch and all this other stuff.

It's becoming, it's one of that the cultural trends that they're trying to infiltrate the child with just saying, because now I talk to children and they are like, which is, that is not good.

Growing up I was like oh witches that not great. But now they don't even know. It's just interesting with that. So that's one of the things where for me, I was like, all right, have to try it a little bit carefully here with the energy type of technologies, because although you have good technology, sometimes it attracts people that that maybe I don't want to be working with, or don' want a line too closely with.

And then sometimes those are the individuals that are doing the training, right? So there was a certain resonance technology I was looking into years ago, and all of the traing for the technology was all done by witches.

And one of my friends went through the training and she's like, Oh, no, it's, It's all science and this is all good. But she was like yeah, yeah. It is from witches.

I'm like. So, so it is one those things. Just be careful who you're working with based on your personal beliefs, what you want to align with. In general, there are things out there that are just not inherently good or bad, they're just there, and they can be used for both good and evil, right?

So that's pretty much everything. But there are definitely things that God has given us for healing that can, when used appropriately, can very good. We just want to make sure we're using them appropriately with the right people.

So I think even muscle testing would fall under that category. And so I was talking to a doctor, Dr. Alfonso Manzo III, in Ohio so great guy great name yes months of the third and he's.

Exactly no he is and she's got he got a book that I love to have body system so it's like. So he uses different basically points other than acupuncture cuz you know talks about acupunture being rooted in some.

whatever it is, some things that we're not aligning with his his faith. So he uses a Hebrew letter alphabet system. There's different energy points on the body.

But it's he wrote a whole book on it. He talks about muscle testing, and it it not inherently evil or anything. It just has to be done appropriately. And so Alfonso Manso the third if anyone wants to look him up really good guy.

That's great. Yeah, because when I was talking to him, this was years ago, and I'm kind of like staying away from

some of this stuff because I just don't know.

And he was just encouraging me. He's like, that's actually the problem. It's because then more and more of the people that aren't really helping people long term, like a lot of these witches and people, they're using it.

But then a lots of Christians are staying way because they don' want to get involved. Then we don"t have a balance of right people using the technology type of thing.

It is such a fine line because I struggled with that myself, but God created frequency. He spoke everything into existence. That's all frequency, that is all resonance.

created everything and so i'm always like okay so you have to filter it use your discernment right cuz we have the mind of christ when when you are christian and user discern and know that.

Somebody just because somebody using the frequency and correctly i have my laser going and i love this just to go all day it's a scalar wave laser and just turn it on and the technology is amazing.

Again the person who did the training on it. is a Buddhist, basically. But that doesn't negate the fact that what this is doing, there's not Buddhism in violet light.

So violet, light, red light infrared light still is what it is. And so it's just filtering that out. I've seen a lot of great things come out of my tiny little laser that as I'm lasering people, I am praying over them.

It's totally different than the guy who told me how to use it, which wasn't Buddhist at all. it was just learning how these the laser. Frequencies are a physics concept.

There's nothing weird about it. We know that they vibrate at a certain frequency. If you have a tuning fork, it's just what it is. it's just, it is physics.

It's kind of finding that line because sometimes you have, yeah, just finding the line, basically, I think, of where things go from physics to occultism, essentially, in some aspects.

And you might have two people that are using the same technology. For one person, that might be okay. The other person that may be occulturism based on what they're doing with it.

I don't really like the word intention in this space. Everyone's like, oh, it's all based on intention. I dunno. But if you have two people doing the same technology, might be okay for one and the other.

Just like with a Christian, two Christians could do the thing. For one, It might okay, for when it might not be, okay. Based on where you're at in life.

There's so much personalization. It's not all black and dry. Even with sin. something might be a sin for another person, it might not be sin. If you think it's a send it becomes sent to you based on your belief that it is a sent.

And if there's something that you should be doing to doing for someone else and you don't do it, the Bible also says that becomes into you if you do not do right.

So there are a lot of things where it not like black and dry. This is not there or those as well. But there is things that are you thinks something is wrong and do in any way that is sent you.

Right based on your belief and that there's that scriptural right so that that's where it gets interesting and That's what it's like going at your own pace doing what you feel comfortable with comfortable With but then the more you learn then The more basically the More knowledge you have the responsibility you Have and then with that you can take your your practice or whatever to greater lengths because now you?

Have a greater sense of knowledge and understanding and responsibility essentially for what You can do for people Yeah, that is so true. Okay, so let's talk about the body.

So our body has a natural resonance like you were talking with the earth and that leads me to the Schumann resonance.

Schumann Resonance and Natural Recharge

Can you talk to us what that, is and how that really affects our nervous system? Yeah. So the resonance, that's one of the main frequency that the Earth emits.

So it's just a constant frequency or energy field that Earth is always emitting. When we're out in nature, we are getting this frequency at 7.83 Hz. That is the Schumann resonance 7,83. On a lot of PEMF devices, they will replicate that and they'll emit 7.,83 because it is mimicking the earth's natural resonance.

Or that not the resident natural frequency that's not i don't know if that necessarily a resident frequency. What is it might be but it's really just it an energy field that the body response really well to so there's some frequencies that it doesn't even resonance.

It's just a frequency at that signals the cells to do something and the buddy response positively. There are some that are resonant frequencies, some of them are not, but either way we know that the Schumann resonance is good for us.

It helps charge us up and that it's what we want. So there's a lot of these frequency therapies are just nature-based frequencies and therapies that we have taken and basically tried to supercharge with science because now a lotta times, let's be honest, we've nature deficiencies.

If we didn't have nature deficiency, then we wouldn't need a lof of this stuff. That is so true. Right? So that if we're out grounding, we are in the sun, getting the Schumann residence, the electron transfer from the earth, not wearing rubber shoes and all these things for hours per day, then we might not need a low-intensity, low frequency PEMF device because we get the natural charge.

But when we go out for 10 minutes a day or something, it's not going to be the same. Then we can use these thing that are essentially just trying to literally mimic what God has already given us in nature.

but do so in a way that we can actually get him into our daily routines so. It's it's that's the type of therapies and supplements and technologies are i like are those that are just designed to take healing modalities god has given us and make them more accessible so i'd like to call solutions from nature supercharged by science.

We're taking something that's been given to us using technology to enhance it and make it more accessible for us. Because I feel like we're likely to mess things up if we do that, opposed to trying to make brand new technologies.

We think they might be great, but we don't know. Right. We just can hope, we cross our fingers and hope. So if we were to spend all the time outside, well I was just telling you, I went hiking for eight days and I felt so good.

It was because I'm outside all of the times. When we get done hiking, when we take our shoes off, and we're in the streams, it was fantastic. I would just like nature bathed for basically eight straight days.

And I can't think of anything better to do. I just want to be outside. I want be in the sun and that's not really conducive to what I'm doing. So how does the body lose the resonance?

So not being outside, what else affects our just natural resonance that we were created with? Yes, things just drain us, so various stressors. My definition of a stressor or even stress is anything that makes the body work harder than normal to stay balanced.

So these could be emotional stressers, these can be physical stress, this could physical toxicants, heavy metals, microtoxins, WiFi, cell phone radiation, negative energies from other people around us.

Relationship stress all of those things. Those are all pulling on our energy level and training us So the more of that that we're exposed to more likely it is to throw us out of tune Essentially, right?

So when we were in a perfectly clean environment with with no stress, which no one has then we are staying in tune But when we have these things, we get thrown out of tune, and that's where going back and getting re-tuned, getting it tuned up can be very helpful, whether through the natural, just going out in nature and doing things or using some of the more advanced technologies type of stuff.

And it's more to do with just resonance, but yeah, the resonance. I don't know. And it's electron getting electrons getting drained. There's so many different things.

But yeah, just just the various frequencies and various things can help tune our biofield. Yeah, lots of factors that go into it. Maybe if we all lived by a running stream in the mountains, that would be could go out and stick my feet in there every day and just get supercharged.

I'd be like superwoman Laurie, the super woman. That would exciting. Then there are things also that lock the recharge process. So circuit breakers. With my brand, this is before I met you, but I had the brand Recharge Clinic.

This was like pre-COVID through COVID where I know the biohacking technology and et cetera. And I called it ReCharge because it was life drains you. We help you recharge.

And I had a list of 30 different drainers. So just checklist of things to go through that might be like draining your health from foods to food sensitivities to things that are, I would call circuit breakers that needed to be addressed first.

That might like a root canal, true to treated tooth or an infected tooth that's short circuiting the system and not allowing the body to retain a charge.

That could be an emotional scar could you physical scar severe nervous system dysfunction is all these things that it's like if you're not getting charged by the things i should be charging you there might be something that is blocking the process or you get charged in the charge only holds for.

10 minutes. It's like some people you go and you do like a PMF therapy or an oxygen therapy, or a grounding session or some sort of healing therapy. And they feel charged up for a week, right?

Because they're able to hold the charge, but someone that is much has more of a complex health situation or that's just overall sicker, they might go do it and then they fill drains the next day or two days later, because their body has all these stressors that are pulling on them.

and it drains them faster. Like a cell phone, when you have a cellphone that just sitting there not being used, then the battery's not being drained very quickly.

You don't have to recharge it very often. If you have all these apps running in the background, you've got the GPS on, or you're on a phone call, it's getting drained quickly, and you need to re-charge it.

So the more stress the phone is under, the faster it needs to be recharged. The more stressed our bodies render, The faster and the most often we have recharging to stay at working at max capacity.

Yeah, that is so true. I see that all the time with my clients and I know you do too. People are just, they're just drained. They're exhausted. Their nutrient deficient, their energy deficients, there are residences not where it needs to be.

And going outside and grounding is great, but we do need more than that unless we're going to live outside all of the times. Um, I have a client and he's like, if I can work outside, even if he just has his computer outside in his feet on the ground, he feels really, really good.

But we did live in Iowa. and that is not something that's really possible for six months out of the year or even less because it's between the rain and the mosquitoes and really high humidity and all those kinds of things.

It's just not conducive to what our life is the way we are right now. The corn sweats, the corn sweat. People are like, really? The corns sweats? I'm like how have you people not heard of this?

But yeah, The Corn Sweats here and it's very humid. What are we the second most humid state next to Florida? Think we're, I think we are number six. Cause it is Alaska.

Alaska is number one. Florida is Number two. Hawaii is four. There's a couple others, but like in terms of states that are not surrounded by water. We're the top state that's not, surrounded my water, Because Ari says most of those states are water-based humidity, we're corn- based humidity.

Yeah. Well, and when it's so humid here, you go out in the morning, because I walk really early and you just see the thick, I don't want to call it dew, it is like toxic haze that's sitting on everything and I just don' t really feel good because there is so much garbage in it.

But I'm still going to go and walk because my body still needs to move and it would be better to be outside than to walk inside. Yeah, that's the way I go on a bike ride pretty much every night right through the cornfield.

It's just literally a trail that just it's like miles through. The corn field. That's actually nice. But same thing, because I'm going in the evening right before sunset and you can see that haze as well.

And I think the problem one is just disgusting, but you have this this hazy coming from the Corn, But the corner has been sprayed with with Roundup. you know with the glyphosate and all this other stuff and that's water soluble.

Stressors, Detox, and Recharging the Body

I think the Glyphocytes at least is water-soluble so you have to imagine that there's atleast some level of this GLYPHOSATE around residues of the herbicide that is being suspended in the water.

In the air and then you're breathing in I don't know it's probably not great but yeah I still it like I'm not gonna just stay in that house and not do anything.

So that's my philosophy on it, same as yours. But that just the point, there's a lot of these toxic stressors that we're exposed to. I think the two-step approach really is one, yes, adding things to help charge us up.

That's what everyone wants to focus on. They're like, oh yeah, give me the therapy, the PEMF, whatever. Really step one is identifying the things that are draining you And removing those from your life because otherwise you're going to have to and this is the whole reason I transition from the recharge clinic to the zeolite labs and the zero charges because I was focusing primarily on all these things that would just give your body a boost.

So the oxygen the hydrogen the nerve all the stuff it was great. It would charge you up, but people had to keep coming in to stay charged, which was okay.

But it's like, it wasn't their bait. When they stopped coming, and it was like they weren't any better off than they were before they started coming and six months before.

So I'm like all right, how do we get into the detox detox aspect of it, because we want to actually remove some of these toxic stressors. Then they don't have to come in as much.

Right, so that's the two-step approach. One, yes, adding some technologies, these things to boost us, but then also reduce this toxic stressor so we don't need as much support because all these are supplemental.

The healthier we are, the less supplements we need because our body is working better because it's closer to baseline. Yeah. And you've heard me say another podcast and I love Zero Charge.

Jeff is the formulator of Zero charge. I was just telling you before we got on, as long as I take Zero-charge, I feel so much better all the time. And I tell my clients, if you're going to buy one supplement I give you after the amino acids, because we do the mean acids first, after them, you know, masses, it's zeo charge.

If you only have this much in your budget, buy the zeal charge first because that's going give the most forward motion in, in health journey. And, and I would rather you do that than take a B complex or an Omega.

or something else or a methylation product because if you can't detox and you have too many toxins in your body, all that other stuff honestly doesn't really matter.

So let's work on that first. And then I want to talk about your mat because I love this mat back here. It is the Zeomat and this is a great charging device.

You want a share with what all of this does. Yes. So essentially, so the backstory is a little bit about it. I was introduced to this quantum energy wellness bed, just over a year, sometime last summer, over year ago.

It became highly recommended, and so I ended up getting one. And I experimented with it, some people were going on it and it was quite incredible. And people are getting really good results from a side improvement to just pain going away to energy, just all sorts of stuff where other therapies weren't doing it for them.

And some people were getting detox reactions, right, going on the bed and then they were at getting the detox actions. Essentially, the main mechanism appeared to be just a really calming effect on a nervous system to the point where the cells would open up.

So when you're nervous, when can calm down the system enough, The cells, a lot of times our cells are on lockdown mode because they're stressed out. They're in that short-term survival mode.

So the cells freeze up a little bit. And the problem with that is the toxins aren't leaving because the body's on lock down mode, but the nutrients also aren' t getting in efficiently.

It's not great. When you can open up the cell, and the the, body has to open, up this cells on its own. You can't really force it. The body, has, to, open them up when it feels comfortable to when, it has enough cellular energy.

then the cells open up, the nutrients come in, but then sometimes the body starts dumping toxins and toxins out of the cell, which can give you a detox reaction.

So that was occurring. There was all sorts of crazy stuff happening with with this thing. What is $30,000? I'm like, this is great. It's not accessible.

No one's going to be putting this in their house. So I was like I want to make one that is 90% cheaper that works 90%, as well. That was my goal. so that's what that has been done.

I think it works. Most people think that it worked just as, well, if not even better. And it's the same technology as this quantum resonance technology.

But then mine also has the PEMF feature. You can also use pulsed electron, you know, PemF low intensity, low frequency, and it got far infrared heat. which is the wavelengths of light that are heat producing.

So it's the same wavelengths that light are going to be in an infrared sauna. With a traditional sauna, it is just heat

that's making you sweat. But with an Infrared sauna it actually is light, that produces heat.

It's a frequency, a wavelength of heat, and it penetrates deeper into the body. so it heats you from the inside out, opposed to a normal sauna which heats from outside in.

That's why you can stay in longer. I was in my infrared Sauna like three days ago, and I could stay in for, I was in, for 45 minutes. Then I went to the gym two days ago and then went in the normal sauna.

And it's like after 15 minutes, she stayed in it for 25, but it felt burnt. My face was like burnt because it was heating you from the outside in. You can't stay as much.

temperature. So anyway, that's, it's like a sauna mat, essentially, far infrared. But you've got the far-infrared, you got to PEMF and then you have the quantum technology along with the stones.

That's what it is. I think so far people have been responding well to it. Once again, just like with a bed, is seems to be just a very, have a strong effect on calming the nervous system.

A lot of people are noticing a lot deeper sleep. Even after the first session, they're just noticing they are sleeping deeper. feeling relaxed, they're feeling just calm.

And then from that, there's all sorts of other things that happen, just the benefits of calming the nervous system. Some people are getting detox reactions.

A surprising amount of people have been noticing GI disruption, a surprising about like some people reaching out, I went on the mat, had explosive diarrhea two hours later.

like the exact words, explosive diarrhea, right? So it's, I've been quite impressed with it, honestly. And there's also the wrap, so there is the mat, but then some people are just getting the rap, which is same technology but smaller.

Yeah, if you want to show them. So, and this is a different version, the only version available on the website is Shungite version. This is different stone version which, is available if anyone wants it.

I just, people do not do good with options. No. There's only one option on the website, which is the Shungite version. And the one on website is amazing too.

It's just, I picked this one. Yes. So if people listening to this want this, one to say, i want the, when Lori has that's fine. Cause it was prettier to be quite honest.

They both would do the same thing. You're still getting the thing, same. Yeah, so same same thing, just different. This one's tourmaline germanium, So it's kind of like these stone tiles.

It's a lot. it is about eight pounds heavier. So a little bit heavier duty. The shungite one is just literally ton. You can see it on the site, but just tons of these little shingite stones all throughout the mat.

so if people know what shangite is, they're going to want the shongite because shengite's pretty cool. But those are just those. Are just the stones that are in there, But still they all have the same technology, though.

And I will tell you, even when I put the matte out, Even with it not being on, I could feel that it was in here. Yeah, because it has its own resonance.

It has it's own frequency, just the stones itself and the fact that it is quantumly charged. Yeah. So yeah, it pretty cool. We can get into if you want the technology behind it a little bit, the quantum resonance, but I'll just say the rap.

The rap I think is really great. Because well, one, if you don't have space for the map, go for The Wrap, because The wrap is 699, the match 3000. So yeah, 90% cheaper than the 30 grand, but still three grand.

The rap is $699. Just wrapping it around your stomach though, you're getting your liver, a lot of your organs, then you can kind of… Yeah, I sit here all day with this thing on.

I'll take it on and off all-day as I'm sitting here with clients. You can wrap it or put it around your kidneys too. So you can get a lot of support just from the wrap.

But a lotta people that are doing that, are getting grumbling in their stomach. Some of them are, even my dad, he's never listened to any of my podcasts.

He's not gonna hear this, He is fine. I brought it over to my parents. And I didn't even think he knows I have a podcast, I don't, didn' even tell him.

Zeomat, Wrap, and Frequency Technology

You'd probably listen to him while otherwise. Anyway, brought over it to them. My mom's been using it, but my Dad used it one time. And then he calls me, he's like, I had to go to the bathroom three times that night after I used it.

And he was like I don't go the to bathroom at night anyway. He hasn't used since. So he is like. I already go into the bath enough. But that's been pretty common where it has loosened things up for people.

That's the thing. One of the things I'm most excited about for the people with constipation is that it might have some… I think it's too early to tell but there's a number of people that have reported either diarrhea, booster stools or something with the GI tract.

It's definitely having an effect on the gut, which which I'm pretty excited about. I will tell you and if you don't want to hear about coffee enemas, then close your ears.

But I'll tell your Jeff, I had it on several days last week and just super, super consistent. And I did a coffee enema I think it was on Friday or Saturday, one of the two.

cellophane looking biofilm, it was like chunks of bio film that came out in the coffee enema. I hadn't seen that in a really, really long time. And I know that is the only thing that I did different.

Yeah. It just let my body release what it needed to release. That's why I love all your products, because it's just supporting the body and let the buddy do what is designed to do when it is ready to it.

And so, okay, so a couple things we could talk about. I think one of the benefits of this type of technology is how it can help neutralize or negate some of negative frequencies out there, right?

So, I thing a lot of gut issues are, part of issue with a lots of people's guts, is Wi-Fi, cell phone radiation, some these negative signals that are stressing out the system, allowing the microbes to either transform into forms that we don't really want, and then they're releasing various microbial toxins, the endo and exotoxins, et cetera, or at least providing an environment for them to thrive.

I think that alone is one reason why it's really hard to balance your gut these days, is because of the impact of EMFs on the body and on gut. So I there's probably more of an effect of emf on microbes than on our cells themselves.

And when you have a negative effect on the microbes, that's greatly impactful for your health because they're modulating so much stuff in your body. They're regulating the immune system and et cetera.

If they are releasing the wrong type of metabolites or toxins instead of beneficial metabolite, it's going to be problematic. Anyway, I think so maybe that is one of the reasons when we put that on.

It just homes things, neutralizes things and then it just all of a sudden the body starts shedding some of that stuff

that doesn't want anymore pretty quickly.

Yeah, it's amazing. Yeah. That's my thoughts on it. Where can people find you? So for the main website is zeolitelabs.com. So that's the normal one we've talked about in the last three.

For this product, if anyone's interested, it's called the Zeomat. And the zeorap, you can go to zeomat dot com. You can see both products on zeolitelabs dotcom, but you cant purchase the zeeomat, You could just see it, and then you have to go zeomat.

com, so zeoomat is the best for that one. That's it. Those two. Instagram. is getting a little bit better because I've got someone that's been running it.

So there are posts and things on Instagram at zeolitelabs.com, zeomatt. com, and then zeolytelabs on instagram. Those are going to be the best places.

I love it! If you want to leave people with one thing about resonance, what would you like them to know? It's just use it strategically, I guess. It could be It's more of just, I don't know, it's, more, i don' even know if people really need to understand resonance to really use the technologies or anything.

It' just one of those things that's kind of fun. I dont think so either. No, its just fun to get into. You don''t need understand what's happening when you go out on the earth or use one these devices.

Just know that something good is happening. That's all you need know. Maybe one thing if we really quickly, because one the main things resonance is used for is rife technology.

Right? So rive technology is like where and there's different thoughts on it but essentially now that at least the modern right is is shattering microbes through resident technology so just like the wine glass can be shattered through the pitch of the voice when you're using a right machine like a pearl right for something else like that then you can basically they know the resident frequencies of certain microbes like parasites and things And then if you admit the frequency, then you can actually shatter those things, right?

So that's one of the main applications of actually resident frequencies. That's the mean application when you want to talk about it, but that one thing that interesting.

I don't know if it's always the best idea, especially to start with, because you don' necessarily just want go be killing everything right away because if they're sequestering heavy metals and toxins, you get terrible detox reactions.

And if your body can't filter those out, then there could be problems. So it's maybe doubt the binding approach and the other approach is getting a little healthier and then maybe trying that later if people want to.

But that just like I just wanted to mention that because that's a big aspect of residence. Other than that, I think it is just doing things the more natural the better, so things that are backed by nature I like because it's less likely to be problematic.

The closer to nature, I think the better in terms of the technology. the further it gets removed, the more synthesized these things get, The more I thing problems that we can encounter.

But I the other thing of encouragement is the healthier we get the less we need. So it's like, you know, sometimes when you're right in the midst of your health challenge, then you might have to do a lot more.

You might've to work harder. It might not be fair. Right. But as you start peeling off layers of toxicity and removing these stressors and getting your body charged up, Then you can start having a little bit more leniency as you get healthier because as the body gets healthier, you don't need as many supplements.

You don' have to be as strict, but sometimes you do have t be pretty strict right when you're in the midst of the

protocol because even minor cheat days might really set you back and can prolong how long it's going to take to get better.

Yeah, that is so true. Getting healthy is It's basic. You just have to go back to the fundamental stuff, right? But it takes a while and it can feel really, really hard.

But, it's always worth it because our body knows how to heal. If we remove all those interferences and then we give the body what it needs, the bodies designed by God to know what to do.

And also say, I wouldn't underestimate the power of the negative health influence of frequencies. So, and I'm talking about Wi-Fi, cell phone radiation, these electromagnetic radiations.

A lot of people just put those in the back burner and they're like, oh, just whatever. But they are causing serious problems and we can't ignore them forever.

And I know it's hard because sometimes it says, what can you do about them? But starting with some simple things that you can control, Just unplugging your Wi Fi router before you go to bed.

plugging it back in in the morning, you're not using it in middle of the night. If you have your cell phone under your pillow, don't do that. Stop that, stop that!

It's just very simple things like that can make an impact on your health. A profound difference. Yeah. Just the Wi-Fi alone, some people will report much better sleep.

if you are in an apartment complex with 400 other people with Bifare routers, it's like… Yeah, but you can't much about that one. Yeah, it's a little bit tricky, but do what you can when you do it.

And then as you have opportunities later in life to make adjustments or change your living situation or whatever, then you make those adjustments accordingly.

But just do you what can, when can do your best, and do best and let God do the rest, as they say. Awesome. I love this, Jeff. Thank you so much. Love having you on and love chatting with you anytime we get the opportunity.

Absolutely. It was fun. Thanks for having me. It was fun. Thank you everyone for listening. I love each and every one of you. Make sure you share this episode, like and subscribe and I don't know, share it with everybody because everybody needs to know about this.

All right. Thanks everybody. Have a great day. And if you're ready to start your own healing journey, explore our courses and our coaching programs at lorihammer.com backslash store.

So until next time, remember you cannot medicate away a nutrient deficiency and healing your brain isn't just possible, it's powerful.