Introduction and guest background

I am extremely excited to have our next guest on. She's somebody that I was just having a really cool conversation with and I said, hold on. So save this for our interview.

But it was really, really enlightening for me just in the past couple minutes, learning from her and I know you're going to learn a ton. Her name is Doctor Cathy Goldstein, and she's the founder of the Integrative Health and Allergy Center.

She's a board certified acupuncturist, and she's been doing that for a long time. And she's really come up with some interesting ways of looking at the body and how to maintain health as we age.

I'm not going to tell you her age, but she looks so much younger than she than she is. And, she's a she's actually a product of what she is bringing out to the world, which is really cool.

That's something, Cathy, that I always love. You know, you don't want to see the person that can, you know, talk the talk, but not walk the walk. You are.

You are a perfect example of how we can be vibrant and healthy and and age is is really just how we feel. It's not necessarily a number of years, which is really cool, especially for me as I'm getting older now.

This is really a cool topic. I know everybody listening is going to love it. So welcome to the Global Energy Healing Summit. Thank you. Thank you so much, Tom.

I am really excited because I love, love, love the name of the summit summit that just that global energy healing is just so right on on path on what's possible and what's and what your body is capable of.

So. Can't wait to get started. Yeah. Outstanding. And acupuncturist obviously that's what you're working with. You're working with energy. Actually talk a little bit about that.

Maybe just to start. So you've been an acupuncturist for a long time. You've you've, you know, you've helped lots and lots of people. Thousands and thousands of people.

What got you into that, though? What what even made you want to become an acupuncturist? Yeah. So when I actually was about 26, I was really, really sick.

I, had a severe, disabling disease of Crohn's disease. And at the time, I actually was finishing pre-med. I thought I was going to go to medical school. Right. The university.

A different message for me. And, what happened through that process of just ending up in multiple surgeries and and long stays in the hospital, was I actually realized that that was not working for me.

And in the process, when I had the chance to be able to actually get out of the hospital, I gravitated towards holistic medicine.

Acupuncture, Crohn's disease, and energy medicine

I was fortunate enough to be exposed to acupuncture at that time, and I was, you know, I didn't have anything to lose. So I was all in. And that actually is really what started me on the path, because the results that I got were amazing.

And of course, our own story for our recovery from something with the art that we use. I was 100% in. So, I had

been practicing acupuncture ever since and in that process, also just making sure that I was developing the tools that address the whole body.

The cool part about Chinese medicine is you are. It really is kind of a spiritual, yeah, system. But I also wanted to bring in the, energy component of our universe and that global energy.

And that's where I really kind of took my path and specialized in, body, mind and spirit and energy medicine. So that was my path. Very, very cool. And one of the things we were talking about, and this term that I've, I've never heard before, so it was really cool to hear you talk about it.

You talked you talk about the energy highway, right. Explain that a little bit. I just I love that term, by the way. I, I don't know if you trademarked it or not, but I love that term.

I, I think I need to write. So let me actually kind of back up into just the physiology of the body because we live in this, in this, you know, physical being.

Right. And, a lot of times we think that our electrical system in our, in our information, like from the brain to the body and how we respond to things.

We think of it as, as a really fast process. Like, for example, if you touch a stove, you pull your hand away. And instantaneously, like, you almost sense that it's hot before you actually feel that it's hot.

So and that's the amazing part of the survival of this being, but that's also based on the electrical system of the body. So like the nervous system of the body and the nervous system is actually relative to that, that information highway, that energy highway is really slow.

It's like, you know, it can get jammed up. It could be like being on the 405 in California at rush hour. It's a really it's it's actually can be a really slow process that can get jammed up.

One of the things that I really focus on in my practice is by a photon frequencies. So that's the light energy of our body. And in Chinese medicine I actually like to equate that with where the chie runs so that she runs in that energy field that runs through our body.

That's like light speed, right? So if you. I think that it is. Why when that we experience as human beings the things it's the same thing at the same time is because we are just universally connected.

And it's that information highway, that energy bio photon highway that that energy runs on. It's not it's not linear, it's instantaneous. So the study that, for example, that was done where they took the scraping of the inside the guy's, mouth.

Have you ever heard that study? I'm not sure. Tell me about it. Yeah. What they did was they took the scraping of a of the lining of a of a guy's mouth, and they put all the nutrients in a petri dish that would keep those cells alive.

Okay. What they did was they stimulated, a, energy. I think actually, as an emotion.

The energy highway and bio photon frequencies

Okay, on that human being and what they found was they found that the chemical reaction in the, in the body was instantaneous with a chemical reaction in that cell.

Right. And I, I have heard many studies like that with plants and, at the scraping of the mouth. Oh, this is really cool, right? So it really gives us a foundation and proof of the science that's out there that we are universally connected on that energy highway.

Right? Right. Yeah. So it's really it's been my focus on really being able to give that body a anybody, whether it's in

a healing mode or not. The energy highway to be optimal to have that optimal frequency.

That is the ideal image of, of a acupuncture meridian that is working exactly how it's supposed to work. The cells working exactly how they're supposed to work.

So being able to, for example, imprint different via photon frequencies and then expose the person to them, it gives that reinforcement and the learned capability of vibrating at that healthy frequency.

I love that. That's so cool. So when you create these frequencies, you're doing and we're going to talk about because you have some really cool skincare products that have these frequencies that I just started using, by the way, and I'm loving it.

We'll talk about that a little bit later. But how what what other ways are you able to do this when, to help patients? Yeah. So that's kind of, the tricky part, if you will, because, you know, it's, and it is founded actually in, in science, that bio photon resonating fields are supported in science.

But sometimes when we can't feel or see or measure something in a way that we're used to, it's kind of like, I know when I turn that light switch on across my room and a light comes on, I may know nothing about what electricity, but I.

I know what's going to happen, right? So that's the slow the slow path. Right? So with the ability to imprint, by a photon, frequency is not. And I use a very systematic process that is scientifically validated with, bio photons, magnets, energy fields, and being able to utilize like, for example, one of the, one of the things that a lot of people are familiar with is, being able to take vials, if you will, the imprint of frequency.

And in that light. So people are a little more familiar with that. It's the same concept, but the technology is a little bit more developed. Okay. And, I make reagents of multiple different frequencies that allow me to be able to imprint it, into the, into the human body, as well as imprint it into tools that they can use on their own to be able to reinforce that.

Very nice. Yeah, I love it. Well, you've definitely gone far beyond where the typical acupuncturist would go to. And and your service to humanity, which is really, really great.

I want to talk a little bit about, aging. So is aging. Is it just, energy getting stuck, slowing down? Not as much energy. None of the above. What? What is aging?

Yeah, that's a great that's a great question because, you know, it's almost it's almost seems like it should be tangible, but it's not always really all that tangible.

And I think the reason why that is, is because, you know, like, for example, when I was really sick, I got better. I after, you know, working and figuring out, you know, all the things that my body needs and giving it what it needs.

I was healthy, I had no signs of Crohn's disease. I had, you know, so much energy. I felt so good, really vibrant. But my face still showed it, right.

So what is that? And I think that that's where the body, mind and spirit comes in as well. Is, is that on an energetic level, I was still holding on to the trauma that being the for Stration all of the things that I went through with the Crohn's disease on my face. Wow.

So it's interesting, right? Yeah. But the the face is a little bit different than the body. So the body has, like, opposing muscles, and you can lengthen and strengthen them.

The face has one. The representation of Chinese medicine all over it. Right. So like we. Yeah. Right. So between the eyes is represents the liver, you know, in the different areas of the body that represents different parts of the meridians systems.

But what happens is when we have a pain, be it like, an illness, a family event, a divorce, things like that. We have facial expressions that carry the emotions that were going on for us at that point.

Yeah. They actually get stuck on the face. Wow. Yeah. So, so. And because we don't have the opposing muscles, it's being able to release those that enable us to just heal.

Aging, facial tension, and emotional storage

That last part of our, of our traumas as well, is regain that youthful feeling that is in our, you know, it can be in our, in our, in the rest of our body or spirit.

Yeah. So that's interesting. So a lot of people are worried about the face just because of the way that it looks, which obviously is something you help people with.

But there's way more to it than that. It's it's stored information that's getting released. And so not only does it look better, but it impacts your energy system throughout, which I've never heard that before.

That's really, really interesting. Yeah. It's fascinating. And I think I think the part that I was talking about, the muscles of the face are different than the muscles of the body.

That's kind of the key part about the aging process as well, is a lot of people think it's like elastin and collagen and, you know, things like that. But when I look at it, I look at toxins and I look at the muscles that are constricted or contracted rather than just, you know, the sagging area.

And that's the interesting thing about the face, anyway, is, is that it's not just the the repair of collagen and elastin in the lift. It's about lengthening the muscles that are the areas that make us look older.

Because of our, you know, because of the contraction. Yeah. So let's talk about the face a little bit. So, what are some what are some things that when you look at somebody whose face you're looking for, like, I know for me, I've got these little bags underneath my eyes, like, you know.

Well, what what are some things like that, that that you look for the people when they look in the mirror, they can see and kind of, you know, almost not self-diagnose, but get a little wisdom, a little bit of your wisdom where they can maybe see what's going on.

And, and then obviously you've got some things you can do to help them too. Right. 100. Yeah, 100%. There is, you know, that reference. You're looking very intently at my face now.

Haha. Yeah I that's that happens for me. Automatic. Sorry. Yeah, yeah I can't help it. It's it's interesting because in in the process, like for example, under the eyes in that baggy like the, you know, we call it like little saddle bags under the eyes.

That's actually kidney. And so, and being able to, to not just focus on what you can do to support your kidneys, like making sure you're hydrated, make sure you're flushing, making sure your, your lymphatic system is actually doing the drainage that it should be because that's another part that people don't think about is, is that is that if our lymphatic system isn't doing its job and it is congested, then, you know, it's almost like the foundation of how your body is going to function, because if it can't dump the toxins from the skin, it's not dumping them from the cells.

And if it's not dumping it from the cells, it's hard to be healthy. Sure. Yeah. That's important. And then yeah. Yeah. And then different areas might be like for example, you know, across the forehead right here where we have like signs like the 11 in the scrunching in the 11.

Yeah. Yeah. Exactly. Like pulls down and pulls down those eyelids. So serious. Growing up I was always kind of like, you know that now I'm just starting to loosen up.

And, and these bags kind of come and go, but sometimes depending upon my sleep. Yeah, yeah. Yeah. That. Well, I get that too, because. Yeah, I mean that's a whole that's a whole story in itself as far as the sleep and what that does, because your lymphatic system doesn't have a chance to detox if you're not sleeping well.

Right, right. As well as so many other things about sleep, you know, my vital, what about the 11, 11, 11? Right. So that's the liver. So that's number.

So that could be like carrying some anger, some resentment from different points in our life. You know, that that hasn't, maybe, maybe we've done a lot of healing and maybe we've even done enough healing to be able to resolve those on what feels like a heart level.

But you may still be carrying that, right? Yeah. Yeah. Right. And then the different areas like, in Chinese medicine, this area right here, which is, you know, the Marietta lines.

Yeah. That spleen and Chinese medicine is spleen is related to, overthinking, worry, things like that, where we're getting kind of have our mouth a little bit tight.

Wow. Cool. So, yeah, there's. I could keep going on. Oh, this is great. This is great. I really appreciate it. And I know so many other people are are learning so much.

So there's there's so many things where if somebody wants to find out more about this, even just the, the diagnosis of the face, do you have tools or can they contact you or.

Absolutely, absolutely. One of the things, I mean, we can do, for sure, they can just they can, contact me through support, through energy skincare. So that again, let's make sure that yeah true energy skincare.com.

But it's one e so t r u e and e r g y okay caricom and then the other is is I'm they I'm, as you probably have guessed at this point, I'm big on information, right?

Yeah. I feel like if, you know, people want to know and that's why you're doing exactly what you're doing, they want tools in their hands. So I'm big on that.

So any of the webinars that I do, things like that, if you're even on my mailing list, you'll get information. I, I can register for that mailing list at at Tru Energy skincare.com.

Absolutely. Okay. Cool. So that's my yeah that's my support okay. You energy skincare.com as a as a you know just going on to that link for the website.

You can you can register there as well. Yeah. So this is really really cool. So now by using so, so you know, like someone like me who gets the bags under the eyes has the 11 nerd codes, started calling it that.

It's not like, oh, no, you know, I just have this, like, so what what are the things that that you have that help people work? This are items that work.

The energy blockages out of the skin or what's really going on. And how can people do that? Right? Right, right. Okay. So, well, I did to I developed a tool that people can use as well as a protocol.

Reading the face and what different areas reveal

And the protocol is really innovative in itself because it addresses all of the different layers that are really not taking into consideration when we're talking about, you know, aging and anti-aging, which I always prefer to call it, aging gracefully and using the tools that your, you know, that you have access to.

Yeah, that are natural. But I, I do have, the protocol and the tools. I have a wand with the skin care that has that a little frequency been in it. So I've used all of my knowledge to actually take the energy medicine and put it into, the

product in the protocol.

Okay. And, and when you use these products, your two energy skincare line, the face will actually change energetically. Yeah. So, when you use so for example, when you use the, wand and you're using the protocol, what you're doing is you're going through a process of first lymphatic drainage because that's, you know, you got to you got to take out before you put in.

So, the initially the first part of the protocol, the first six steps are doing lymphatic drainage. It moves in a downward direction. And people don't really consider that because we've always been told if you're putting lotion, go up, up, up, up, up.

You don't want to drag the face down. Yeah. So the face really doesn't get that lymphatic drainage and the detoxing, you know, hardly ever. So it is a key component.

People can look years younger and, and a lot of times look like they've lost 50 pounds. Just from losing their, the weight in their, you know, the toxins.

Right. And then as a, as the protocol goes through, you're using the wand to lengthen the muscles that are contracted and lengthen the muscles that are contracted around the mouth.

And then being able to pump the muscles that are more sagging. And that because the wand has those energy frequency keys in it, you're you're addressing all of that and putting those energy, the chain of all of them, acupuncture meridians that are balanced when you look at the face, you can see that there is acupuncture meridians all over the face.

Yeah, yeah. So you're touching all of those with this wand. That's been imprinted with the frequencies that balance the acupuncture meridians, the circadian rhythms, the, the cells for being able to repair, to detox, hormone balance in the cell and things like that.

So it really enables you to, release all of that motional stuff that you're holding on to, which makes you feel better all, all the way around. Yeah. And then being able to get like that pop on your chin line and the areas that are kind of the problem areas that people sleep.

Yeah. In aging. And honestly, like I mentioned, I think, I think aging is is the anti-aging concept is really more about you, you know, aging gracefully, utilizing your tools, feeling better overall in body, mind and spirit shows up on your face.

You know, like when you wake up in the morning and you look in the mirror, you go, I look tired. Yeah, you can go out into the world with that energy.

Yeah, right. So you can look in the mirror and go, oh, you know, I don't need makeup today. Not that you would consider that, but I was right. You know, I hardly I really rarely, rarely wear makeup anymore.

Yeah. And so for me to be actually to look in the mirror and feel like I don't need makeup, which, you know, ten years ago would never have happened. Yeah, I feel like.

And I know others do, that I'm going out with a completely different energy into the world. The way you put out is totally what you get back. That's really cool.

Some really unique ways of thinking about it. And, you know, growing up, my mom always said, never ask a woman's age, but you said it was okay to ask your age.

So just so everybody knows, how old are you, Kathy? I just turned 61. Yeah. So 61 years old, and. And you look much, much younger, which is really great, I love it.

You are, a product of your products and and of your thinking. So a couple really cool things. Again, I just want to reinforce that I'm learning, even though we've talked before, I'm really learning and understanding now for the first time is the face stores emotions.

Right. It's it it it stores things from our past that maybe we even work through and other parts of the body. But it's stored here. And if it is still stored here, it's still in us.

And and the fact that we can let go of it almost the the final release potentially could even be in releasing these marks, you know, lines in the face.

So that's really, really cool. And then the second benefit is you look better, right? You look better. You feel better. But even more than that, I think even more importantly than that, you're releasing this trapped energy.

So that was really, really cool to learn today. Kathy, thanks for sharing that. That was really powerful. Absolutely. My my pleasure. It's a it's a lot of fun.

Yeah. And, what how do you see energy moving through the body? Like one of the things you did say that was also interesting. And for me. So, you know, being a guy, like, I've never done anything for my faith, just it's.

And my faith, it my face is fairly youthful because I'm 60 years old.

True Energy Skincare protocol and facial rejuvenation

But, you know, I went to I think I got a facial like, eight years ago. And the person. Oh, your skin's really good. What do you do? I go nothing. But now I, I really, after understanding what you do and the way that, you know, you've explained to me, I'm really committed.

Like, I'm doing it twice a day, and this is a guy that's never really done anything for his face. I mean, I wash it in the shower, but that's about it.

So, you know, but I'm just curious, like, you know, one of the things you said was that you want to move energy down. How does energy move through the body?

And as an acupuncturist, I know this is one of your core understandings. How does energy move through our body? We all hopefully we all know where energy.

But how does it move? Right, right, right. Yeah. So and I think in my, the way that I look at that, especially if I'm talking about like putting an acupuncture needle in like what we, you know, am I really affecting just that point? No.

I'm actually affecting every energy pathway that connects with that. And the more balanced someone is, the more energy pathways that it connects with.

So if we're talking about the the chai or energy of the body being bio photon or light energy of the body, then that highway of energy is not just instantaneous on on our body, but resonating at the frequency that is overall health and healing.

So when you're when you can have a tool that radiates the frequency of a, of a balanced, whatever it is and a balanced meridian acupuncture point, a circadian rhythm, a chakra if you can use tools that balance those, energies because they vibrate at the frequency of a, of a harmonized, balanced system, then you're enabling your body to vibrate at that frequency as well.

Yeah. So when you're using the light energy and the bio photon highway, that energy highway you're actually utilizing, the, the highway of being able to heal.

And just as we all know it can go the other way as well. I mean, emfs are kind of a huge highway in America, also a

little bit slower, but it's a it's a negative highway.

We need to make sure that we're vibrating at the positive frequencies and having use utilizing tools that enable us to be as exposed as possible for the good vibration and frequencies and, and let go and, and, you know, move away out of our space, the negative, vibrational frequencies.

Yeah. So somebody that's maybe in their 50s or even their 60s and they feel like they don't have the energy they had when they were in their 30s and 40s.

Can they recover that energy? Is that even possible? Absolutely, absolutely. I mean, and and that's the thing too, is, is that, well, one is there just, you know, principles and, and lifestyle things that are really important.

Right? So if you are drinking tap water versus, an energy water, you're talking about being able to give your body the ability to, on a hydrated level, to vibrate at the frequency of a healthy water versus, a toxic water.

That in itself is huge. If I could tell people to do one thing other than breathing. Breathing is really important. And it's like, how long do you how long does it take before you don't survive on a nutrient?

Well, oxygen would be the first, right? Yeah. Yeah. So deep breathing is important because it really takes us to that parasympathetic versus sympathetic.

So sympathetic is the fight or flight. It's where we live a lot of our life. And because of what stressors our environment as well as the urgency of our cell phones and things like that.

And, and it it is not the place where we do healing at all. It's a place where we just sit. Right? It's it's our survival mode. So being able to go from sympathetic to parasympathetic, is a key factor for that as well.

Because parasympathetic is healing, digesting, resting. And if you're doing diaphragmatic breathing it's not it's hard to say in in sympathetic. Yes, it is by nature our ability to go into that parasympathetic, which is why you you meditate right. Yes.

Yes. Yeah. Absolutely. Yeah. Right. Deep breathing. Yeah. Yeah. So that's cool. So there's hope for anybody really like you know no matter what their energy is today.

Yeah. It can it can improve. It can get better. And I know you had you had a gift also you're offering what is that that, that, people can download. Yeah. So I, actually made a, a, meditation.

That is focused on the concept of being rather than doing. Right and being. And then it, really focuses on the heart center focus of that being. And then allowing the bio photon energy highway to be wide open and attract the energy, and being able to move your, energy, because that's really important as well, is, is the more vibrate you feel, the higher your energy is.

And that's not just on a, on the energy level that we think of like, oh, I have enough energy to, you know, do stuff. It's the it's the vibrational energy of our cells.

Yeah. So that's a, that's a good thing. The other is I do have another one that I can include in that, which is a, I did a program that's ten day, a ten day body, mind and spirit reset.

And I have a yeah, I have a, section of that that's like the six steps to be able to go through that process of being able to at least, you know, what are some fundamental things that I can do today that will help me to, go through, go through that, that process.

And with that meditation tape, that would be that would be a great start for people. It's beautiful. Thank you so much. So that's a free gift.

Meditation, hydration, and practical longevity tips

Everybody that's watching this can get by going to the Global Energy Healing Summit site and be able to download that from the bonuses. Thank you so much Kathy.

That's really, really cool. So I did I'm using your your two energy products I did before shots. I've only been pictures, not shots, but pictures of my face.

And I've been on it now, I think this is my third day. Maybe my maybe my fourth. I'm not sure. Third or fourth day, but I was fascinated when we were talking earlier and the reason I decided to do it, a guy that's never done anything like that was some of the, research that you had done on your product.

I know you hired somebody that, does like the big skincare lines of the companies that are the billion dollar companies and, just talk a little bit about what they found.

I thought it was really interesting. This it is fascinating, isn't it? And I'll tell you, you know, when I first developed the system in the protocol, I was like, I wonder what's going to happen if I put it in other people's hands, you know, like I'm not doing it on, or standing there to kind of see what they're doing.

And I also wanted to know, what what do I really have here? Like what? What is you know, I want it to be legitimate. I want it to be research backed and, you know, strong foundation.

So I did give it to Doctor, please. Who, like you said he was, he's the big with the big wig and and being able to tell big name companies what kind of claims they can make on their products.

And, so I had him do a study and halfway through he calls me and he says, I don't know how you're getting these results. I, I, I, I've never seen anything like this.

And then at the 30 days, which was the length of the trial, he said, these women look like they've had many makeovers. And I said, I don't know how I, I don't know how you're getting the results.

And I think that what he didn't realize is that because it's not something, you know, that I really had talked about is he didn't know about the frequencies that I put in that little girl.

Right. And that was that, you know, being able to get results that were really what he was saying is near impossible because, for example, collagen takes 30 days just to start 45, 45 days just to start getting collagen production.

And because he was using machines to measure all of this, he saw, 25% increase in collagen production in 30 days. Wow. So those are like, you know, near impossible for for any product that he's ever tested.

So I was really excited about that. Yeah. Now I'm ready to take it out. You know, it's nice. Absolutely. That is so cool. And the secret sauce, you know, that that frequency, you know, a lot of people can put a cream out or, you know, have some ingredients, but you've really super charged it with this whole understanding you have of frequencies and the impact they can have on our bodies and in this case, our face.

So, Kathy, this has been amazing. If you were to give people your top three tips for staying and you you've probably mentioned a couple of them already, but maybe reinforce them.

What are the top three tips for staying? You know, energetic. Young, vibrant? Yeah. So I, I well one is using the tools right. But the, the other is, is, is when you think about just life and, and how we survive as breathing beings is, is the oxygen.

So meditation, deep breathing are vital for really being able to let go of our constant mind chatter and stress. And it takes practice. It takes practice, but it's possible and it's really, really key.

The second is good clean water because it's it's near again really hard to move sludge out of your body, which is the toxics without hydration. It's sludge.

So being able to drink a lot of really good clean water to be able to help your body to flush the system. A lot of times people will say to me, when I drink a lot of water, I'm in the bathroom all the time.

That's a really good indication that your lymphatic system is congested. So you just, yeah, work. You know, work. It's I one of the other. I mean, I have another tool on lymphatics and repair lymphatics, but any kind of tool that will help you to to move your lymphatics, to repair your lymphatics is going to be a good part to helping you to detox.

And then, of course, if you're, you know, if you're working at all the things that help your body to utilize the nutrients, to the cells that your cells need to thrive and stay alive and, and, and perform as they're supposed to, making sure that you're not putting the, the toxins in.

So your food environment, which you put on your skin, things like are vital. So those are those are my top three in my practice that I'm like, you know, start here, you know. Yeah. Yeah.

This has been amazing Kathy. Thank you so much for being on our summit. You are a true example of what a what I think everybody wants to feel like and look like when they're as they age, so.

And just, you know, the, you know, you have no qualms about letting people know how old you are, you know? And part of it is because you look great. They go, you probably get tons of compliments.

Oh, you look like you're 39, right? So, but that's that you have no fear of it because you understand energy and I think that's what a lot of people have.

They have a fear of getting older. They've they've seen their parents get old.

Research results, final advice, and closing remarks

And, one of the big things I notice when my, my dad, died when I was very young, he was a army officer in the Vietnam War. But my father in law, he passed away at 90.

So he lived a nice, full life. But the thing I saw as he was getting older was this fear. This fear. Right? You know, where you start looking down and you don't trust your self because you just don't feel the the energy that you used to have.

And I think with the types of things that you're talking about and other things that people are talking about, you know, with energy on this summit, we can get to 90 and still have good vibrancy, good energy.

I think, you know, the body can the body is built to be more than it has been for so many people. And you're such a great proponent of that. Yeah, I totally, totally agree with that.

And, you know, that's, if we give our body the nutrients, our cells, our individual cells, the nutrients that they need, whatever it is, then they there is no there is no limit.

And that's why I really, really love the name of the summit on that global, you know, global energy. And it's and it's not just global energy. It's global energy healing.

So it's everybody's tapping in because it's exponential. It's 100th monkey. As I say it's exponential. The more people in that energy healing mode, the more energy that that grows into.

So I love, love, love the idea. Yeah. You're amazing Kathy, thank you so much. To get in touch with Kathy. Go to True Energy skincare.com. Only one honey between True and Energy.

And and she's got lots of amazing information and her products are awesome I mean I've been doing them now 3 or 4 days already starting to notice a difference, which is really, really cool.

Plus my fit, my just feel so much better in my skin. That's. So I'm excited to continue on the journey and then also the free downloads. Kathy has. Please take advantage of those on our site here, and I know lots of people will be in touch with you, Kathy.

And and you're going to help a lot more people. Thank you so much for being part of this today. Thank you, Tom, I so appreciate the, space to be able to share.

Thank you. Keep staying young and vibrant and healthy. You're a great role model for all of us. See you soon, Kathy. Okay. Bye bye.