Podcast Introduction and Guest Background

I said, so let's look at the biggest scams of all time. Okay. DNA sequencing, MRI's, antibiotics, Crispr. X-rays. Right. So I just go through this list of 100 things that are absolutely, positively impossible until they weren't right.

We do a million MRI's a year in this country. If I explain to somebody in 60s how an MRI works, you'd go, that's it. There's five levels of magic and they're all impossible.

But everyone looks at the picture and goes, yeah, that's my heart. Well, how did that happen? You know how that picture was made? No. It's impossible.

Welcome to the Health Effects Podcast, where health junkies get their weekly fix of tips, tools and techniques to have limitless energy, sharp minds and fit physiques for life.

Hey health junkies, on this episode of the Health Fix podcast, I'm interviewing Mark Fox. He's an entrepreneur. He's a scientist. He's an engineer, an author, creative thinking consultant, a crop formation researcher, and former space shuttle chief engineer at NASA.

He's also a hot air balloonist. It's been doing that for over 35 years, and he built his own airplane. Wild. This guy's something. Now, here's the thing.

Today we're talking about PMI, RF, pulsed electromagnetic frequencies. Now, maybe you've heard of PMI, EMF pads. Maybe you've heard of Beamer pads. These are things where you can lay on the pad and reset your energetic vibe.

Now for a lot of people, that seems super woowoo. But here's the thing. This data has been around that this stuff works for over 100 years, and we have lots of research studies, tens of thousands of research studies on PMF.

NASA uses M devices to help astronauts keep their bone density while they're in space. So there's some stuff there. Now, here's what's fascinating about PMF.

It can help animals even help some giraffes. We'll get into that story a little bit later in the podcast. And Mark seen a lot of great results with PTSD and and soldiers.

And so this is a huge thing. Mark is very deeply invested in helping soldiers and preventing suicide. And I think PMF has some potential here. So something to think about.

Now we're also talking about how PMF is like a song for your body. It gives your body like a big hug to your nervous system. So that's kind of fun. And really, we're we're talking about how PMF could potentially change your life by using a portable device that Marc developed because he was sick of all of these pads being tens of thousands of dollars and being really cost prohibitive for the average individual.

So he developed a portable device that is under 300 bucks, and you can even use it on your head.

How PMF Works and Why It Matters

He has a bandana for dogs so that they can wear it around their neck. He's working on horses and like I said, giraffes. How cool is that? So we get into some of the nitty gritty of what you can expect by using PMF.

We also talk about protocols. We talk about fun stuff related to PMF that I had no idea about. In fact, Marc intrigued me so much that he and I teamed up and we are going to be conducting a research study.

I mean, technically, I'm conducting the research study to see if we can help folks that have Lyme disease here in Wisconsin at the center for Human Restoration with the owner, Doctor Laura Connor.

We're going to be putting that together and doing a study for 90 days to see if we can get some change with Lyme disease. So stay tuned. I'll be updating you guys on that in a separate podcast, but for now, open your mind to the possibility that, you know, we're chemical, we're electrical, and we're we're also mechanical individuals.

So why wouldn't we work on the electrical side of ourselves? All right. Let's introduce you to Mark Fox. Mark Fox, welcome to the Health Fix podcast. Hey, thank you for having me. This will be fun.

Appreciate it man. You know, as an actual doctor, I live on the fringe of folks being like, oh, she does weird stuff all the time. And and when I talk about P, people are always going to be like, how does that even work?

And you know, what is even happening? And so I wanted to just first run out of the gates with, with PMF and, and really the, the concept of vibration and how a vibration can affect our vibration and then recharge ourselves.

So I'm, I'm jumping right out of the gates with you. What's what's your like how do you explain it to folks on a level that we can kind of think like, oh, okay, that makes sense.

Okay. So I usually start at a higher level and say anything in the world. Nothing in the world happens without an energy exchange. You don't eat food, you don't breathe oxygen, you don't walk, you don't drive your car.

You don't fall down, break your arm. You don't do anything without it. You don't cook s'mores right on a campfire. Everything is an energy exchange. So energy can be transferred to the human body with electrical current, PMF, magnetic field, light, vibration and sound.

So it can be any of those. I chose PMF for this particular product because of its easy use. You don't have any wires on you and you stick it in your pocket and it's therapy on the go.

PMF magnetic therapy has been around since 3500 BC. It used to be rocks that were called load stones where lightning hit them. That's what we think happened and it puts a magnetic field into a rock.

PMF a pulsed electromagnetic field is discovered about 100 years ago or so, that it's more way more therapeutic than a static magnet. So that's why what PMF is.

It's also the Earth's heartbeat. So the Earth puts out I'll show you real fast. The Earth puts out, PMF all the time, called the Schumann frequency 7.83, 14.1 and 20.3, I think.

So if you can see that that right there is the Earth's heartbeat. Cool. So it's anyone can download this free app. It's a magnetometer app. So you have a magnetometer in your phone usually about here for compass and stuff and apps and things like that.

So probably nothing in the world would live if you didn't have PMF, right? We're just engulfed in it 24 over seven. Wow. So what it's doing and I have to preface it.

And usually doctors start to argue with me on this. I'm like, first of all, no doctor in the world knows how a drug works. Nope, nope. You have a theory, but you've never proven it.

Okay, so you don't know how aspirin works. You know how morphine works, don't know how anything works. So here's what we do know. We know that your cells have a voltage on them like a car battery.

And when that voltage gets low, you get sick. Okay. So recharging your cells batteries has been proven. That shows that PMF will increase the voltage on the cell so it recharges T cells batteries.

The second thing is ATP and I always pronounce it wrong. Maybe you can correct me if I get a scene triphosphate.

Okay, that's the ATP. I'm close. Oh, I had a Facebook hater attack me because I said it wrong.

I was like, okay, so ATP is the main fuel that your cells use for food. So PMF has been proven to show it increases ATP up to 500%. Those two things. The highest level is it recharge your cells batteries.

It's increasing food for your cells so your body can do what it does best, which is heal itself. That's kind of it at a high level. And the simplest form that I can explain it, it's awesome.

No, it's it's good because I think for a lot of people we're thrown at, you know, speaking of of Facebook ads and social media ads, we're throwing a lot of information now.

And unfortunately, there is a lot of let's, let's call it misinformation. And and it's mostly because people are spouting out stuff that they actually haven't went back to see that there was actual research studies, and maybe there was only three research studies on someone.

And now we're saying this is a magical supplement or something of that nature or a magical device. And the fact that, like PMF is so much research and NASA, of course, you, you know, being in the background there as the space shuttle chief engineer, I'm like, holy cow, like you were on the front lines of seeing how this stuff works for astronauts.

Did you, you know, did you jump in and any of those studies, were you involved in any of those back in the day or I was it I mean, I'm familiar with them.

Talk to the guy that did the study. I was the chief engineer on the solid rocket boosters, so I wasn't even resourcing. But I know what's going on in that field.

You can't stay on the space station, and you definitely can't get to Mars without PMF because of bone density loss, so it increases bone density. A doctor told me that a couple weeks ago.

He goes, Mark, PMF is not on trial. If they if somebody attacks you, then they haven't done any research. Okay, so they are 35,000 published papers on this technology.

NASA has been used since the 70s. It's been around for a long time. What's a little weird? So this is going back to Carnegie and JP Morgan. Those guy.

I think it was Morgan that owned Standard Oil. So only in the United States. Okay. Only in the United States.

NASA, Research, and the Flexner Report

In 1934, thing called Flexner Report came out that said, hey, you know, those two were behind it and they own the medical industry and they own the doctor's licenses.

And he owned all the funding for research is right for all the universities. They said, if you're doing anything but surgery and drugs, we're going to pull your funding and your licenses.

So in America, all the electrical therapy got scrapped, stopped to the wayside. No, no other country, just the United States did that because Morgan and Carnegie figured out, hey, I own all the oil in the world and I can make drugs out of oil.

That's why they did it. Okay. So yeah, so a lot of that research was lost. It's been reinvigorated. You said something before like a Matt at the beginning is. Yes.

If you go man on the street with a microphone and go, hey, have you ever heard a PMF? About one out of 20 people is going to say yes, and they know of a Beamer, Matt or Matt and a chiropractor, acupuncturist or doctor like you.

But it's getting more and more people learning about it. It's it's definitely exponential. Just in the last year, two years. How many more people do know about it?

I tell you what, though, in the horse world, every single person knows what PMF is because they know what a magnum wave machine is. They know their veterinarian comes out with this big whoop and they treat the horse with my opinion.

Too much energy. But, yeah, so that's ask me another question because I babble too long. I know you're fine. It's this information is fascinating and especially about the Flexner Report in 1934, because that's really when when medicine changed in, naturopathic doctors became quackery tools.

And, you know, we we wiped out a lot of really good stuff that if you go to Europe, you know, especially Russia, Austria, those kind of countries, you'll find all kinds of interesting devices, you name it.

But but with EMF and, and yes, that's I, I heard from doing a little research on you that you got into this because of your dog, your lab. Yeah. So and to your point, to our both our point is your body's chemical, electrical and mechanical.

And to ignore one of those, the electrical thing is stupid because you can't you don't operate without all three. But there she is. That. Oh, look at that girl.

27 years ago. So, yeah, she, couldn't come up the stairs one morning. We were living in Utah. At the time. She was just crying. It has never happened before. So?

So my wife are flipping a coin to see who goes to the vet who's not going to work today. No one else is doing that. And she had severe arthritis in her spine.

And, so very good friend of mine, Doctor Oz Jackson, he's a veterinarian. He's like, hey, there's this magic machine electrical thing that can reverse arthritis.

Like, okay, so I'm super skeptical. I'm a rock scientists. I don't believe in it's crap. Right? And it's like, but I'm. I try it for my dog. And then she got unfortunately so sick, so fast.

My vet goes, don't put her in a car drive for two days, four states away. I'm like, okay, but that's that was the that's how I learned about it. Again, I never had a intention to get into frequency and healing and therapies, that stuff.

But it was like my dog that happened. Then I go, this is pretty interesting. What was the real trigger for me? You didn't ask that yet, but you usually get asset is I saw what it could do for PTSD and trauma.

And we have 44 suicides a day, 22 military veterans, 15 first responders, five medical workers, two active duty. That's not counting all the civilians.

Right. And it frankly, it it pissed me off is like we have a solution. We human there's a solution there. It's just not affordable. And you can't get access to it.

I mean, you can, but it's so expensive and you got to go to the doctor's office. So I'm like, there's got to be a way to create. I'm a chemical engineer as my undergraduate.

I'm not an electrical engineer, but I'm granting myself a degree after this nightmare of, oh, this ought to be super easy. Take a little coil and just, you know, run some frequency. Do it.

But I have a pile of coils over here in a corner of this room, eight feet tall. I caught these things on fire forever trying to make it work. And now I finally figured out I went full circle.

And here's here's what it actually is to really simplify it. And it looks like an iPod on purpose because it is a music

player. All the protocols are actually MP3 files, so I create them on a music synthesizer.

So there's the inside of it. It's a battery printed circuit board, and instead of speakers it's coils. So the MP3 files are being played. Right. And if I put a speaker on there, you would hear it go right.

So it's making the magnetic field from an MP3 file. That is a different protocol for each element, their frequency pairs actually that change every 1 to 4 minutes.

This is oversimplifying it, but frequency A is where is it in the body and BS what's wrong with it. So inflammation in the medulla okay, so if you think of the frequency pairs of a chord on a guitar, the protocols are songs.

So they're songs that you're not listening to in your ears but your body's listening to it. And it goes back to the energy transfer that we talked about earlier.

Makes sense. It makes sense. A lot of people, you know, I've seen different devices where you can feel the the songs that are supposed to be sung, let's say, to the body, with the vibration, if you put the, the, the vibe on the body, can you feel the vibration at all with the coils?

Does it vibrating? Not 99% of the people won't feel it. They'll feel the they'll feel the result of it, right? The pain going away or the anxiety disappearing there.

I have learned right in this business. So about 0.1% of our customers are superhuman. They can they can hear something from across the room. They'll tell me this thing screaming, it's the I go shoot a video and they shoot a video and there's never any sound on it.

I'm like, and then the other thing is it gets up to 105 Fahrenheit, so it'll get warm. You'll also want some ventilation if you put it against your skin normally.

But I have learned people are temperature sensitive. They'll tell me it's burning them. It's super hot. I'm like, no, it's not. So we get laser thermometers and have your baby thermometer and shoot it.

They go, oh, it's 100 Fahrenheit. Yeah. Harm's way. You're not going to hear it. So yeah. So most people are not going to they're going to feel the temperature.

You're not going to feel the vibration. But you may immediately feel result. And I'll make a comment there because here's one of the warnings. If you're in chronic long term pain the first time you use it, don't be driving a car or operating a catapult or weapon systems or whatever, because it'll it can make you drunk or stoned.

So what happens is your body is releasing so many endorphins, and this has been proven. It releases so many endorphins because your body's like, hey, I've had this back pain for 25 years now.

It's not there and it's real. It's really interesting. People almost never say, my pain's gone. You know what? They say something close to this every time.

Something's not right. So their brain is programed like I'm supposed to be in pain. When I do that, it's supposed to hurt. Now it's not hurting.

Dog Story and the PTSD Motivation

And they don't go, oh, the pain's gone. They go. Their initial reaction is, something's not right. I don't know what it is like. Do you feel better? Yeah, but that's not me.

It's a weird thing, right? To kind of happen. So I. I know what you're talking about is that reaction is like, wait, the pain's gone, but but I'm so used to it or, you know, it's almost like they don't feel safe in their own body without having the pain.

It's it's a bizarre. It's a bizarre response now going back to PTSD because that is, you know, kind of what got you fired up to really help folks. And and yeah, you know, we've I've had folks on the podcast talking about ketamine and psilocybin and MDMA for, for PTSD.

But, you know, those are expensive treatments. And finding a state you can do that in is a whole nother thing. So having a PMT PMF device that you can take with you and and all day, every day, it sounds like from, from some of the stuff I was listening you you can't necessarily overdo it, but you have parameters in which, you know, you would run a PTSD protocol on on the device.

Correct? Yeah. So PTSD so the protocols, everyone goes, how long do I run it? Well, you run it till the program's over. So the average program is about 40 minutes long.

The shortest is 30. The longest one actually is PTSD. It's two hours and 30 minutes. It's going through 76 different frequency pairs. So it's going to every part of PTSD is actually in every cell of your body.

And we can actually measure it. Now you can actually look under a microscope and see PTSD. Most people don't know that. You can see how the cell structure and you can see when it's gone.

So you can physically market measure it with biomarkers. It's not a cheap test to do right. The average person can't do it. But we have, I believe, and nobody's challenged me yet and wait for somebody to I believe I have the largest PTSD study with PMF in the world, and we have a 98% success rate.

I don't even believe that number, but I have so much data. So all you doctors like what your p factor is, get it less than oh.05. But because doctors are the only people in the whole world that do statistics backwards, see, a normal person would go, there's a 98% probability that it helped you.

Instead, doctors have to go. There's less than a 5% probability that it was due to chance risks. Say what you mean means 95% probability that it or so anyway that.05 P factor.05.

If it's less than that statistically it's significant. In the medical world we have 0.000000007 factor. So we have that much data. Hopefully I said the right amount of zeros there. So we have a bunch of these at the Pentagon right now.

And you know the government doesn't move real fast. But a two star general said if this really works for PTSD and it does, I've had a third independent party run studies on it.

He said if it works for PTSD, every soldier should have it as standard issue and know I targeted military. But the reality is, honestly, we have more customers or as many that are civilian.

A lot of them are women. They have a crappy husband, bad boyfriend or both, right? Their kids are pain in the ass. They have miscarriages, life, everything happened right?

So there's more. And the number one PTSD trauma incident in the United States. Guess what it is? I have no idea. Car wrecks? That makes sense. Yeah, 44,000 of them, right?

It's like, people, I don't want to go to that intersection anymore. They remember that they were going to so-and-so's birthday when it happened. So they get flashbacks on the birthday thing.

So they associate it with a bunch of different things. That's the number one is car wrecks. But then there's we've helped like 98% for the people that have used it.

Wow. That's that's impressive. And I think that's something to think about because we get stuck on in the medical field about the data and whatnot and like, we're cool if something has a 50% success rate.

I'm sorry. That's not what know. So 98 that's good. Good enough for me. But just it's better than any drug. 100%,

100%, 100% I would yes, yes, folks, rewind that and listen to that about four times.

Just just so you get that. Yeah. So let's talk about the thing where people always are saying, yeah, but doesn't PMF give off emfs like your cell phone?

And I've heard you say the data on that, so I'd love for you to kind of share it with us. Okay. We'll start off with it is the same thing from the basic physics of EMF electromagnetic field.

So it's electromagnetic field. Yes. So is sunshine okay. So and you can get some. So the analogy that I use is everyone know that you go to the dentist, you get an X-ray on your teeth.

They put a lead apron on it. Okay. That frequency is ten to the 14th power. There's 14 zeros. That's the hertz okay. Because it's such high energy, high frequency can cause harm.

This one potentially. When I debate that this one's million, 1,000,000Hz, right. Your Wi-Fi is 2.4GHz, your Bluetooth. Okay, those are all a million, a million.

This is 1 to 1000. So if you plot that exponentially on a chart and you got dental X-rays over here, cell phone PMF is actually zero. Literally, it's zero on a chart because it doesn't even fit on the scale when you plot it. Right? Because it's 1 to 1000.

So it's super, super, super low energy. This is designed to talk to a tower. Am I going to transmit across space? I got to have that kind of frequency and energy to get there.

Same as your Wi-Fi, your Bluetooth router in your house. This is designed to alternate and collapse back on itself, so it's making a little collapse around your body.

Okay, not going very far either because a magnetic field drops off really quick. But so yes, it is EMF from that standpoint, but it's in the super, super low frequency that is therapeutic, not harmful.

Device Design, Protocols, and EMF Concerns

Now I have all kinds of customers okay. Get the little EMF meter and go, oh, that's going to kill me. And they don't even know what they're measuring because I was like, do you know what the sample rate is or what that thing even does?

And they're like, yeah, it measures EMF. Well, okay, what's it actually measuring? You know, you got to talk to manufacturer. So I get people panic like that sometimes it's like no PMF.

And if PMF that low energy was harmful. So this is putting out nine ghosts. An MRI, to put it in perspective, is $50,000. And the Earth heartbeat I showed you is about a half a cost.

Okay, so a half nine, 50,000. We do millions of MRIs every year. Only one person, to my knowledge, and nobody's correct me on this. One person has died from an MRI.

Had nothing to do with magnetic field directly. An oxygen tank flew across the room and hit her in the head, all because they didn't tie it down. So that's the only death that I know of that's ever happened for an MRI.

And that is 50,000 gone. So yes, it is EMF. So is light, right? So is the light in your room. Right. But it's it's a therapeutic level that your body needs.

And again the theory is you can't prove it. But yeah, if you turned off the earth's heartbeat, we might all die because you need that energy, Yeah. We need we need it.

And one of the things, you know, a lot of folks will and myself included, as being a doctor and a acupuncturist. I do

a lot of tuning forks. And so I'll put it on the skin with the vibration of the fork.

And, and folks, just you can see the body going, you know, and feel. And so a lot of folks are listening to soul physio frequencies and things of that nature.

Now my question and in it and it's been rolling around in my head since you talked about the coils in the vibe. If you're listening to a frequency but you're listening to it on, say, a phone, are you listening to it on to a computer that doesn't have a coil?

Does it give you? Do you know if it gives you any benefit from listening to that music compared to, to the vibe and and and where I'm going with this is I think a lot of people will argue with me a little bit in my office, and I've had happened a couple times where like, well, I could just listen to the frequencies on my phone and I'm like, yeah, but there's a difference going on here.

So can you speak to that coil versus non coil kind of sure vibration. And what I mentioned earlier is the the energy can be transferred five different ways.

Magnetic field, electrical current light vibration sound. Yes. Sound for sure. And we have a product called rezone attempt. So yes you can absolutely listen to the frequencies.

But most people drive me nuts. So it goes by law. So what we've done, we we have it mixed with meditation music. So it's at 20% volume. So our Arizona tones are meditation music with the vibration in the background at 20%.

So it's not annoying, but your body still hears it. Okay. So we get some really good results with risotto. And I built it just for, you know, Beamer match or $7,000.

Right. People ask me was like, what's the difference in years on a mat? It's 25 times more affordable. It's one piece instead of seven pieces. You can take it anywhere with you.

It fits in your pocket, can take it on an airplane drive. Right. So you can't do that with a mat. So just, making it, you know, affordable and stuff is like, what was one of the major goals that people could afford it.

But anyway, I lost my thought there. I had a point, but I don't think of it in a second. No worries, no worries. I think for folks just to hear the difference is that yes, sound can help.

But yeah, the listening on a like say you're what have YouTube in the background with like still physio frequencies and you're working sometimes I find it helps for a minute and then sometimes it, it just feels weird.

And then I gotta, you know, figure something else out. So I'm like, okay, there was a time. What are they called, the Arizona tunes or zona tones? Tones.

Okay, I, I like that, I like that because you've got it dialed in with the meditation there too. Now, of course, so many people love their pets, myself included.

And you mentioned the bandana for the dogs. Give us the scoop on that. How does that work for the dogs? Is it the bandana? You can slip the the vibe right into the bandana for him?

Exactly. And the thought that I forgot about Arizona tones was the reason I invented it was this. You know, this is in $7,000 399 and we discount it to 249.

I created Arizona Tones for $9 so that people could experience the technology. So that was my point to that. Yeah. So dogs and cats and horses. So first of all cats are pain. But because it's hard to attach it to a cat but a cat and a dog, they will lay on it if they walk away from it or they don't like it.

You run in the wrong protocol. You misdiagnosed your cat. Okay, how do you attach it to a dog? So we have dog

bandanas, right? These are the brand, brand new pattern I got yesterday.

So it's just a bandana. And it has a pocket in it right here. That the vibe it's in? Just slide it in there. Nice. Sits on it near their heart. We are as of team as of this morning.

We are designing and building a dog harness that has a little pocket that would go right over their heart. We'll have those and month or so. And then for horses, it's basically a cell phone holder with a 30 inch elastic strap that sits on the horse's neck.

Now, the vagus nerve, as you're aware of and a lot of your listeners probably are too. It's I stayed away from vagus nerve for years because I'm not a doctor.

I'm a rock scientist. And let's clarify. I don't diagnose, treat, or cure anything, okay? But it's like I stayed away from vagus nerve because I don't understand it, know anything about it.

But I've dialed into it because there's so much research on it, so much bleeding edge things. It's coming out. And if you get that stimulated and toned correctly fixes everything.

Heart rate variability, blood pressure, stress, digestion issues, sleep. I mean, the list goes on and on and on. So, a horse has a vagus nerve, so it starts in your brain, starts it's connected to your brain and runs down both side your neck and on humans and dogs cluster and horses, it clusters around your heart.

And then it goes to every organ. So and that's I'm excited. So that's what we're doing with horses. Like I said, it's the. Yeah. So that's how you attach it to a dog with a bandana or we'll have these new vets.

But they'll come lay on it. Like I said, I have a very good friend whose cat has kidney bad kidney issues, and if you take it away from her, she screams, oh, walking back and you stick it back.

And I've got lots of cases like that with dogs and horses or it's an interesting thing because a magna wave is a very, very powerful one, which there's that whole rat hole and go down one.

I think that's harmful. I mean, it helps them, but it's too much energy. Even though a horse weighs 1,000 pounds, they're super energy sensitive and anyone that owns a horse gets that right there.

This one lady told me she goes, Mark, I can now ride a horse. I can be a ride for you. Okay. It if you can go advertise that, you can. Because if you have a horse, horse owners will get this completely right.

Once you can't ride, they have too much arthritis or too old. You still got them for 20 years, you're still feeding them and whatever. So if you can extend the horse's active life of riding and stuff two years because you can charge whatever you want.

Mark. It's like because the horse is super expensive to take care of, right? So we're having, I want to say, 100% success rate with horse owners, but we've sold I don't know, I'm guessing 800 now.

The horse owners have gotten two back at 800 and both of them didn't use it. They use it once and that it was the same device for people. Yeah, people. Dogs, horses, cats.

And everyone laughs at this because I think I'm lying. And giraffes trust you for testing? We're testing giraffes right now. Running the love 528 frequency.

Animals, Placebo, and Water Infusion

Trying to get them to make love it, I love it. Oh that's cool. And so is this a zoo? Is this, a facility? It's a zoo. We try to put one on a rhinoceros, and he smashed the hell out in about four seconds.

I'm like, all right. The bats, like, I told you, we can't tax the rhino. Like, well, put it on and put it on his horn. Maybe he goes with this way. It's not easy to attach them to Rhino.

I've learned that, even if you're the handler, they don't want anything on them. Drafts are okay. They're like, give it to me. I don't know what. One thing that's interesting, and I've been saying exactly that to horses.

Don't you know animals don't have a placebo effect. And I've changed my mind. Really, I think I think they do, because they know you're taking care of, coming up and you're putting some on them.

Or you even if you gave them an injection or a shot, they're like, they're doing something to help me, so. Right. I mean, there's that. I if I said exactly what you said for years and now you know what I don't know.

And there may be some placebo effect because as I just said, you coming to care for me differently than you did yesterday, maybe. Or I got a wound on my arm or my leg.

You know, I cut myself on the fence. You're putting this magnetic thing around my wound. So there could be a placebo effect. And I say that was people, too. Is.

And I've said this to everyone when they got a placebo and snake oil and I'm like, okay, there's probably a placebo effect. Some of it I don't think it's all of it.

But when somebody has a gun in their mouth, they want to commit suicide and now they don't. I don't care if it's 100% placebo. Yeah, I don't right. Because like, that person didn't kill themselves.

They're not getting divorced now. The kids actually want to hang out with them. And that is it's really weird, especially with PTSD. People forget how bad they felt 30 days earlier.

So one of the biggest litmus test is ask your friends, your family, and your kids if you're better. And I get all kinds of testimonials like Steve, the reason we haven't, invited you over for, you know, a barbecue in two years because you're an asshole, but now you're not.

I don't know what happened to your nice guys. That's why we invited you last week. I get comments like that all the time. Is. Or the. I don't want to divorce you anymore. You kids want to hang out with you.

It's like kids go. You notice we haven't asked to go to the movie with you for two years now. We have twice in the last three months and so and the and it's weird because I've had so on the PTSD study.

It's 0 to 80. We're using the Veterans Administration PLC five. It's 20 questions. If you're over 33 you definitely likely have PTSD. But I have people tell me I don't know if it helped me.

I get them on a zoom call just like this. And I go, you don't think it worked and help you don't, I don't know, like you reported a 72 out of 83 days ago and you just reported a 12, and they start crying.

I've got I have actually so many videos, but they won't let me. Most of them won't let me post them on the testimonials. Right. Because I don't want to see them crying.

But they forgot that. And I told I have a friend who's a I've known since kindergarten. He's a chiropractor here in town. Right. And I've talked to so many psychiatrists and doctors about this phenomenon.

They're like, that's true with every intervention treatment in the world, people forget. And so my he goes, when I get a new patient, my chiropractor goes, I videotape them, they come in on a walker the next time they come in a cane, the next time they come in with a lapdog and they go, well, I could always do this.

And I'm like, no, you're on a walker. When you came in here two months ago, right. So he she, he videotapes everyone, shows them, and they go, really?

They forget. And part of the PTSD thing is intentionally making you try to forget some of those past experiences or allow your brain to not give them so much emphasis in the negative world.

Right. So I did that. I started doing reports like that on PTSD before and after because I was afraid I don't get so many returns because people forgot and we've actually had people return it.

Are return rates extremely low? I'll just say it way less than 3%. Okay. But I've had people return it, then call me back up and go, okay, can I buy it again?

It was really helpful, man. I didn't know it. Right. So it's a there's some weird phenomena like that with it. But yeah, I, I've changed my tune about placebo on animals because yeah, you come up and pet them, they know you're taking care of them.

I don't know, I mean, okay, I just thought of this, but here's a perfect example. That dog I have right is you leave them to go on vacation for a couple days, and you only have somebody come over once a day to feed them, or you have somebody come twice a day to pet them.

They're complete. They're completely different. When you get home, right. They got more attention. They're in a better mood. They did that one when she had her temper tantrum, she'd go get a sock out of the clothes bin and throw it in the middle of the living room and go take that.

That was her as a temper tantrum. But I didn't do anything. Just throw a sock in the middle of room. So it's just. Yeah, don't ever let me get. Okay? You.

Oh, there, there something there's something. Those critters, I tell you, they they do make me laugh. Yeah. Gosh. So, you know, I think the, the one thing that I noticed that I did want to ask you about is putting the verb next to water or cremes and infusing the, the water, because there's a lot of folks out there right now in the alternative medicine space that will tell you that they are doing put infusing, basically salt water with a vibe for you to help heal you.

And I'm like, sounds like you could maybe do that yourself with the vibe. You can tell me a little bit about that. So the coils are right here on the back where the vent holes are at.

Okay. I showed you the inside of a second. Go. You just go. I got set on there. Run it into water. All right. Cream. We got cream right here. But are you ask that this is not set up either.

Listener I had cream sitting right here. So antidotes data is water will hold it for about six hours. The cream or hold it for about 30 days. Now, how do you measure that?

That frequency is in the cream or the water. It's impossible. There's no technical thing to measure that that I know of. There's a couple YouTube videos where people are trying to simulate it by using amplifiers and stuff.

Now, most physicists will tell you water doesn't have any memory. It can't hold frequencies. But guy that won Nobel Prize, okay, prove that it did. And it's he's now past.

But there's a great documentary out there. We used to have it on our website. The FDA made me take it out. That's another story. But you can go Google it.

And they're showing that it does have memory. I honestly, I sell a lot of cream, but I don't I don't I've never ran an ad for cream ever, because I'm already selling voodoo.

Yeah, I got so many Facebook haters that when I tell them you can put in water and cream, unless you're in that space and you write that a belief or something, it just attracts more Facebook haters.

So I go, I don't go there. I have to stick with the article I wrote called liar, Liar, Pants on Fire. I finally wrote an article

because I have so many Facebook haters.

I've been called Hitler Death threats, all kinds constantly. I said, so let's look at the biggest scams of all time, okay? DNA sequencing, MRI's, antibiotics, Crispr.

X-rays. Right. So I just go through this list of 100 things that are absolutely, positively impossible until they weren't right. We do a million MRI's a year in this country.

If I explain to somebody in 60s how an MRI works, you'd go, that's it. There's five levels of magic and they're all impossible. But everyone looks at the picture and goes, yeah, that's my heart.

Well, how did that happen? Do you know how that picture was made? No. It's impossible. You want me explain it for a minute? Do we have time? Okay. Yeah. Do it. Yes.

This is good. So the protons in your body have a north and south pole, and they're all tilted in the random, kind of like Earth. And they're randomly distributed. Trillions and trillions of Trojans.

Okay, you put somebody in an MRI machine, you hit them with 50,000 gauss magnetic field. It makes all of those things line up parallel. Okay? They all line up parallel, and the body starts emitting its own magnetic field like a laser.

Right. That's magic number one. Okay, first of all, magic one is you can align them with the MRI. Number two is a laser. Your body starts to put this energy out.

Then you literally take Am and FM radio. Not kidding. 107.3 FM or 102 point 5 a.m., depending on what you want to look at. Blood or this part of the brain or you lung or bone tissue.

So you hit them with a radio wave. We turn the knob to the frequency depending on what to look for. Then you turn everything off. That's what the MRI is doing.

Want to click and click? Click and you turn all the power off and the radio off, and your body snaps back to randomness and emits a ton of energy. And you capture that energy on a Fourier transform machine that makes a photograph.

That's how an MRI works. That is pure magic. It should. It can't work, but it does. So there's a if you're old enough like me to know a comedian, Rich Hall in the 70s, he had a show and a thing was called Stiglitz.

They're words that aren't in the dictionary, but they should be. And one of them was bo zone. It's an invisible zone. It's an invisible gas that surrounds people.

It stops new ideas from getting it right. So get rid of the ozone. You go try. And when I get called a scam result, I'm like, can you explain the financial model to me?

Because I have a 30 day money back guarantee. Nobody's ever paid for one that didn't work for me. I didn't give their money back. So how am I making money?

Oh, how am I scam artists? And they like you, Hitler, come to my house so I can kill you. Like he's Facebook and he blocked that guy in New York. Put his address on Facebook.

Here's my address. Please come over so I can kill you. I'm like Zuckerberg. How does that even get poked anyway? It's all right. I'm back for my own sanity.

Last, eight days ago, I hired a social media comments person to help answer a Facebook post for me because I. I'm an idiot because, like, for a year, I try to reason with these people.

Well, go read this study. Screw you. Well, there's 35. Yeah. So I'm like, I'm like. And then some of my friends, like Mark and one of those idiots don't try and negotiate with them, just block them because they're just there to fight, you know, like, but I want to explain to me how I want to teach them.

Go, go, go learn something. Right. But, sorry. Sorry to go negative on you there. Okay. You know what I mean. Anyone anyone who's gotten some traction on social media with anything, you get those people that eat Cheetos and sit in their parents basement, you know, and as far as, like, far as we can tell, you know, they're just they're just fail.

MRI Explanation and Skepticism

They fail to thrive. Or they could be bots. And, you know, it is what it is. You know, we'll see. We'll see in the summer. And some are competitors too. Yes.

Oh, never a dull moment. Never a dull one. That's why we need the the vibe. Because there's lots of things that will try to take our vibe down. And so having having this kind of reboot us, I mean, I think, it's just and it's, it's huge.

It's huge to have that. So one last thing that I wanted to know about, because I saw it on your website, is that you've got a home pilot study that you had on the website that you had mentioned.

If, you know, folks could do their own research and submit information back to you. Tell us a little bit about that, because I'm curious just in general now.

So I've done several initially I gave a bunch of them away doing studies and various things to PTSD. That's where a lot of that data came from. Studies that I'm doing right now, honestly, is I'm not.

If they're if they buy the vibes, I'm not giving away free anymore, but they buy the vibe there and they're buying it for PTSD than they do the before and after we give them the questionnaire, they do before and after, and we give them a free report card, like I was talking earlier, the other studies right now because of what we were just talking about, Facebook hater it and getting doctors on board.

So so I have a third party independent doctor who's a neuropathy naturopath. He's a PhD in neuroscience. And so I'm we're doing I can't say the D word, but we're doing a test on lowering blood sugar in a C.

So I'm doing all my studies now with a doctor that's independent that I have no input besides give them some guidance and then let him do the data. So I have stuff and vagus nerve.

So those are the two studies we're doing right now. But I'm not looking for volunteers. He's doing it through his office churches and it's hospitals and those type of things.

So I can go get some more data that says these guys ran it. Here's what they said, just to give it more and more credibility. But yeah, I'm a small little startup company, right?

I don't one goes, where's your all your double blind study. And I'm like, okay, well they come from 8000 practitioners using it for 35 years. But guess what? Doctors don't write studies.

They treat people right. So there's not tons and tons. So we have what we have I mean the liar liar, pants on fire. I tell them, here's what we know. Here's what we don't know.

But the results are, yep, 98% success rate with PTSD that's coming from customers who measured it. We're doing a lot more biomarker stuff. Have nothing to do with these guys.

Fitbit. Oh, yeah. It's only 80 bucks. It has heart rate variability. What we're learning is, you know, the industry is learning. If your heart rate variability goes up, it's not intuitive.

It goes up, you're healthier and your heart rate variability goes up. It's going to fix a lot of things. So that is the number one measurement now that the VA uses besides the questionnaire for PTSD improve it to the heart rate variability go up.

I actually ran a study with water infusing water and treats with dogs in the largest no kill, shelter in the United States. There's 850 dogs to our south of me.

This is a good point for all entrepreneurs and research stuff is like, didn't do enough homework before I did this. I made the assumption that cortisol levels would come down if PTSD came down.

It's not true. Cortisol is already low for whatever reason. Almost everyone that has PTSD has very low cortisol. So do dogs. So I was trying to correlate we do mouse saliva test cortisol.

Cortisol didn't really move but I was measuring the wrong thing. I should have been measuring heart rate variability, which I didn't have an easy way to do that on a dog.

So yeah, it's like cortisol should come down, make everyone know as cortisol goes up when you stress more. So I figured the stress came down and come down.

But anyone PTSD people or dogs already have super low cortisol. So it's not the right indicator. So that was three months of hanging out with dogs that didn't work.

But you know, you could try it for sure. Well I'm sure you helped them out anyway though I'm sure of it. Even if you don't. Placebo even was a placebo in a course.

I had volunteer kids trying to help me too, so that again, the treat to right do whatever. And it's like they all said, yeah, you know, they did. We did see an improvement.

The dogs were better, but I don't have anything statistical with a p factor of five. So I didn't publish it. I said forget it. You know. Anyway, so the p factor, you know what a lot of dogs need to wake up.

That's all I got to say. We got to wake up to the reality here. Than half the studies that we've cited for all these years and based a lot of our practice on not even real.

So, you know, at the end of the day, you got it. You got to test stuff out. You get to see what happens with your own clients. And at the end of the day, then you can make your decision.

And, you know, I believe the PMF has a lot of great capability. And the fact that you've got something that's affordable is huge. And in my world, because the beamers and the other mats out there, it's just two broad spectrum.

And that's the other thing that we didn't talk about. Yeah, but talk about that really fast. The other thing that holds you apart from other folks is the targeted rates.

So those resonant frequencies that are specific to specific conditions, a Beamer mat, they're using, what they're calling the Beamer suite. So they're looking at a range of frequencies at sweeping back and forth.

So it's basically going back and forth and it's going up in amplitude. And then it repeats. There's some benefits to that for homeostasis. And we have it on some things where your body's going to get used to the frequency if you don't change it.

But yes, ours are very specific based on 8000 practitioners and 35 years of again, frequency A's. Where is it BS? What's wrong with it? And it's going to change every like 1 to 4 minutes.

And it's targeting everything in your body right. Or it's target, whatever that specific ailment is. So I get asked all the

time, what frequency is this?

I'm like, it's not, it's a frequency pair. It's a song. As I said earlier, it's called Vocal chords is a song. And they're each every one of them is completely different.

I get this asked why did doctor doctors get to make up their own word? So I made up one a biological syndrome. I mean, what does that die? Biological syndrome? It's dia depression.

Insomnia. Anxiety is the devil's triangle because you never have one, right? If you got depression, you can't sleep. You can't sleep because you're depressed.

So it's funny because I've said that in keynote presentation dialogs and I go, yeah, my father had that like so I made the word up. So I don't think so.

But people go, if I run Dia, do I still need to run PTSD? I go, yeah, I think so, because PTSD is just much, much more complex. But the bottom line is try it and see if it works for you.

Everyone's different. Some people won't work for at all, but that's very few. I mean, it's actually shockingly few. And so yeah, it's very targeted, as I said, based on and it changes all, we're still changing it.

Right? In fact, the PTSD one lady called me up. She was an M. D. and she goes, did you get this from such a such about my. Yep. That's why I got from she goes, I wrote that 15 years ago.

Can I see the frequencies? Because so-and-so took them out and I told her to put them back in and she's not listening to me. I know what she's doing. I showed it to her.

She goes, right, you need these frequencies back in there. And I'm like, okay, so I change that protocol. She was the one that invented it, and I she found me.

Right. Really cool story. She goes, I had a Green Beret come in with severe PTSD and he said, don't you try and treat me for that PTSD because I don't believe in a blond.

She goes, okay. And he's like a six foot eight dude, big. And she's small. So she goes, so I ran PTSD on him. He came back 30 days later and goes, come here a minute, give me your hand was okay because did you run PTSD on me?

And she goes, yes sir, I did. He goes, I want you to spend the rest of your life trying to come up with an affordable device so every soldier can afford it.

And she goes, okay, so I'll try not to cry because this is a real story. She comments. Because, Mark, I don't have the capability to engineer something like that.

And this bothered me for ten years that I haven't been able to do it. And then I found your product. That's how she met me. And she goes, you saved my life because I've never been able to satisfy this guy after I helped him, because all I have is the Beamer mats and expensive machines, and the machine that she's using was like a $15,000 FSM.

Wow. So? So, yeah. So that's a cool story. And she calls me every week, you know, gives me some more advice and stuff, which is cool knee need, you know what I mean?

That's the thing. Humans helping each other and really teaming up to to give the information and and that's at the end of the day, what we're looking for, all of us helping out, is trying to do what we can and dogs, cats and horses to not just people, because that's that's my sinister plan is dogs.

Anyway, I could get one every dog owner it if I if I could have my dog living forever at least longer. Let's let's say at

least a lot longer than the average dog's life.

And feeling good. I'm all in. I'm. I mean, I've got more stories of my dog. He couldn't get off the couch, you know, or she yells when she gets off the couch.

Now she's jumping off the couch. She's chasing balls again. She can't even, you know, scratch. She just cry. She can't even scratch. Or so things on. Dogs is arthritis, right?

Aging, inflammation. Allergies is huge, right? Relax and balance, anxiety, separation anxiety, all that stuff.

Studies, Hydration, and Where to Learn More

It's helping tons of dogs, which is it's super cool to see it. I love it, I love it. Oh yes. Now last but not least, to get all of this to work well, we have to be hydrated.

I know you had mentioned in one of your talks about yeah, it'll still work if you're not hydrated, but I think I want to sum up everything with this in and just in general, how important it is to be hydrated to get the vibrations right.

Not right. Let's just calm just get the vibrations happening like they should. Nobody. Oh most efficient. There you go. Most efficient. So it will work if you're not hydrated.

Just not as well. So what we say is a drink for 12 ounce glasses of water in the four hours before what you should be doing anyway, they should be drinking that much water.

The reason is, and this is why we. Because the magnetic field itself will not travel very far on its own. Because that's magnetic fields. Don't they drop off what's called the square, the distance.

So they drop off very fast. But we know we can put it in your pocket like this, and it's going to heal a broken foot. How is that possible? How is the energy? Get to your feet three ways.

I think number one is water in your body like a pebble in a pond. Okay. You throw the pebble that way. And we believe this is true because if you're not hydrated, it doesn't work as well.

So that's why we're think the transfer comes from water. The wave through a water like a pebble in upon number one. Number two, it's an alternating magnetic field.

So it's going to create a very, very, very small alternating electrical current. So anyone that's familiar with the tens unit, it's a thousand times less energy and attenuate it.

So you're not going to feel it, but you're scanning your organ your entire body is electrically conductive. It's got high resistance. It's a couple hundred thousand ohms, but it's still going to travel.

So it's traveling through the electrical conductivity. And the third one, and you'll never hear anyone say this. My theory. But magnetite is in the cells of sea turtles and birds and stuff.

And that's how we believe they migrate. It's recently been discovered that humans have magnetite ourselves as well. So picture magnets to magnet is if there's actually magnetite, yourself in a magnetic field can transfer through all cells due to magnetite.

So double a pan with water, electrical conductivity of skin and magnetite. I think that's how it transfers. Now I have some competitors that say it's good for 30ft for their product.

How is it getting? I'm not going to be skeptical as I'm selling voodoo too, but how is it getting, you know, ten meters away there? Like entangles with the ninth dimension that's in the brochure.

I'm like, okay, so, so cream infusion isn't that big of a stretch to the ninth dimension. Ninth dimension exists mathematically because you're using calculus like the thermostat on your wall.

The reason your thermostat doesn't go click on, on off click. It's because it's built in like the fourth and fifth dimension mathematically. So it doesn't turn on and off super fast.

But anyway, just got weird. But anyway, so that's that's how we think it transfers those three things water, magnetite and electrical conductivity. We are such fascinating creatures on top of the fascinating world we live in and all the of the mysteries.

So yeah, to that whole point is we learn something new. It's a new video game, it's a new level, and it's like, you know, magnetite was in cells, right?

One quick story so you can deliver it with light so you can flicker light. I told you, light, vibration, sound, electrical current PMF. So MIT has reversed Alzheimer's and plaque in the brain flickering in at 40Hz.

Right. So you can go Google right now all kinds of products. I had one coming out. But anyway, so I feel good because I got the school and MIT professor who is an MD and has two PhDs, and I said, okay.

So he goes, well, what your frequencies are 1 to 1000Hz. Well, nobody could see over 60Hz. Open your mind. No ozone. You don't know everything. Right.

And you're going to video game is going to go to the next level. I love it I love it on the on that. That's a perfect mic drop. And segue into telling folks how they can get their own video game to the next level, using or selling the house.

So websites for Zona Dot health, where else can they find you if they want to look at more videos or social media or things of that nature, where do you come all over it for the time being? I'm all over YouTube and stuff too, but and we'll see what the sense of humor is that your audience has.

But they can go to the FDA sucks.com okay. Because we going to talk about the FDA trying to shut me down because they don't want this to exist, but the FDA the FDA sucks.com is my website that they can go learn more.

There's books, there's research, there's PMF, all kind of stuff, and then get $150 off. They want to try it. Oh my gosh. Well if they they might not have a job if, if all of our minds become open.

So that's that's where it's at. So yeah, everyone keeps telling me fingers crossed Marcus Kennedy I mean I've seen some of this Texas if you're part of this corrupt system and, you know, this tax was the war on health is about to end.

You know, peptides, this, that any alternative stuff that's really helping that. He said, if you're part of this corrupt system number one, keep good records because you're going to need them. And number two is pack your bags.

So I'm hoping that I hope there are some changes there. So that's good news, right? Good news. Bad news is, fastest growing PMF company in the world. I think that's good news.

Bad news is when you make a lot of noise in the now that now the government knows I'm here, they don't. Most people don't know this. 75% of the FDA's research budget is funded by the drug companies.

You know, a podcast a doctor asked me on the day, how can people don't know about it? Have you ever watched the 6:00 news, the most expensive commercial time?

There is never any commercial except drugs. When was the last time you saw a commercial on the 6:00 news? It wasn't a drug commercial. Ten years. At least ten years. Right.

So they. Oh, they own the airwaves? Yeah. Okay. Yeah. We don't want we don't want to know. Negative. But we need to know zone. Let's be positive. Go try it. See if it helps you.

Don't give me your money back. But keep an open mind because it's it shouldn't work. But it does. I love it, Mark, thank you so much for coming on and sharing your honest opinion, because I think we need more folks that are real out there than not and can't statements.

Thank you. Thank you so much for having me. That was awesome. My pleasure. Hey fellow health junkie. Thanks for listening to the Health Mix podcast. If you enjoyed tuning in, please help support me to get the word out about the podcast, subscribe, rate and review and just get that word out.

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