Introduction to the Menopause Summit

Hello, Dr. Stills here. Your host of Mastering The Meno(Pause) Transition Summit 3.0. Our third year. My third year coming at you with all these amazing conversations to help you make this your sacred second act.

To just really flip the conversation about what menopause is and to get you excited about this time. I love being in menopause. And so, as you know, we talk a lot about hormones and how to balance your hormones.

And I've got that dialed in for you and your diet and all these things. And a lot of you have been asking a lot of you know, that I am opening up a huge 7000 square foot clinic in Scottsdale, in the first quarter of 2025.

So, you know, months away now and you've been asking me all about it. You're all excited. Everyone's trying to already make appointments, and we haven't even set up this schedule yet.

And so you're like, you know why? Why are you opening up a center? And one of the reasons I'm opening up a center is because I really feel for menopause, for health in general.

If you have a diagnosis that you need to have a place to go because therapies need to be applied to your body. And it's not just what we're taking in a homeopathic or an herbal pill bottle or a vitamin or our bioidentical hormones, you know, these things are all important.

But how we treat our body, the therapeutics we apply to our body are super important. They're a huge piece of the conversation and of the pie when we're on a healing journey.

And so that's a main reason also for diagnostics, why I'm opening a center so that people can come from all over and benefit from the technology that I have found from traveling the globe.

And so today I have Rob Insinger with me, who is the co-founder of the company of the Ammortal Chamber, which is like our our prize baby that we're putting in the clinic.

We we have it in this special place with these cool glass that can frost up when someone is getting treated. And so it's really a centerpiece we're super excited about.

And you're going to learn what it is and what the technologies are and why they're so important for you. So welcome, Rob to the Summit. It's awesome to have you here.

Thanks for having me, Dr. Stills. I'm, it's my wife said she goes, wow, I never pictured that you would be on, Summit interviewing for menopause.

Why Stills Health Center Is Opening

I was like, hey, you know, what's this? Great. I think every male should learn about this and and figure out how we can be supportive. So, thank you for having me.

You're so welcome. And, you know, it fits in really well. I've. I've interviewed a lot of men. And to me, why I'm so passionate about educating and helping women with menopause is because it's really this time to pause and really evaluate our health.

And so it's not just about hot flashes. Yes, our hormones are crashing and we need to replenish them, but it's really this time to stop and be like, have I been taking good care of myself?

Where can I up my game? And so I think that, you know, whether you're a man or woman, hopefully. You know, I always often say when I start this summit interviews.

Hi, ladies. And I stop saying that at least I've attempted to because someone was like, you know, why are you just saying hi to the ladies? Hopefully they're male partners or watching with them because happy wife, happy life, right?

Absolutely. And you know, as you said, we're chatting earlier about a couple things. It's you. These things that happen as you age don't really get unmasked or brought to the surface nearly as easily as once we hit a certain age.

And then women who go through menopause, that gets even more enhanced with all the hormonal shifts and things of that nature. So I think it's just really important.

And, you know, overall, there are a lot of other things we can do. And you said it in the intro, you know, people taking supplements and things that nature like how do we what else can not just women do, but men do to ease into this aging transition?

Because there's so many things that we're learning now. not just about supplementation, about, you know, running these big blood panels with someone like yourself and figuring out, like, where my deficient, you know, you may have no idea.

And where is in the background? Your bones are regenerating much faster than they should at your age or your testosterone levels off your estrogen levels.

And so all these different things are critical. And so what we're doing now is we are bringing to market this amazing new technology that enhances a lot of the things that you should already be doing.

but it also kind of helps along with that journey because you're able to kind of get a synergistic effect of all these different technologies. But if you're taking hormone replacement, if you're taking different supplements or different medications, it can also enhance the absorption of that and do a lot of other elements that are going to kind of, really be kind of a nice sidekick to, to all the different treatments that you're dealing.

Exactly. Yes. It's, you know, I look at it as like a big pizza pie, gluten free and dairy free, of course, but, you know, there's all these different slices.

And so one slice is our bioidentical hormone replacement and one slices our diet and one slice is our movement. And to me, one slice is certainly what kind of therapies can we be doing to our body to enhance cellular regeneration, to decrease stress, to put us more into the parasympathetic state, to fight free radicals, and so on and so on.

And so let's talk about the Ammortal Chamber and get everyone excited for when they come to Stills Health Center. So, you know, I met you at a conference in Vegas that I go to every year.

It's a big anti-aging conference, and I don't like the term anti-aging aging. I used to say I'm an anti-aging doctor. And then I thought, why am I against something that is happening whether I like it or not?

So why not be pro aging and learn how to work with the aging process and enjoy it? But I mentioned that you at the big anti-aging conference and I was blown away by this beautiful machine that was so sexy and sleek.

But that how you had integrated so many of the most important modalities that I was going to purchase a different machine for, and have to have patients spend 4 or 5 hours at the clinic going from room to room on these different machines.

And here you had it all in one machine equally, if not more effective. And so I'd love to just go through. If you want

to talk a little bit about how the Ammortal Chamber great name came to be, and then we can just go through each of the therapeutics.

Excellent. Yeah. And so, you know, we hear a lot of biohacking, right? And just like you talk about anti-aging, I was in that industry for a long time in skin health and some of those other elements.

But we look at more optimization. Right. And so we're trying to optimize all of what our biology and nervous systems are doing.

Meet the Ammortal Chamber

And so, you know, my background was pharmaceuticals for a while and then surgical device for a while. And so the Western medicine is really good at the acute when you're injured or when you have something going wrong, like, you know, if you break your arm or leg, I'm not going to put you in the chamber, at least not right away, you know, to try to fix it.

But it's, it's great for that. But it you know, a lot of these physicians aren't trained classically like yourself on these other modalities during medical school.

And so they just it's just a different mindset a lot of times. And that's shifting, which is great. And so, my business partner and I, Brian, and one of the three co-founders, he and I have been entrepreneurs for many, many years.

And just he had gone into our other partners, clinic, and he was he's a PhD who treats is like a rehab specialist. And so we worked with a lot of MMA fighters and a lot of other athletes.

And Brian walked in his office, and he's got a PMF mat over here. And the guys, one person's laying down and he had a red light therapy and he's he's using a pulley to bring this panel down, you know, and he's got hydrogen water over here and he's got someone else in a meditation area.

And Brian kind of looked around. He's like, Insinger, how do you do all this? All that. How did people have time for this? It's like, oh, you know, we're multitasking doing this.

And it's like, well, is anyone ever done all this at once? And he's like, no, I don't think so. And so literally it was pretty amazing. Brian sketched out the actual design of the chamber right there, and he's done lots of products and, you know, I'm 51 and he's a few years older than I am, but created a lot of products and said, I've never once done that where I was just I sketched out immediately.

So he kind of joke, just like this divine intervention, the universe came in and said, this needs to be done. And so when you see it, it's like you said, it's beautifully designed and it's got this zero gravity bed that you lay in, which kind of gets the everything started.

But it looks like the idea behind it is a lightning bolt going through a block. And so a lot of these modalities are kind of fall under what we call bioenergetics.

And so this is a new field that's being studied where, you know, we're basically protons, neutrons and electrons or electric beings. And so you've got essentially those different cell, all your cells, maybe 30 trillion cells in our body, you know, they get depleted just like a cell phone does or anything else.

And we used to run around in the woods, and we used to be out in nature all the time. And a lot of those energies we got from the sun and from the Earth's core and from, you know, just being out in fresh air.

You know, we didn't have pollutants in our water. And so all of these things play a factor. And so what we did is we said, well, let's go find the best in each of these modalities.

And so I'm sure your attendees have heard of Red light therapy. It's kind of known as photo bio modulation. It's sort

of a broad spectrum of different lights that they use for healing.

Then we've got what we call pulsed electromagnetic therapy. And so you get a lot of athletes, you'll see kind of wrapping mats around there. But there's different things.

Some are called the beamer is one that might be well known to some of your as your audience. And those go in and specifically have an intention. And then we've got fiber acoustics, which they use for all sorts of different elements like you heard of float tanks.

It's kind of a similar concept. And then molecular hydrogen, which I mentioned the hydrogen water. And then finally guided meditation and breathwork exercises.

And so we went and curated kind of all the research of all this. And one of the things we said is everything we put in here needs to have at least ten years of really validated, studied, you know, research or clinical trials so that we don't have to guess what it does to you biologically.

So that was really important that it's got all this research. So it's not like we're doing something that isn't really well known or that can't be proven.

And so this is a general wellness device as we say. But you know each of these kind of have different FDA, each of the modalities have FDA indications for certain things.

So for instance, I'll start out with photo by a modulation, which is red light therapy for the most part. that works specifically on skin health, which as we age, obviously is one of the things that is most noticeable.

Right? So we know that it works on regenerating skin cells more rapidly. it also works on micro circulation. So a lot of times you've got peripheral vascular issues where your hands and toes get cold, you know, like our whole family skis and constantly, you know, toes get cold.

Some people don't, you know, but you have those types of issues.

How the Chamber Was Designed

So you're increasing micro circulation. You're increasing blood oxygen levels. So all of these things are natural things to your body that helps it heal itself.

And so that was another big thing for us is we didn't want anything that was unnatural to your system. So, you know, pulsed electromagnetics you normally would get from the Earth essentially.

And when you also photo by modulation, I mean there's so many different light frequencies and that we get from the sun. And since we're not outside light we don't get those.

And so they're very specific frequencies that work on that. And we use what's called red LED. And the near-infrared LED. And so those are the two spectrums currently in the chamber.

So it works on those. And then when you get into the pulsed electromagnetics that really works on recharging your cellular energy. And so it actually goes down to the mitochondria in the cell and stimulates what we call ATP, which is almost like the fuel for the cells.

And so it goes in there and there's studies showing that it just basically stimulates that happening. So you get 30 trillion cells in your system. If they're operating at 30% and you're it's almost like a human recharging station.

You're recharging that cellular energy, which is allowing your entire system to operate more effectively when you're not just in a great state, but when you go through different changes or your hormones are fluctuating or all sorts of different things, you know, stressful world we live in.

So it's helping manage all of that. And we do all of this inside a very comfortable, kind of enjoyable ride. And so if anyone's ever been in a float tank, it's kind of interesting, like you're in there and it feels like, you know, sensory deprivation.

But we wanted to have it to where when you lay down in this, it was very comfortable. And so we have the zero gravity acrylic bed that you lay in. And then we have speakers on there that produce different sound and vibration frequencies.

And so that's the vibro acoustics. And so that starts kind of the journey. So you lay down in this zero gravity bed and we have a touch screen or so do I want to do a 40 minute walk through a Costa Rican forest.

Then I have a guided, you know, a shaman guide or a South African voice guide. Or do I want a power recovery after a hard workout? Do I want to have a flow state which is maybe I'm gonna have some hard conversations or, you know, I'm going to be going to an event and I want to be really focused.

And so then we're able to alter the different settings to achieve those outcomes. And so most importantly though, is we really want you to get into that area where you're not on your phone, you're not talking to anybody else.

And we really just don't disconnect these days. And that on its own has a massive impact on your well-being. And so what we did is we said, well, this is great because we're going to almost Trojan Horse this where it's like, yeah, we're putting in this really comfortable area and then we're going to get your nervous system to calm down.

And so the vibro acoustics, it's been shown that cortisol levels start to drop. That's the stress hormone oxytocin which is the connection feel good hormone.

Those levels start to raise up right. And so it gets you into a space where your body, your cells go from sort of being in fight or flight to opening up.

I say use an analogy. It's almost like having a baseball versus a wiffle ball. Like one of them things go in and out of, and the other one things don't.

And so we're really preparing the body to optimally heal itself and recover itself. So you do all this anywhere from a 15 minute to a 60 minute session in the chamber.

And so there's a lid that you get in, you select what you want to do, and then you hit start and the guy voice starts to walk you through things. And then the lid lowers to a certain level and stops.

And then the red lights turn on, the fiber acoustics start, and then the pulse electromagnetics. And then the last thing you do is you have a cannula in your nose and you inhale molecular hydrogen.

And what's different about that than drinking hydrogen water is hydrogen is a tiny molecule. So a lot of times it doesn't quite stay as stable. So it's going right into your lungs, right into your bloodstream.

And acting is this really powerful antioxidant. And so we've taken all sort of five of those together. And the last one I would say is a guided meditation exercise.

So when you get to choose what your journey is going to be or your experience in the chamber, you might say, well, I'd like to have it. I'd like to do a breathwork session that's going to focus on, you know, some childhood trauma or something along those lines, or I want a meditation where I'm going to be very focused, so you can have a guide voice that will guide you through the entire time you're in there, or part of the time, or not at all.

You just want to lay there and hear immersive sounds. And so what's nice about that is we again know what all of these technologies are going to do to you biologically.

But then we really want to focus on how do we get the nervous system into a state where it almost resets so that

your, your cortisol levels are going to drop, you're going to be able to receive these healing energies, which again, all have great research behind them so that you're optimized and you know, you recover faster from workouts or you know, better mental clarity.

Your whole system just works better. And it's kind of interesting because when I used to be in these other industries, I'd look at these studies. I'm like, oh, that sounds great.

But what you're seeing, the human body is pretty intelligent when it gets what it needs. And that's what a lot of these pharmaceuticals are doing there are making up for deficiencies in other areas.

Whereas we're approaching that from the same way. But doing it more in a preventative nature. Like you do this as maintenance or just like you take supplements, you know, you should do that because it just optimizes your entire system and makes up for deficiencies.

So that was kind of the why behind what we were doing is we want it to be very easy to utilize, pretty easy to understand. I mean, it's it's complicated, you know, when it comes to it.

But people are like, well, what what does it really do? I'm like, well, it's kind of a human recharging station, and it just allows you to kind of go in and meditate and have some time and just be while you're getting all these different, different healing energies at the same time.

Red Light, PEMF, and Cellular Recharge

So I love that because when I first decided I was going to open a clinic, I wanted to call it recharge and I wanted it to be. It's exactly what you said.

I'm like, I think we'll just have to have you playing on the clinic website because I'm like, you just claimed why I'm opening up this clinic. and I wanted people to come in and they, in order to enter the premises and use the therapeutics, you have to turn in your cell phone.

And I was like that, actually, we're we're probably going to do that and we're going to have like a charging like bring give us your phone will recharge your phone for you.

We'll get to see, you know, 100% battery, but you're going to go recharge yourself because we are so much more focused on, oh my God, my phone battery's dying.

Then looking at our phone batteries like we, you know, I wish we had a breakpoint. And the phone kind of tells us, you know, you're at 33%. We don't really you know, we should have that on our on our forehead. So I oh, dang, I need to go recharge.

We had that. I literally joked about that with, with Brian a couple weeks ago and Stephen that we should we should it should be almost the same fact. I think in one of our videos introducing it, we're going to have that like someone walking around, they'll be one of those icons above them, kind of showing that depleting.

But you're so right and you know what you're doing just it just makes sense, right? I mean, you're looking at at the whole being, right? You're looking at the body and then you're looking at the being like, the body is biological. We know what we can do with that.

And then the being is I mean, it's amazing. Like our unconscious runs so much of what we do. And hormone releases happen a lot of times without you having an intention for that. Right?

So how do we direct that and how do we understand more about it. So what you're doing is amazing. Like I not too long ago went and got a full blood panel and did all that.

I've been kind of delinquent, you know, kind of joke. I'm like the, you know, cobbler's son has no shoes, right? I

need to walk the walk. But I found out that, yeah, I needed to be gluten free.

And it was as clear as day on there, and I did, and I feel so much better than I was. So simple. And, you know, options are getting better now and then.

My vitamin D was low. My testosterone was low, and all these things, I had never addressed that. And so I think it's just really critical because there's so much we can do.

Preventatively. And that's why I was so thrilled when we first chatted connect, I was like, oh my gosh, this is perfect because your philosophy is exactly what we're trying to do in the same thing.

We're all playing in the same pool, right? It's just a question of how we're going to get there. And it's it's this collaborative effort and we love that.

And this whole industry really needs to get elevated. So, you know, we just love being collaborators on this. And that's why I'm excited to to play with you on.

Hey, what sort of protocols can we do and where is this going to be great for. You know, what specifically can we target. Because it really it just has so many different outcomes.

Well, and I you know, I'm thinking of like I almost want to make it mandatory. Like you have to go in the chamber before you see myself or Doctor Ben, my son, who will be the other practicing physician here because it's stressful seeing the doctor, even, you know, a doctor like me.

And I'm so nice and, you know, it's laid back and down to earth, but still, it's stressful going to see someone who's going to tell you, you need to stop eating this or this is low, or I'm concerned about this, or we need to so like to be able to go in the chamber and regulate your nervous system so that when you go have an appointment, you can actually receive the information in a different realm, and you can actually ingested and not have it spike your levels of cortisol so much.

But that you can. So I'm really playing with how does this work. Because you mentioned and I want to go through them again because yeah, literally like we were going to put a float tank in and we're on a second floor and the landlord's like how heavy is that going to be?

You know, and I love float tanks. But every time I've been in a float tank over the last couple of years, I always get like water in my ear and I end up having problems. So.

But I really wanted to have that sensory deprivation because I think silence is so important for our healing journey. Yes. So by having the vibro acoustics, by having that zero gravity, I think vibro acoustics, and maybe you can just that might be a term people don't know.

But my first experience with vibro acoustics, I felt like I was present at like the beginning of the universe being created. It made me feel so connected.

And so. In awe of the life that I am having the privilege of living.

Vibroacoustics, Meditation, and Nervous System Reset

And so can you just talk a little bit about what exactly is vibro acoustics? Yeah. You know, it's amazing because frequency is so critical. I mean, even Einstein talked about that.

If you want to understand the secrets of the universe, understand frequency. Right. And so sound frequency, it's been around forever. I mean, tribal, you know, going back whale and drumming and all these different things.

It was just because it had effect on you as a being, right? I mean, we listened to it to music that we love, that gets

us hyped up. We have a biological response to that, you know, and the same thing with music, you want to calm you down so your body responds to frequency.

And that's what's amazing is you there are research papers out there say, hey, this specific frequency for 40Hz is great for this. This specific one is better for this.

And so again, you don't have to guess. You can look at that and say, oh that's amazing. This frequency is going to be more calming. This frequency is going to almost cause reflection.

But we've had people come out and they were like, like, Rob, I don't even know how to explain that. Like I had a I had a conversation with my mother in law, who's been gone for two years now, and we like reconciled some things.

And so it's it's amazing what happens when the body gets into that state where you talk about sensory deprivation. We just don't get there. And so sometimes silence is scary for people because it's like, whoa, like I'm not getting my little dopamine hits. This isn't happening.

And so the nervous system I think is so critical because it's just kind of the driver of your entire day and you know, when you can be present in the moment and everyone talks about that.

Right? Like we see the Tibetan monks out there meditating in the cold snow and like, that's that's pretty amazing. So there's something to be said for that.

So when you can be present in that moment, it just has a big downstream effect on your entire system, I believe. And so that's what vibro acoustics is so great for.

They use it for a lot of veterans that have PTSD and anxiety. That's a big thing for it. And so it just when your body gets into a heightened state consistently and we're just constantly bombarded with all these stimuli, cortisol levels just stay elevated because your unconscious is looking to, hey, is there a tiger in that bush? You know what's going over.

It's just constantly in there. And so when that's part of the experience. And so I think that's a wonderful thing to do, is to have them get in before, because you mention a lot of things also like, are they going to stick me with a needle today?

Are they going to do this? You know, like you kind of laugh, but that's that's like reality. You know, you're there. And so getting in there, I mean, one of my favorite things people get out of it and I've seen, I think 1800 people now between those who have been in our big Airstream trailer that you see that we kind of go around to different events, as it were, set up with a baseball team this week and a football team, NFL team next week.

But I've seen 1800 people come out of there and it's amazing the consistency of the reactions. The first thing is people come out and almost have a kind of a smile on their face.

Like, I don't even know how to explain that. Yeah, and you can't make that up. Like, I don't care how many clinical trials you run and everything else.

And we see that when you see it so consistently, the sense of calm and reflection and gratitude, like we're going to have gratitude programs, you know, which I think we know what that does to you.

They know fear and gratitude can exist at the same time in your mind. So it it's just been wonderful to see. And so again, we know what it does to you.

People's like, well Rob, what am I going to notice after a single treatment? I mean, come on, it's not going to help my joint pain right away. And I'm like, well, you're going to notice that you just feel different.

And, you know, we had someone who had an ordering come out not too long ago and he's like looked at his and

his app said, well, it just says I had, you know, 20 minutes of deep sleep.

That's I wasn't asleep. We're like, your system was, you know, and it was, it thought you were because you were in such a relaxed, you know, meditative state almost.

So that's what I love about vibro acoustics is that gets you into the state where you're able to drop in, and then your whole system just kind of opens up to receive these other energies that then go in and kind of, you know, stimulate different mechanisms in the body.

Yeah. When you talk about red light and you know, yes, it's nice for the skin and stuff, but micro circulation. And so right now we have an epidemic of micro, lots of micro circulation issues.

Whether it's from having had Covid or having been vaccinated. And so that is something that's really important to me as a clinician is finding ways to open up this micro circulation that has become such an issue and is like a ticking time bomb for chronic illness.

So and you can I was just at a hydrotherapy training with a teacher from Germany, and we were just talking about, you know, from a naturopathy standpoint, like circulation. Oh, if you're not circulating, if you're not getting your oxygen, if you're not getting rid of your waste, there's no way you can be healthy.

It's like a vehicle with no exhaust, not getting fuel, not doing the right things to different components. You're right. I mean, it can't even operate correctly.

And it's funny that people don't look at the human body that way, but we're just an operating system. Ultimately. Right. And so yeah, that's everything.

I mean, your body can't operate if it doesn't have the right circulation. So I love it's like I was not involved. I'm not a co-founder of the company.

But I feel like I had to say because this is, you know, what I would like you put together all my favorite things. It's like we had this list of all this equipment we were going to buy, and we have other pieces of equipment.

We have a huge RV suite, and we're doing EBU and all sorts of things, and we have baths and stuff, but when you just put together like bio modulation, so important to me, PMF so important to be vibrant like you, I was able to just go, we don't need to get any of these anymore.

This just opened up a lot of space to do. Like we have, a big giant zen garden that you can come and rake in. That's great and be quiet. And so it enabled me to do other things because you've got everything in one, and we're probably going to need to get more than one machine because it's going to be hard to get everyone in it in a day.

Well, I'm excited because like I said, we've got a lot of clients in your area that are already clamoring for this.

Clinical Uses and Closing Remarks

Where can we get this? Where can we get this? You know, and we've sold 50 of them, but we're now getting them out into the world. And so it's going to be really neat.

And I'm excited because we're going to be able to build custom protocols with you based on your specific client base. And, and your patients. And so we can we're going to also be able to tweak that because the hardware is going to stay the same.

But the programing is what can change. And like I said, we can alter settings and we can look at different things that, you know, can help supplement this.

Like what do you do immediately before? What do you do immediately after? And so we have ideas and concepts

for that too. So that again, it's we're one piece of the puzzle.

Right. And so what you're doing is you're putting everything together. And that's what's critical because it's a whole a whole holistic approach to to a human ultimately.

Yeah. So I am I am so grateful for you. You can tell your wife you did a good job at your first menopause talk, but I think you know, I love it because I didn't have to say a lot because you said everything I think and feel and as important to me and so like I love how aligned we are.

And I'm so grateful that you guys put together the technology. I love people who see I need, and they fill that need and they go and create it so they can allow doctors like myself to then share it with patients.

And so we do all play in the in the pool or I like to say, the sandbox together. Yeah. And I'm just really excited. to get the machine, to get the doors open and to just start working with patients and have them benefit from it, whether it's from low energy, long haul Covid, imbalanced hormones, chronic pain, autoimmune, you know, the list just goes on and on.

Like you said, there's so many opportunity to utilize this in a healing protocols. So yeah, and thanks for having me. So grateful for someone like yourself who's an pioneer in this.

And an early adopter also helps us because getting this technology out there, you know, it's critical because as a company grows and scales, you need to have people that are out there, you know, utilizing it and then also giving us feedback like, hey, this is great, but what about this and this and this?

And so, you know, we're we're always collaborating on that side of things. And, you know, all the things that you just mentioned in regards to, you know, the different conditions, you know, autoimmune disorders, all these different things.

And when we've seen significant, impact from that, I mean, I had psoriatic arthritis, you see the ads for these all the time now, you know, to make your sky rosy or whatnot.

You know, all that stuff has its place. But after I had it at my house for a few months, I told my derm, I said, look, I feel pretty good. I'm a I'm going to wean off of this.

And she was like, I think you're crazy. It's going to come raging back after a couple of months, and it's going to take this much time to get rid of it.

And I was I have these biologics that were in my fridge. And so now I have a giant stack of them because after like I just didn't need it. And so, you know, and that's not saying I mean, look, everything has its, has its place. Right.

But for me, I. Would say no physician treating autoimmune conditions 23 years, I never have to resort to biologics. So if you oh that's fantastic. I needed to see you then.

You figured it out on your own. But yeah, I mean that there's such power in these therapies. And so, you know, putting it all together, the red light, the PEMF, the molecular hydrogen, the meditation, the vibro acoustic, it's like a dream come true to me.

I mean, I think meditation is some of the best medicine we have out there. And to put it together with the things that can also change physiology is just like, it's such a win. So, so thank you for coming and sharing and thank you everyone for listening.

I hope that gives you a little insight into what we'll be doing at Stills Health Center in Scottsdale. Coming. we're hoping for March of 2025. So stay tuned.

I will keep you in the loop. And I look forward to seeing you Rob at the clinic when we are cutting the ribbon and

unveiling the the Ammortal Chamber.

Absolutely. And you know, we love being a resource so people can go to our website, which is ammortal.com, and check that out. And we love getting inquiries and questions.

And, you know, being a resource. So I have the greatest job in the world. This is fantastic. So I get to work, be involved. Amazing people. Exactly. This is great. So I we have big smiles on our face right.

So thank you. Thanks for I know you're on likewise a wedding to get to. So thank you so much for taking the time to be here. My pleasure.