The Future of Medicine is Frequency! | Dr. Lisa Piper & Wendy Osborne Reveal Health Secrets | Ep. 92 Transcript

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Podcast Introduction and Guest Welcome

Albert Einstein said it, frequency medicine is the medicine of the future, but the feature is now. We believe that code is going to be a household name.

What would be like the most popular one out of all of them? Calm is an incredible product for stress. And with one drop of calm in 90% of cases, it decreases the stress, balances the autonomic nervous system.

Joining us today are the visionary minds behind Code Health, Dr. Lisa Piper and Wendy Cohn Osborne. Together, they're pioneering a new wave of integrative health rooted in consciousness, science, and soul.

Get ready for a deep, empowering conversation. Is there anything that people have to watch out for utilizing the product? There are no side effects that we know of.

There no contraindications that know we of, so if someone tries our product and they have an adverse reaction, then don't take it again. there's a lot of high performers out there, top CEOs, athletes.

What are you seeing in some of these individuals? That's really how we designed the Code Kit. Specifically with corporate wellness, what we've heard is that it changes the environment of the office space.

Because everyone is just, all of our products are based on cellular signaling. We're gently sending the cells the information that it needs for the body to do what it was designed to.

What type of wearables or type data do you guys use to be able to track the actual outcomes of the code product? Welcome to another episode of a Healthy Point of View podcast.

I'm your host, Sam Tahata. And as usual, we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset. Our guests today, they're coming from here, from Florida, on the West Coast.

And this one's a little bit extra special today. We're gonna be talking about frequencies, energy, right? We always hear all kinds of stuff about bio-quantum, but do you really know what that is?

How Code Health Began

Today, we're going to crack the code with Code Health. we have the two founders, experts in what they do. You have Dr. Lisa Piper, and we also have Wendy Tone Osborne.

Welcome. So. Thank you. So you guys have the solution to crack the code. And what is it? It's code, but before we start talking about code which I've tried multiple times myself and I can attest to everything that you're going to say today because it's worked for multiple different things.

I want people to get to know you, guys. How did this partnership even come to fruition and why code? Who wants to take the mic? You can go. Well, when the pandemic hit, like many people, I found myself very sick.

And my father was the neighbor to this brilliant biologist named Dr. John McMichael. He's a molecular biologists who specializes in immunology and virology.

For 40 years, he's been creating these formulas based on his concept that he coined the term resonant molecular signaling. So at the time they were in phase two of their clinical trials for FDA approval and article had just come

out in the paper and it was showing efficacy for that virus.

And so my father overnighted me these drops and my fever that was 104 was gone by the end of the first day of protocol. And by the end of the second day, I started to get taste and smell back.

It wasn't fully back yet, but I was so sick. I'd never been so stick in my life. So fast forward a year, and I went up to visit my father. And I said, can you please bring me by to see Dr.

McMichael? I had already thanked him for literally saving my live. and wanted him to put a face with my name. We showed up at his door and he's a farmer.

He owns a working farm. And he's a research scientist, and he was a professor, a brilliant man. More so than anything, I wanted to pick his brain. Absolutely.

But when I got there, the words just came out of my mouth. And I just said, why doesn't everybody have this? And how can I help you bring it to the world?

I didn't know how I was going to do that. He put me in touch with his business partners. I spoke to them. The whole time I on the phone with them, And so she didn't know I was throwing her into this until I called her and was like, Wendy, would you jump on the phone?

We have a call. There's this business opportunity. I think we need to bring this to the world. And she had seen how sick I. Was she herself had also taken the drops because I shared my liquid gold with her as it was at the time.

and it helped her as well. And she saw my vision and she's helping me bring it to life in a big way. Amazing, amazing. Wendy, how was that when she called you?

I mean, she sold you already, you know, without you even knowing, I got my friend to say blah, blah blah. What were you thinking when you got that phone call?

You know I saw how sick she was. I really saw what it did to this very, very healthy person. and I knew that there was something special in it. But what was so incredible was we thought that Dr.

McMichael only had one formula, but when we got down into it, we found out he had over 200 patents for different molecular formulas, each serving and having a different function.

So Lisa and I were good friends and, I didn't even know what I was getting myself into. I knew, but I didnt know. And I had previous companies and they were all in the health and wellness industry with alternatives.

and i said, well, let's do it. Lisa had an incredible vision. She showed me some of her ideas and one thing led to the next and here we are today. Amazing.

How long have you guys known each other for? A little over five years. OK, a little. Over five. Years and code health. How long has it been around for two and a half years?

We started and two years in October will be our anniversary of actually selling our first product. Wow. You guys have been really I mean, I've been following you guys for quite a while already.

And you. Guys have. Been going very quickly, you know. We do work hard. We work very hard, but we have a mission. And it's really just the mission is, you know what I'm going to say?

The time is now. The Time is right. If we were to have done this even four years ago, three years It would not have happened the way that it's happened, but people are ready to look for alternatives.

What Code Is and How It Works

We have a drug-free, non-toxic alternative to over-the-counter and prescription medication, and there are so many unwarranted side effects. That prescriptions and over-the-counter products have and this is just a such a simple solution and you of all people we're so happy to be talking to you about it because Your company is saline solution.

Yeah, and that's our one ingredient and That's are carrier and so everybody just wants to know. Well, how does it work if it's just salines solution? I So that's what we have to get through.

But once we explain it, everybody tries it. And just like you, it works. Oh, that does it does. That's going to be the exciting part to go into today.

Dr. Lisa, you have a PhD, correct? What's your PhD in? Natural medicine. Oh, nice. So I heard you earlier say the doctor that had the drops initially, right?

He was doing, correct me if I'm wrong, resonance molecular signaling? Yes. What is that? On a cellular level, each, when you have an imbalance in your body, you either have a deficiency, too little, or you an excess, to much.

So the idea is to create some sort of balance. His molecular formulas on a cellular level they up or down regulate based on the function of the formula.

And he says it up or down regulates the gene expression. So that's pretty interesting. And if you look into all of his patents and all the research that he's done, it's article after article, a few of which correlate to our products, and so they're on our website.

Very interesting. Yeah. I mean, up regulates gene expression. This is like we're talking about disease potentially forming or not forming. That's when we start talking.

About that, especially when you start looking at epigenetics and you know, you started looking that people who have heavy loads of toxins in their body, right, that can cause gene, expression change.

So this is getting even more interesting as we continue to talk. When it comes to the products that you guys have, you earlier said that it was like 200 different products out there.

Wendy, how? You guys don't have 200 products. So how did you comb through it? Yeah, that's it's a great question. You know, we started with one and then we kept on.

We actually started. With many more than 10 and we kind of whittled it down because we knew we needed to start with a number that was a reasonable number because it is overwhelming, right?

What we have is what we call the code kit. And so we thought of all of the things that people typically have on hand. in their house when something isn't right at the sign of the first symptom really right and so that's really how we started figuring out now calm is our superhero that product works um just exceptionally well we'll get into that but what happened was I would like one, and then Lisa would one.

And then I like would and we say, okay, this is it. But what about this one? This one's so great. On and on. That's how we ended up with the 10. We're very excited because now, as we're growing, people are starting to see the benefits of each product.

As we grow, we'll just expand the code kit. What would be like the most popular one out of all of them? Calm. Calm? Why is that? And second to that, well, calm is an incredible product for stress and the world is in a very stressed state.

It seems like that has actually become the new norm. And it's not and even when you do a survey and you ask people how often do you experience stress, they say they're not stressed, but then you a scan like a neural check scan or a bio well scan and see that they are very stressed outside of the optimal range where you're where you should be stressed or shouldn't be stress.

Either way, people don't even realize that they're stressed. And with one drop of calm in 90% of the cases, It decreases the stress. It balances the autonomic nervous system.

And even for the person that already is in a normal range of stress, it's still giving the body enough energy to utilize the energy reserves so that your body can heal itself effectively.

All of our products are based on cellular signaling. We're gently sending the cells the information that it needs for the body to do what it was designed to.

Do we're not forcing chemicals on it, we are not forcing anything, or gently with subtle energy sending, the right signal to the cell to restore balance in the.

Amazing. You know, I can resonate with what you're saying about people live in stress and don't think they're stressed. I'm actually one of them. And it doesn't, it, my eyes don' really open up to it until like something happens, right?

Where now you like in that overload. And just the other day, you know, I went to the little bit of location and we have a technology called Max Pulse and it's looking at the parasympathetic system and you'll actually tell you, how stress you have, to looking your heart rate variability and all of that stuff.

My score came back. It's just like I sent it over to Dr. Davis. And it's like, dude, you need to do something like ASAP, because this is why you're having some of these little episodes that you having.

I started getting a little vertigo and whatnot. You know, me, I got all the tools to testing. So we pinned it. And I ended up doing a vagal stimulation protocol with a device called Lavazia, which is microcurrent.

And it worked. It was a frequency that allowed my vagus nervous system to reset. Everything changed. Even my oral ring started showing different stats.

The next day I had one of the best readiness scores that's out there. People live in that stress environment. So with that said, there's something that's called natural biofield balance.

What is that? How would you define that. Your bio field is like your energy field. Each of your organs has its own bio-field, and then you as a whole have a biofiel.

The earth, you could correlate it to a magnetic field, like the earth has it's own biofield, its magnetic filed. What you want to see is an even distribution all the way around.

When you see where there's spikes in a biofield, it means there is excess of energy. There's too much. And if there an opposite spike where the energy is indented or there a lack of, a hole in the, there means a deficiency.

So again, we want see this beautiful bio field that is perfectly balanced and that's the goal that we try to get to each day. I like that. So, you know, in the world of functional medicine or the biohacking space.

We get a lot of heat from people. It's like, oh, there's no science behind it just because there is not this crazy published paper. What I try to explain to people, it's not about that per se.

Because sometimes you're looking at an average of 100 people but that's those 100. How do we know that that is going to work for this guy?

Calm for Stress and Nervous System Balance

So in the world of functional medicine, we do a a different diagnostics which is personalized to the individual. So Wendy, question for you here is what type of wearables or type data do you guys use to be able to track the actual outcomes of the code product?

So we love anyone that wears an aura ring. You have an aurora ring just like you were able see the difference after you did that vagal nerve stimulation.

you knew immediately based on your prior readings how it changed. So things like the Oura ring or the whoop are going to be really the devices that will be used to test products like ours.

We have clinical studies that Lisa conducted. we use the neural check device. Now you don't wear the Neural Check device, but the neutral check devices measures heart rate variability.

So it's the same thing. You simply put a clip on each wrist. and then you take a baseline and that baseline shows things like autonomic nervous system, stress index, psycho-emotional index even biological age.

And that is to me something that's so incredible that you can see if you change one thing that your biological X and then changing it, it can increase or decrease depending on what you're doing.

And the same way that you were able to do that at Liquivita, we did that the first time. We were actually up in New Bern, North Carolina. So shout out to Dr.

Patrick Porter. And he allowed us to use his neural check device. He's such a wonderful person. We got a shout out to you, Dr. Porter. Yeah, he's really one of our biggest cheerleaders.

And we were very, very new. Long of the short of it, we went up there and we did multiple individuals using the neural-check device where then we gave them one drop of calm.

And then, we did another reading 30 minutes later. In 30 minute, every single thing changed for that person. You said that you work and live at a very high pace, and you're more stressed than you even realize that.

Well, guess what, Sam? I was that And I didn't even realize how stressed I was. So Lisa and I did the test and, you know, I'll say it. We stopped taking our jobs for like two weeks beforehand.

Oh yeah. we wanted to see just a baseline, a true baseline. Now I really did not take calm as Lisa was taking calm because I honestly didn' think that I needed it I wasn't taking it every day.

She wasn' taking at all. Anyway, I did the baseline test. Didn't see what the test said, because you don't want to see, what it is until you do the final.

30 minutes later, after one drop of calm, things like my autonomic nervous system were off the charts, off-the-charts to begin with, and it brought it down to exactly where it should be in mid-range.

My psycho-emotional index was 55%. Terrible, awful. and it raised it to 98%. One drop in 30 minutes. My biological age at the time, I was 55 when I did it two years ago.

I Was 48 in biological Age, but one drop changed it To 31 years old because I able to reduce that much stress in my body within 30 Minutes. So I thought to myself, imagine if this did this for me with one drop, Imagine what I could be like if I took a drop two times a day.

And since that time, I have not missed my dosage of calm. In the middle of the day, sometimes I still get triggered and all we say is take another drop.

It can't hurt and it just kind of puts it back in balance. So it's subtle, it simple, And it works. I love that. Love that so this um this product code You guys said it's sailing solution, and there's frequencies like how did you get those frequencies in there?

How did he figure out the right frequency like? how does that work because I'm more than sure a lot of the viewers and listeners are wondering like a Sounds cool, but how does it work?

Everyone wants to know more. It was like when I was a kid, I used to always want to watch like all those shows that show you like how something's made, how the pen is made.

How is, you know, soap made because I just want know. So for the people that just wanna know how would you break that down? You know, I like to compare it to digital photography.

We all have a cell phone in our pocket we carry around. we see some beautiful thing that we want to capture. The technology captures the information. Instantly, that technology, your cell phone, digitizes that information you just captured into this beautiful image.

Then you take that image and you can put it on any medium that you want to share it with others. You can you put on a canvas, you could put in on piece of paper, You could it put a coffee mug nowadays, right?

So we use quantum radionics and that is our technology that takes Dr. McMichael's molecular formulas It maps the energetic blueprint of his formula and it digitizes it instantly into the code.

The code is then put in saline solution as the medium or the carrier. Why not regular water? Because it doesn't hold. you need the trace, well, you the minerals in the salt.

That's what holds the frequency. Okay. Yeah. And so they're very specific because the information is the energetic blueprint or essence of the molecular formula.

and that's, what's digitized. So, you know, my mind sometimes goes into like worst case scenario. Can there be like a bad code? You know? Can they be bad frequency out there?

Like Wi-Fi, for example. Even our words are a frequency, are our vibration. You know, anyone can relate to energy. If you've ever walked into a room and then all of a sudden the room goes silent and you know people were arguing in that room, you feel it.

Or you walk into room you just know I got to turn around and get out of here. Something's not right. It's real, it's an unseen force, just like stress is an unseen force.

Our Wi-Fi, the earbuds, cell phones, staring at the screen all day, all these things. The EMF, blue light, and all that stuff. They're all affecting us whether we see that or not.

Yeah. You know, there's a saying that's like, be the light in the room, right? Code is like the Light in The Room. So would it be safe to say that even when you're getting a lot of these things like that EMF or other like stressors that are coming from the different technology that we're using, that code can help balance your body out?

Not in terms of electromagnetic fields and different things like that. We don't have a product for that, each of our formulas has a very specific function.

Whether it's something that you take pre and post workout, whether it is for pain and inflammation.

Tracking Results with Wearables and Clinical Testing

If you have the first sign of a symptom coming on from some virus, we have a product for that. We have an allergy formula, a pulmonary formula. A daily protecting formula but it's not to protect you from Wi-Fi or electromagnetic anything.

It's more to to you protect from those unseen foreign things that float around like virus or germs or bacteria. So that's our proactive product and then calm like we've been talking about is really a game changer for anyone with stress or anxiety or depression or By achieving entrepreneurs that need more focus because they're being bombarded from all different angles I mean it really helps dial you in and Then and the dream is our sleep formula that helps you sleep better and you can measure that again with your aura ring and I like that.

You know, Sam, I just want to say something because I'm sitting here smiling because you said, you know be the light in the room and it's something that has or be high vibration in a room.

So when you talk about vibration and high vibes, that's really what it is. We are energetic beings, we are vibrational beings and we're made of salt and water as well.

All we do is we put vibration or a subtle energy pattern into your system and think of it like a tuning fork that tuning for when you use a Tuning fork the tuning Fork is balancing out things that are out of balance and so think Of code as that Tunning fork for your body putting things back into balance.

I That's pretty cool. That is interesting. So you mentioned that there's an allergy. Yes. Now does that work on all kinds of different allergies? Am I not going to have to walk around with an EpiPen anymore?

What kind of allergies, seasonal allergies. All kinds of allergies. Our favorite story actually is about a woman who does need an EpiPen when she's stung by a bee.

The first time, now I will start by saying balance is our daily formula. And we know that it helps with the body's general healing ability. It does give the immune system a boost, but it's really for the general aches and pains that come with aging and to just help the body heal itself faster.

She had been taking, it is our daily formula, two drops a day. All the drops are sublingual, so one drop in the morning, one in evening, under the tongue.

she had taken balance for about a month. And she felt like something was different. Her son wanted to turn the truck around and take her to the hospital because she didn't have her EpiPen with her.

She said, Nope, take me home. He's looking at her like she's crazy. I mean, I would have looked at it the same way. And She got home, she took a drop of react.

she waited a half hour. She took another drop of react just for safe measure and she waited a couple hours and again for a safe measures she took a drop a react.

She never needed her EpiPen. The second time a few months later when she got stung again she was stunk by a bee twice. Same thing, she used React. I can't guarantee that for every person, I cant make any claims.

It worked for her. We've had food allergies, we've have seasonal allergies. we have had skin allergies we had people that are allergic to perfume and chemical inhaled allergies We have so many stories that React is our second best selling product to calm.

Even we were with my mother a couple of hours ago visiting And when we got there, her eyes and face were all swollen. She clearly had some kind of allergic reaction to something that she touched or whatever.

And we gave her react. We waited about 45 minutes and we give her another drop. Her eyes were swollen shut. and especially her left eye was swollen shut.

And by the end of lunch, her eyes were wide open and even the redness in her skin cooled down. I mean, it's crazy. It's our company and we know our product works, but to really think that energized saline can have an impact that quickly, It just amazing.

Yeah, it is amazing. You know, especially if you could bring the body back to homeostasis, right, which is balancing the buddy out. Now, when it comes to your body being disrupted, your your bodies own frequency, what are some of those disruptors that will cause your buddy to get disruptive or code can come and help balance things out?

So, for example, We'll use calm again because when you're under stress, stress is the leading cause of dis-ease. You're, you are under stressed, your wreaking havoc on your body.

So when can down-regulate the stress response and balance the autonomic nervous system, seemingly unrelated issues start to resolve. So that's usually my favorite example.

You know, another thing that disrupts, well I know what disrupt me is perfume. I have a really hard time with perfume, I will walk in, there'll be air freshener in the room, my throat will start to close, and I'll take React and put my system back into balance.

And then I'd be okay. That would be like the allergy one. Yeah, React, yeah. The allergy formula. Yeah, so there's so each one does something different.

So for example, if I get a bunch of mucus in my nose, maybe I ate gluten, or maybe i ate dairy or sugar or something that creates that mucuss in the body.

That's the imbalance your body is showing you the symptom is the excess of mucous. You take a drop of breathe, and it starts to clear the mucous and put the Breathe is the pulmonary formula.

So it works with mucus, but anything in the respiratory pulinary system. It works great for cold and flu where you typically have trouble breathing or you have a cough, a lingering cough.

My girlfriend came and visited and she had this nagging cough. I said, let's just try it. Just take the breath. We did the first drop by the second drop within an hour and 15 minutes.

She didn't even realize it, she wasn't coughing anymore. Wow. So these formulas are really working truly on a cellular level and just putting everything very subtly back into balance.

Allergy, Breathing, and Pet Formulas

So I know we're talking about a lot of our friends, family, and a lotta humans, but what about pets? Oh, so that's the beauty of pets. We always say, dogs don't lie, they don' And so, when we have any animal that has an issue, it's as simple as giving that animal the same exact dosage as you would to a human.

So our drops are safe for people and animals of all ages and sizes. And the one drop is not dependent on size or weight. Mm hmm. I always say it. We have a tagline.

You can be a five pound Chihuahua, a 200 pound person or a 1500 pound racehorse. It's the. Same one. Drop for all drop. OK. For animals, what we do is we recommend that you put one drop on a treat, or if you know that your animal is going to complete their meal, you can just put a drop at the top of their meals and they can take their dosage at that time.

So we actually created a three product package called Pet Essentials because any dog over the age of seven should be taking balance twice a day, AM and PM.

And React is great for those seasonal allergies that dogs have and also Calm for that dog or any animal really that is afraid of thunder and lightning or fireworks, those types of things.

They help. Yeah, that's a big one, actually. You know, especially with like Fourth of July and, you know all these other things. Here's South Florida.

There's thunderstorms every day, so. Absolutely. Is there anything that people have to watch out for utilizing the product? Is anything will counterindicate?

Contraindications? No. There are no side effects that we know of, there are not contraindications that know because our products are literally salt water and energy.

It's what we're made out of. Having said that, not every product in the world is for every person. So if someone tries

our product and they have an adverse reaction, then don't take it again.

Its saline solution with energy patterns, so it's not going to hurt. Exactly. So, you know, we were talking about stress. There's a lot of high performers out there, top CEOs, athletes.

What are you seeing in some of these individuals that are the high-performers? What do they say? So a lot of entrepreneurs that we work with CEOs, especially we're very involved in corporate wellness and that one product calm is what really shifts the entire environment of the whole office space.

the same way that if you're taking calm at home and you have someone that's just high level, high energy, or a child that might be just a little more difficult, the whole house should take a drop of calm because it just negates that excess energy within the household, inclusive of the pets.

And that really how we designed the code kit. But specifically with corporate wellness, what we've heard is that it changes the environment of the office space because everyone is just a little more calm.

What calm does is it could help with daily stressors or just things that are giving you diversions and everybody is a just little dialed in, a bit more focused.

As a matter of fact, we thought about calling calm focus. But we knew that calm was a better overall descriptor of it because it was important to describe it for a lot of other situations, not just the focus.

Right. So yeah, corporate wellness, it's probably one of the best things that we've seen within corporate Wellness, along with the immunity formulas, because when Everyone you know if you're working in an office space when one person gets sick everybody else gets it So if your taking something that's helping your immune system and protecting your body then it just gives everybody that extra edge and You know, what does one day out of work really cost?

So and I was just gonna say that because it's like I I even like now when I work out like I don't do CrossFit, you know, I do my type of workouts are very controlled.

Like I'm there for longevity and health span. I did not want any injuries. Because if I have an injury, then I can't travel. keeping your health on point so you don't get sick is a must.

That could throw any high performers, that can throw them way back, you could lose tons of money, the issues, being able to enjoy time with your family.

So when it comes to a lot of these high-performers, or even just regular people that are not the top CEOs or any of that, have you seen people get off certain supplements and medications as well utilizing the product?

We have actually, again, calm, adderall. A lot of people are taking adderal to focus, and we've had at least a half a dozen, if not more, people say that they've come off their adderole.

And even people that have come of their aderal on their own, they say, They're skeptical about our drops. Everybody's a little skeptical because it's energized saline solution, so we were skeptical too until we figured out that it works.

But they'll try a drop under their tongue and we'll… You can physically observe everything about them change. Their face softens. They're body language isn't so fidgety.

Everything just kind of settles in and relaxes. It's really incredible to just sit and observe and watch this happen. And we're seeing it. But ADHD is a big one.

Adderall. Children on the spectrum. It really should be the first go-to for a child that is diagnosed, if you want to use that word, for being autistic because it really helps the nervous system.

The calm code is based on regulating the nerve system and putting the nerves system back into balance. And we've just seen incredible and have incredible testimonials with children and families that have used the calm code for children on the spectrum.

Well, I'll tell you, you're mentioning Adderall. And I was watching a documentary the other day, and Aderall right now is at its ultimate high. Like college kids are popping them like it's candy.

You know, what that stuff does to you. It creates a true chemical imbalance in your body. So if people can find a natural way to get off of these amphetamine salts, This is it, at least give it a try.

All these things that are over the counter, even supplements, not all supplements are for all people, but you hear something is good for you and then you take it and you it forever, it's not meant to be taken long term.

There's a side effect to that. With this, there are no side effects. Think about it. You take an allergy medication, you a Benadryl, You're in the couch, you're asleep.

It's game over. Or your jittery or your stomach gets all knotted up. There are side effects and there are contraindications you can't take. some medications with other medications.

You can't take some supplements with some medication. This is non-toxic. It's medical grade saline solution. The one product that we really haven't talked about is Slim.

Oh, Slim, before we get into the Slim do you know what the first side effect on Adderall is? Let's listen. Erectile dysfunction. No, but that probably does happen to those people that take that right because heart issue sudden death I want people to really just stop for a second and think about that.

The first side effect that's listed on the packaging is sudden death.

Safety, Corporate Wellness, and High Performers

It used to be they would list all of the symptoms or even death, right? Now it's just sudden deaths. Sudden death that is crazy. Crazy. So you're going to talk about the slim.

Everybody wants to be nice and slim, especially in today's world with all the G. L. P. one drugs. Yes. Yeah. Everyone's injecting themselves and all that stuff and looking very skinny and getting the O's, the ozempic butt is what they call it.

And the face, face the droopy face. Yep. Well, SLIM is our metabolic formula and it's pretty awesome. One drop under the tongue, you really don't feel hungry and its all about not having the cravings more than anything, right?

It helps with your metabolic system and we've had so many people that again, they're skeptical over how does this work? And tell them the story about the one, I know the that I want you to tell, or you know, the guy.

So we were at a content creator's house weekend and it was outside by a pool and there wasn't a whole lot of food being served and It was a big long day outside, a lot exercise happening, doing different biohacking modalities, devices, Avazio was there, hydrogen, water, everybody was And this guy comes up and he says, where's the food?

And I was like, I don't think there's a whole lot of food here, but I've got this slim. You want to try a job? He's like what is it? I'm like it's saline solution with energy patterns.

He is like yeah, okay, give me a drop. This is going to make me not hungry? Well, check back in with me in 15 minutes and let me know how you feel. Like, I don't know, an hour and a half goes by, there was a yacht parked down on the dock, and we're walking down the docks to go get on this yacht.

And I see the guy and I said, hey, did you ever find any food? And he literally paused and he looked at me, he's

like, I forgot I was hungry. I'm was blown away.

They quiet down his parasites he had in the greenhouse, right? But that's amazing that that works because especially people, we're going back to stress, people that are high stress they're looking for comfort food.

That's right, yes. Right? They don't even have to eat, they are just eating to get comfort. So if now there's another code supplement that can be utilized, there is quiet that down, that is amazing.

Well we actually pair calm with slim and this is what we're starting to do. We're staring to learn how each of the codes are working together. So if you're highly stressed, many times people just will go for that comfort food or will and reach or it will be a habit.

And what we're learning is that with slim, it's actually helping people with different habits because overeating is habitual, its habit forming. Well, if you first slow your mind down and become focused with calm, that works one way with your nervous system.

But now you add in the slim which is for habit-forming issues and you take both of them And it's a dynamic duo. It really is. Wow. And Slim is also great for the person that really doesn't want to lose weight, but they do intermittent fasting.

Exactly. Right. You just take a drop. For me, I know how it works is I take one drop if my stomach is growling, and in 15, 20 minutes, my stop is not growl and I go about.

it is just that I feel satisfied. And when I do go to eat, I don't crave sugary, starchy, fatty foods. And so it allows me to change my eating habits and helps me eat healthier.

Yeah, that's amazing. So I'm going to shift gears a little bit here because we're talking about hunger, right? Some people get the munchies, and I know you guys have a product that basically like mimics cannabinoids.

Right. That can potentially give you the Munchie's. How does that formula work, as in the benefits of CBD or any of these other cannabinoids that are inside of the marijuana plant?

Well first I'll tell you what it is and then Wendy will explain to you how it works because that's her previous business. What we've done is we have taken a proprietary blend of different species of cannabis that are known for anti-inflammatory qualities.

We again map the energetic blueprint of that blend The technology digitizes it into the code and the coat is then structured into this saline solution, which acts as the carrier.

So all you're receiving is the information of the plant with no psychoactive side effects, with contraindications, and it helps with pain and inflammation.

It's a great product. So when you were asking, you know, how did we come up with our 10 products? This was something that we both agreed upon because we knew we needed something.

That was an alternative to things like Advil or Tylenol or Motrin, something to relieve pain, inflammation, but those headaches that you would get or women that have menstrual cramping.

That's what relief is great for. We're very straightforward and transparent about what our products are able to do and what they're not able do. And there are limitations for some of the products.

Relief is a great, we're going to say if you have bone on bone osteoarthritis or spinal stenosis or anything like that, if our one drop is going to have you dancing on the ceiling, you know, hanging from a chandelier, right?

But if you do have a headache, if do work out and you have that kind of pain and ache and joint pain, anything to

do with inflammation, relief is gonna work.

And that was my previous business. And I had a CBD company and knew the importance of bringing cannabis, but not medical cannabis CBD hemp formulated to the medical field.

We were able to show that utilizing CBD was an alternative to many dangerous things, opiates and things like that, especially with orthopedic doctors and surgeons using pre and post surgery.

So relief is the same exact thing and it's the information of that proprietary blend of cannabis. You don't have those psychotropic effects and you're not even getting the munchies actually.

All it is doing is that cannabinoids that are part of the proprietary work with the receptors within your endocannabinoid system and That relieves the inflammation it relievers the pain.

It's it's a great product and they're working on a vibrational level And so you're because you are only taking the information That that's amazing. That's Amazing So ladies right now, there's big movement that is going on It is called the Maha Movement Make America Healthy Again We love Maha.

And it's being led by RFK Jr. What do you guys think about it? We. Love it. I mean. You know, there's a lot of red tape. There's lot things that need to be done.

Slim, Relief, and Metabolic Support

A lot problems that needs to solved and there is lot red tapes to cut through to get these solutions. But I think that he's making a huge difference. He's bringing a lots of things to awareness that were swept under the rug in the past with previous administrations.

And he is making huge changes. even taking out these harmful dyes and these preservatives and seed oils and all of these things, we have to get our diet.

We are what we eat. And they didn't lie to us when they told us that when we were kids. You are you eat! I mean, now I'm looking back and I am thinking to myself, Why didn't that click back then?

Because it's really true. It all starts in the mouth. And if he can clean up what they're selling in grocery stores and bring awareness to that, it is already going to make a huge improvement.

on our health and on medical costs and all those things. I agree. And what do you guys see as between the alignment of code with the future of healthcare?

Where do guys that? You know, combining MAHA, code, and healthcare, what you see for the I mean, we believe that code is going to be a household name and that frequency medicine, Albert Einstein said it, frequency, medicine is the medicine of the future, but the feature is now.

I agree. And why take things that could cause these side effects, death, you even said, right. But why prescription medication, over-the-counter medication when you can take something that works with your body's innate wisdom to heal itself.

It's as simple as that. it's complicated, it is, but it as as simply as putting your back into balance. And if we all shift our mindset and think about how healthy we really want to be and This is, we should be the healthiest country and the healthy generation and we have the most unhealthiest individuals and unhealthy generation right now.

And there has to be a shift. There really does. I agree. So we're going to have a little fun now, right? We're always up for a fight. Yeah. No, you are.

and whatever comes to mind, you have to say it. Okay. All right. Keep it short and simple. One word is fine. And

you both get to do it, so when I say one biohacker, then you say, all right, are you ready?

Peter Artia. I just say brilliant. Oh, I second that. Yeah. Ben Greenfield. Cool. Interesting. Brian Johnson. Not from this earth. Very intelligent. Gary Breca.

The man. One word, that's a lot. He's incredible. Yeah, I will say it. I'll go off of the one word tangent for a second. But we were with him in a very small intimate setting.

And he is dynamic. That is the word to describe him and what he has done for the biohacking world. It's not just bio hacking. He really explained where he came from and why he did what he and pursuing it in a way.

He's pretty powerful. Yeah. Dave Asprey. he's a good dancer. Yeah, he's a good dancer. I've seen him dance on stage. We were up there with him. Yeah we were in Austin.

Dancing with them. That outfit was something else. Oh yeah, we'll just leave it at that. You're giving me these memories right now. All right, we're gonna have some other fun.

All Right, so I actually I watch a podcast by the podcast host Stephen Borlet. It's called The Diary of a CEO. So he came out with these cards. And what I want is for each of you to take one card out of it.

You can shuffle them around if you want to. and you're going to answer the question. Okay. Oh, I don't have my glasses on. Yeah, we opted to not wear our glasses.

We really need a code for eyesight. Oh, there you go. Yeah. That's really cracking the ass. Yes. All right. Right, Shuffler. Want to pick? Yeah left hand now.

Left hand. Is that a question? Are you gonna pick one too? Oh my God. No, you guys answer the question. I really can't see. Okay, here we go What is the most controversial idea you believe that within your industry, most people disagree with?

Okay. That's a good one. In our industry. It's controversial. Well, I would answer that. Some people think we're in this biohacking space. And a lot of people that bio hacking means that I want to live until I'm 120 or 140. And I really think that that's not correct.

I think there are people that feel that way. But I don't feel like that. And, I want to just live a healthy life. When my time is up, my Time is Up, I don't necessarily, that's God's plan.

I do not have any attachment to that. When it's time, then it is time. So I think that is a controversial thing because there are people that are extreme, pushing limits and trying things.

MAHA, Future of Healthcare, and Closing Thoughts

Extreme. Yeah. And I don't necessarily agree with that. So I would say that's a controversy. I agree. People have to understand there's the difference between longevity and health.

That's right. Health span to me is what's most important because I. Don't want to live another 100 years if I'm going to be in a wheelchair and borderline a vegetable.

Right. All right I'd rather live. Another 20 or 30 years with a good quality of life. What are you missing most in your life? Right now? You know, right now we're building this business.

If I were to be very transparent, we are building the business and it takes a lot to do so. And so before we started, my life was a certain way. It was just a little more not high-paced and it has not stopped.

We started and the skid marks, we saw the Skid Marks behind us. So the one thing that we're missing, I mean, like

a vacation. I think that's really the number one things.

It's just the two of us and our vision is huge. I mean, we really are trying to change the way people view their health, bringing this type of frequency medicine, vibrational therapeutics into the world.

And we're doing it on a global scale. So it's not a small mission. And right now it is the two of us. We have a very small team. A website team that consists of another person that does some social media and some email marketing for us, but really when it comes to code, what you see is what it gets.

It's the 2 of Us. There's not a lot of downtime. And there's always a fire to put out. There is a lots of stress and we each have our own roles. We just need a vacation.

You know, I think that's the life of an entrepreneur. It really is. I was gonna say that, yeah. We all need vacation, you know? And it's not, not everybody's cut out for it.

And that why brands and the best ideas in the world fail. it not that there aren't ideas out there that could have changed the word, but it because it takes so much to make that change, but we together, I mean, we're the code girls.

We're gonna do it. I love it, yeah. So ladies, as we wrap up here, if someone listening or viewing the podcast really resonates with today's message, what's the one thing you can leave them off with?

The one things we always say is each day be better than you were the day before. Make small incremental changes. You don't have to do everything all at once.

But if you just do one thing better today than you did yesterday, then you each day become a better version of yourself. Amazing, amazing. And if people wanna find you guys, how do they find?

Our website is www.codehealthshop.com and our Instagram is at codehealth shop. Awesome. Awesome ladies. It was a pleasure having you on a healthy point of view podcast and let's get that code out there Thank you, Sam.

Thank You so much guys. You heard it from the experts here You have to be willing to try something a little bit different, especially if what you've been trying hasn't worked The future of medicine is frequency.

We talk about that in the world of bio quantum and a lot of the experts don't actually do what they're doing. They keep it very secretive because they are scared of these big governing bodies that are out there that wanna shut this stuff down.

Get it while you can. That's what I can say. So make sure you share this podcast, subscribe, like, do all that fun stuff and we'll see you for the next one.