Introduction to biohacking and infrared therapy

I'm just so all about like bio individual like therapies for people and you know I think also what women have done really well is tapped into their intuition to know whether or not something's good for them or not.

Which is why I personally fell in love with infrared and PEMF and red light therapy is because I know based on the way I feel after doing any three of those technologies I feel an elevation in mood.

I feel more relaxed and more calm. I feel more like myself. I sleep even better. My skin looks amazing afterwards. And you just get all these amazing benefits that like, you know, just tapping into the way that you feel afterwards, you know how great these technologies are for you.

This is Doctor Talks. Real talk from real doctors on the issues that matter to you most. Today's episode was previously recorded on the Pain Solutions Summit that I hosted.

Hi, this is Dr. Pollack. Today I have a special guest who has been in the beauty and health industry for a long, long time and is coming to us with a passion for what she does.

And you'll tell, that would be pretty obvious when she gets going. So I just want to say the title of today's session is called Bringing Low Intensity PMF Stacked with infrared and crystal energy to the home setting.

That's her passion and that's what she really wants to do. She wants to get you all on a therapy at home. Everyone should have access to PMF. And crystals and infrared, the combination.

Therapy and it all.

Lauren's background and founding HigherDOSE

I love all the biohacks. Exactly. And that's what we're going to be talking about. So tell us about yourself and your passion and how you got to where you are today with higher dose.

Yeah, awesome. Well, thank you so much for having me, Dr. Pollock. You know, as soon as we thought about launching anything to do with PEMF, you were the first person that I, you know, watched and listened to your podcasts and your videos.

I asked you to hop on a phone call. You did. You've been so supportive to just like helping us launch PEMF into the world. And I just want to start off by saying thank you so much.

You're very welcome. So my background, I'm a holistic nutritionist and health coach. I also was a TV presenter for 10 years. I used to have my own show called Woman Versus Workout, which was a really cool show where I tackled all sorts of crazy different challenging fitness things from like Navy SEAL training, NASCAR driving, motocross, anything insane, you name it.

I tried it. It was an awesome show. And that show led me to host for other brands like EA Sports, IMG. And then also just like led me to a career of being in front of camera and speaking to camera and also being somewhat of an investigative reporter, let's just say.

And, but really my true passion has always been in health and wellness. So about 10 years ago, I was working for a health and wellness startup called Aloha.

My job was to develop products for them. And I was also building out the ambassador program. So I got to spend

hours in a boardroom with the most influential wellness people from doctors, naturopaths, fitness experts, nutritionists, just picking their brains on what's the best technologies, what's the best products, what should we be considering when developing our own products?

And funny enough, that's when I was introduced to the infrared sauna over 10 years ago. And I looked up the only one that existed in New York City, which was in the basement of a clinic center behind a curtain, like really bad experience.

But I went and tried the infrared sauna and could not believe the immediate benefits that I saw. I left there, I felt calm and connected. My skin was glowing.

I slept like a baby for the first time in I don't know how many years, especially for all you people that have lived in New York City. And you know how hard it is to stay calm and relax there.

So I just couldn't believe that like, one, everyone didn't know about infrared saunas and that everybody wasn't doing them all the time. So of course, I wanted to research it and find out more about the technology.

And what I discovered with the technology is that it's super safe. It's so safe that they put them in baby incubators when babies are premature. That's infrared.

You know, it's so gentle and so safe that it's almost good for anyone. And they have tons of scientific research and studies backing up the efficacy of the technology.

Then on top of that, it's a crazy list of benefits that it's good for. That including detoxification, detoxes you seven times more than traditional sweating, downs cortisol levels, helps you sleep by putting your body in parasympathetic state, downing inflammation in the body, increasing blood flow and circulation, amazing for recovery, and best of all, it's amazing for your skin.

So I was just like, you know, the bells went off. I was like, I am starting my business on infrared. I don't know how to start my own company, but I learned enough at Aloha.

that I'll just kind of manage my way through it. But what I did know is that I needed a sophisticated business partner who knew more about putting P&Ls together and putting decks together for investors and having that conversation.

So I pitched Katie on infrared. She went and tried it.

From infrared saunas to at-home wellness products

loved it and just knew that this was addictive in a healthy way so knew she wanted to start higher dose with me and that was seven years ago that we started higher dose and originally we started off with just infrared sauna locations and quickly over I think five years at one point we had 11 infrared spa locations in New York City and Brooklyn so It just spread like wildfire.

Literally everyone that tried it felt the same thing that I felt and was just blown away by the amazing benefits and just wanted to come back for more.

So you can imagine just how quickly it caught on. Whereas like when we started it seven years ago, no one knew what infrared was. We're fast forward seven years later and you could ask probably like five people and I would say at least one or two out of five people know what infrared is and the benefits.

Well, fantastic. So infrared was just the beginning for you. It's the beginning, but it's still the common denominator amongst all of our products. We always use infrared technology in all of our wellness tech.

So about three years ago, we launched our first product, which is our Take Home infrared sauna experience. The issue with having locations is that you can't reach that many people.

And we really wanted to have people having access to the amazing benefits of infrared in the comfort of your own home. The issue with infrared saunas is that, you know, not everyone can afford a sauna.

Not everyone has the space. Not everyone wants to take care of one. So what we did is take this amazing technology and make it portable, easy to use, affordable, and just like bringing it to people's homes, as you say, right?

Like that's definitely our core mission. That higher dose is bringing amazing wellness technologies to people's homes. so that they have access to this amazing technology on the daily basis because it's so good for you.

It's a lifestyle. It's not a one-off and it's the same with PEMP, right? You don't just do PEMP once and that's it. You're healed. You know, it's, you gotta keep doing it.

It needs to be a part of your lifestyle. So that was our mission with the infrared sauna blanket was bringing infrared saunas into the comfort of people's homes.

Okay, but you didn't stop there. We didn't stop there. You added quartz? So crystals and you added PMF. Yeah. So we'll go with my bat. Yes. So she'll make a process.

So yes, when you actually heat crystals, it promotes a natural infrared wavelength, which is incredible, right? We want to replicate the healing benefits of nature in the comfort of people's homes too as well.

And we want to have the most therapeutic dose of infrared too. So when you go out in nature and it's a hot sunny day and you're laying on a stone and the stone heats up naturally from the sun and you lay on it, that's a natural form of infrared.

That's pretty much what we're replicating with our sauna blankets and our mats as well because both of those two products have the crystal therapy. So I'll just kind of back it up a little bit and give you a little bit more about the timeline at higher dose.

So we launched our sauna blanket about three years ago and we couldn't believe the demand for the sauna blanket. We saw that side of the business grow at about 400% versus our locations business growing about 25%. Again, because you can access more people with Direct-to-Consumer than you can with locations.

So when the pandemic hit for us, it was a blessing in disguise because we were forced to close all locations overnight. But it allowed us to focus on our sauna blanket product and developing more products for people at home.

So all of our resources, all of our money, all of our staff went to producing amazing products. So that's where we developed, which you're probably referring to, which is our infrared PEM crystal net.

With our sauna blanket, it's quite the commitment. When you go in there, you're going to sweat like you've never sweat before. Not everybody wants to deeply sweat every single day, but they want the therapeutic benefits of infrared.

So that's why we created the infrared mat where you lay on it and you get all these healing benefits of infrared, but without the commitment of sweating.

So then from there, we were thinking, well, what other technologies do somewhat similar things that would be complimentary to a recovery style mat? And that's when we decided to put PEMF into our mats.

And that's mainly because PEMF does somewhat similar things as infrared does in a very different way. It downs inflammation in the body. It puts your body into a parasympathetic state, rest and digest, increases blood flow and circulation.

It's amazing for recovery. So it's an incredibly complimentary technology that goes with infrared. And then on top of that, like I said, we added over 25 pounds of crystal therapy.

So when you heat those crystals, it's promoting an even deeper, more therapeutic dose of infrared while emitting negative ions, which is what you experience also in nature.

So our mat becomes this recovery, grounding, healing, juicy like device that helps deepen meditation and relaxation for people. Which is why we decided to put in low levels of intensity of PEMF because what our mat is meant to do is just help people relax.

You know, as you know, you know, PEF is used for all different amazing things. And the more intense you go, the more deeper it is, the more therapeutic it can be, right?

Like the more deeper it can go, it can heal bone and ligaments and like help people with all sorts of ailments and diseases.

Adding PEMF, crystals, and recovery-focused design

Whereas at higher dose, what we really just wanted to focus on is helping people relax and using lower level frequencies that are much more similar to the earth's core frequency so that it's more grounding and relaxing.

And just like that, you know, amazing feeling that most people are actually looking for, which is just to have a device that can help them relax. Are you tired of living with chronic pain?

Medication only masks the symptoms, but real healing starts at the cellular level. I'm Dr. William Pollack, the leading expert on PMF therapy. Pulsed electromagnetic field therapy is a science-backed, drug-free solution that helps reduce pain, speed up recovery, and improve overall health, right from the comfort of your home.

Take advantage of an exclusive 10% discount on DrPaulik.com PEMF Systems. Visit DrPaulik.com, that's D-R-P-A-W-L-U-K.com, to register and claim your savings.

This limited time offer is available only to registered listeners. Don't miss your chance to experience the benefits. Terms and conditions do apply. Don't just manage pain.

Transform your health. Visit DrPolitik.com today and let's get started on your healing journey together. One of the things that you and I discussed is that 1 plus 1 doesn't equal 3. Yes.

I didn't say 1 plus 1 doesn't equal 2. 1 plus 1 doesn't even equal 2. In this case, 1 plus 1 plus 2 can equal 10 or 20 or 1,000. infrared frequencies are very short wavelengths.

And that's why you sweat because they're absorbed by the body. They basically cause heating and then they cause sweating. PMF does no heating. It does not heat at all.

But low intensity PMF applied superficially in a blanket, presumably you're going to be laying with relatively little clothing on. Right? Cause if you do that, then the PEMF, the low testing PMF combined with the infrared and the amplified infrared with the crystals, what that does is stimulate the acupuncture system of the body.

So the whole body gets acupuncture therapy in one session, possibly without having to have needles put in. So that's where the amplification becomes even more important even though it's low intensity, is that significant amplification.

And that's one of the other sort of additional benefits. So PEMFs give you a different set of frequencies, a different set of actions, but when they combine with the actions of infrared separately, but together, now you get much, much better amplification.

And that's why I think what you said is absolutely correct. And for the home setting, for the price, for the cost, for the amount of use time that you have, that could be a very useful technology.

And it's very introductory. Now, if you have cancer or if you have osteoporosis or if you have something else, as you said, then you're going to need something else.

But for home use, for general utility, general wellness, and even for biohacking. I love biohacking. Such an interesting community and so much amazing information.

They're really the ones to discover all of these great technologies and share it with people because there's such amazing things out there that can really help you heal that we don't even know about because no one talks about them.

Which is why I love the biohacking community so much is because they really do help share the word of these amazing wellness technologies and products and different lifestyles with people to really help optimize the health rate and that's what we're really focused on higher dose it's more about like optimization helping people feel better as it is opposed to like you know helping cure and i think that's really where my passion comes in as a health coach.

You know, I always believe that people should see a health coach and a nutritionist before they go to a doctor sometimes, right? Because there's so many like natural tweaks and just someone's lifestyle that they could do before thinking about going into a more intense therapies or even like getting on medications, right?

So this is kind of like the health coach version of PEMF for people and it's so gentle and easy to use that like you can't really mess it up, which is also something that's really nice for people too, is they don't have to be an expert on PEMF.

They don't need to know exactly how the technology works. They don't need to know if I go on level one of the higher dose mat versus level four, am I gonna mess it up?

Am I like gonna do something harmful? It's like, it's so easy to use that, you know, it's just a piece of cake. While speaking of easy to use, what are the coffee indications to your system?

Well, we always tell people that you should always consult with a doctor before and because we're not doctors and you know, we definitely feel like that's just an important thing to put out there.

I'm going to stop you right there. Now what you say on your website is fine. And I understand why you would for various, various legal reasons. But I'm going to tell you right now, this system has virtually no contraindications.

Yeah, which again, and I want to say that, but from a legal standpoint, you know, you're only allowed to say so much and it's just liabilities, but I don't think there's any contraindications.

Put it this way, when I was pregnant with my twins, I used my infrared PENTH mat every single day and it helped so much with like my back pain relaxation and helping me sleep to the point where I wanted to bring it to the hospital when I went to deliver.

Well, two primary contraindications with PEMF. tend to be, but not necessarily, tend to be for any implanted electronics like pacemaker. The intensity of this system is low enough that it's even lower than what you get going through an airport screening system.

You have much more exposure in airports than you will on this system. So there's no real contraindications with equipment. There's no contraindication with pregnancy because we know that there are women who were working while they were pregnant in MRI units.

And you're talking about tens of thousands of magnetic fields, right? Intensity of magnetic field versus what you're

describing. And the last contraindication that I talk about regularly is trasplot.

because this system is such a low intensity, it's not going to have a major impact on the immune system. So I don't think you have to be concerned about it causing any kinds of problems in that way.

I want to bring up the contraindication issue because I think that scares people.

Safety, contraindications, and bioindividuality

With a CPEMF, that scares people. And I'm glad you said it and not me as you are the doctor. So I think people always trust when it comes from doctors versus founders who maybe are pushing product.

So it's really nice that it comes from a doctor and especially you as the expert in PEMF because I 100% agree with all of that. And it sucks as a female and as someone that knows that females have been left out of a lot of wellness and fitness research.

Mainly because we have a 28 day cycle as well as it's not humane to test on women before they even have kids or when they're pregnant or breastfeeding.

So I 100% agree with all of that. I use all of these technologies when I'm pregnant and breastfeeding. And if anything, it's helped me immensely. Well, you don't have to be female either.

So what percentage of the biology of a female is purely female versus male and female? That's a good question. I don't know. All I know is that our hormonal system, our endocrine system, is very different.

That is only true to some extent. Oh, really? Yes. Men produce estrogen as well. But I mean, we're on a 28 day cycle, men are on a 24 hour cycle. That's why I said, what percentage of the biology is different?

It's different, but what percentage is different? So if you take the individual cell itself, we're the same. We have the hormone differences and they amplify and change all kinds of things in the body.

But basic biology, your calcium levels, your potassium levels, your magnesium levels, your protein production, your genetics, your stem cell production, Yeah, there are influences, but basically our biologies, male and female biologies, are hugely comparable.

Yeah. Yeah, it's kind of interesting. The more and more I dig into this idea of female biohacking versus male biohacking, it is quite interesting because there's been a lot of theories in biohacking that I've sort of deep dived into.

that ended up not being great for me based on many factors, you know, my genetics, which make me very different than somebody else, you know, my hormonal cycles as well.

And then thinking about like when cortisol is good for my body versus when it's not based on my cycles. And I'm just so all about like bio individual like therapies for people.

And, you know, I think also what women have done really well is tapped into their intuition to know whether or not something's good for them or not. which is why I personally fell in love with infrared and PEMF and red light therapy is because I know based on the way I feel after doing any three of those technologies, I feel an elevation in mood.

I feel more relaxed and more calm. I feel more like myself. I sleep even better. My skin looks amazing afterwards. And you just get all these amazing benefits that like, you know, Just tapping into the way that you feel afterwards, you know how great these technologies are for you.

Well, one of the big questions that will be asked, of course, is what's the cost? Yeah, so our infrared PEMF map, we have a pro size, which fits on a massage table.

We designed this one for people that want to have their whole body, but also for practitioners that are chiropractors, osteopaths, facialists, Giving any sort of therapy, you can always layer in the amazing healing benefits of infrared, PEMF, and crystal therapy, but it is very heavy.

I mean, 25 pounds of crystal therapy is a lump. It's a 50 pound mat. It's not for the lighthearted at all. Like, you know, if you're planning on traveling and bringing this all sorts of different places, I would say go with our Go version, which is half the size.

And what's really cool about our Go version too is it fits perfectly in a chair. So you can get all these, you know, calming frequencies and intensities and light therapies while you are working from home.

So I love to have it on my computer desk, which I was originally going to take this podcast downstairs with my Go Mat all plugged in and set up to show you guys, but I had to come upstairs because of the echoing, but I do all my- Yeah, I think I've always been fussy in particular.

Yeah. Which is fine, but I was going to show you guys, you know, I always find that for me personally, I don't know if it's just the calming of the nervous system or if it's the soothing benefits of the heat or the grounding of the pence or the increased blood flow and circulation, but I just feel more on point, more clear and more centered when doing big talks like this while I'm on the infrared pence mat.

So I love it. One of the reasons I raised that question is that there are many manufacturers selling very low intensity PMF devices where the cost is really good.

Maybe around $1,000. Let's say $1,000 for practical purposes. And you're getting extremely low magnetic field intensity for $1,000. This system, by combining the infrared and the crystals and the PMF, gives you a lot more benefit for the costs.

And a pure, very low intensity PMF system. Correct. And then a plug for you. Yeah. And it's one of those things that you leave on all day long too. Some people put it on their couch, but we leave ours running all day long.

So my kids jump on it. You know, if you have an animal at home, like forget about it, you will not have access to that infrared pencil. You have an animal, but my whole family hops on it, you know, and I do my meditations on there.

I do workouts on there. I use it for stretching. I use it to take a break. you know, between calls, which I find is really, like, helping to reset me.

I use it at the end of the day, you know, as, like, a female entrepreneur of, like, making decisions and, you know, getting people to do things all the time.

I find that, like, my energy can be, like, pretty intense after a work day. So I go lay on my higher dose infrared PEMF mat.

Pricing, portability, and everyday use

I lay on there for 20 minutes, and I immediately feel calm, connected, and I don't, like, boss around my husband as much or, like, have less patience with my kids.

because I have that tool to help me transition from that stressful go, go, go entrepreneur lifestyle into being a wife, a mother, a nurturer, which was really important for me because I struggled with that.

As an A-type personality, I really had a hard time going from both of those two roles. Well, let me ask you then about the functionality of the system.

Do you separately select the PEMF versus the crystals versus the infrared? Yes, you can. You don't have to turn

the PEMF on if you don't want to. So you do have to select the Pence button in order to put it on with the infrared.

So I mean, it's rare that I don't select it, because again, it's such low intensity that it's not ever going to jolt me into like, and energetic state that I don't want to be in, it's always complimentary, in my opinion.

So I always have it on, but you never know what people are using it for. Maybe they're using the infrared just to loosen up the muscles and they don't want PEMF for any reason.

There is the option to choose one or the others. Mind you, the crystal therapy, if you choose the infrared. that's automatically going to be on because it's not necessarily a technology.

It's just tons of stones that hold the heat that penetrate the infrared that emit the negative ions. Yeah, you do mention the negative ions. Let's talk about that for a second.

But to go back to that functionality perspective, you can keep the whole system on continuously. You, so we have an hour or a three hour or 12 hour. So yeah, you can have it running all day long and it takes very little energy.

So it's like super energy efficient too as well. And then to go back to the pricing. So it's a thousand dollars for the pro size. And then it's $500 for the go mat that sits in the chair.

That's more portable that you can take places with you. Your body was designed to heal, but illness, Chronic disease, stress, injury and time can slow that process down.

What if you could restore your body's natural ability to recover? Recharge and feel its best. The key to healing is giving your body the energy to repair itself.

PEMF therapy does exactly that. Recharging your cells, improving circulation, reducing inflammation and helping you function at your best. For decades, I've studied this technology, worked with hundreds of medical professionals, and helped thousands of people reduce pain, regain energy, and take control of their health.

However, not all PMF devices are created equal. No one size fits all. We offer personalized consultations so you can find the right device for your needs, backed by real science and trusted results.

If you're ready for a real solution, let's talk. Schedule a consultation at drpauluk.com. That's P-R-P-A-W-L-U-K dot com, because real healing starts at the cellular level.

I think that's an amazing price, quite frankly, for what you're getting, especially since it weighs 23 pounds. Yeah, like I always wondered why maybe you have the answer to this.

Say the Beamer is so expensive. I think you know the answer. I mean, people… The point you're making is it doesn't need to be that expensive. It doesn't need to be that expensive.

And people always ask me that all the time. And I'm like, I only can speak to our technology and what we do. I don't necessarily know why they charge such crazy prices for something I believe everyone should have access to.

Well, as you say, I think it is way overpriced for what you end up getting. And I learned that a long time ago as I used PMF therapy for medical purposes, for treating significant conditions, you're spending about, well, it depends on what you buy, but you're spending about $6,000 for about one gauze.

So you're spending a lot of money for very little physiologic benefit. So this is a huge value, your equipment. and the portability with the smaller, the GOMAT costs.

$500. I mean, this is something that you're gonna have for years. It's not like it only works for a year or two years. Honestly, we've been selling them now for, it's been two and a half years and no one ever messages up and just say it's like turns off.

Obviously there's the odd one that does that, but this is a piece of equipment that you're gonna have for years and hopefully even a century. Well, talk about sleep and how what happens when you use your system all night long on your bed.

So I mean, my husband is one of those guys that loves to use the infrared pimp mat before bed and he always falls asleep on it. It guaranteed because it's going to down quarters all levels and put the body into parasympathetic state, which is rest and digest, which is the state that you want to get in to have restful sleep in the first place.

So for all those people that have issues going from go, go, go, hectic, you know, exposure to blue light, you know, like all this like light pollution and just like stress and whatnot.

It's always hard to like adjust to go from like high cortisol, high stress, you know, sympathetic state to just drop into a peaceful sleep. So sometimes like using technologies, especially like PEMF and infrared together to help drop the body.

Sleep, relaxation, and stacking wellness technologies

effortlessly into those states is the best tool and I'm not one for like taking sleeping pills I think that there's so many more issues that you're gonna have but I am about being aware of what kind of like lights and frequencies that I'm exposing myself to after five o'clock I try not to be on my computer I try not to look at my phone I have a red light that goes on my phone afterwards so I'm not exposed to blue light you know I'm like Watching the sun go down to reset the circadian rhythm like this is why I love biohacking because it really teaches you so much But then using the infrared pence mat on top of that puts your body into such a restful sleep That it is just like for sure gonna improve your sleep Guaranteed like if there's one thing anyone's gonna feel it's that Sorry, so that means you should you could be using it all night long Yeah, like we never designed it to do that.

I mean, mind you, the setting of like having it on for long hours, you could do that. And we have multiple clients that say they sleep on it and they have the best sleep ever, which I am all down for, but it wasn't designed for that.

And it is quite hard. You know, it's not like, yes, it's quite for. Yeah, it's firm. It's not, it wasn't designed to be the beamer that is like, you know, what you sleep on.

But if that is what you need, because maybe you're dealing with some intense like injury or inflammation or anything in the body where you need extra, you know, time on it, by all means sleep on it.

It's safe to put it on any surfaces, which is great. You could theoretically, I could see that you actually put a yoga mat on it. So to, to lessen some of the firmness of the pad.

I don't know if you advise that or not, but it would go through the yoga mat yoga mat stick it thin enough that is going to absorb enough of your weight on the pad and still be able to go through the yoga mat.

Yeah, we did develop a towel that goes on top of it, just in case you do have any animals on it or if you're like, you know, I like to do a deep workout and if I'm like laying on it, I just want to make sure to cover it.

So like you said, it will go through the towel. We have a tensile and organic cotton towel, so there's no chemicals in there. That's another thing about all of our products, you know, they pass VOC standards of California, so they're extremely clean materials that we're using, virtually no EMF.

The Milagos is so low in terms of the EMF and then we're emitting the negative ions too, which is definitely neutralizing the body and giving it amazing negative ions that you would experience in nature too as well.

I just think all of those different technologies together are giving you the best experience for what you get to experience if you just laid on a warm stone in the middle of Arizona with Schumann resonance and the frequency of the earth and the heat from the stone.

That's exactly what it feels like. It's so calming and nourishing and charging for the body. All right. Well, all of that is fantastic. not to take away from the higher dose equipment.

What other technologies do you recommend or use or stack? Yes, so we also are in love with red light therapy. It's extremely infrared, PEMF, and red light therapy, by far our favorite wellness tech, mainly because those three technologies have been around for so long, are so gentle and safe for everyone, and have tons of scientific research and studies on the efficacy and the benefits of these technologies, which is what we love.

We did not invent any of these technologies. I'm not even an expert in most of these technologies. But which is why we love these technologies is because they are so safe that we can bring them to our audience and know that it doesn't matter who you are, you're going to benefit from them in some sort of way.

So we also launched a red light infrared face mask. which Red Light is also an incredible technology. It feeds the mitochondria and produces something called ATP, which is energy for the cells, which means all your cells in your body are working better.

It also has all these amazing mood boosting properties. It balances hormones for women, boosts testosterone in men, which is incredible, and is great for the skin.

You know, it's kind of funny because we've turned into somewhat of beauty biohackers. And that's because we believe when you focus on health, beauty comes effortlessly, right?

It's from the inside, you know, that is going to be the most powerful beauty serum or tool that you're ever going to have is when you're focusing on healing the inside.

So red light therapy does the exact same thing. It's amazing for skin. It downs, you know, gets rid of fine lines and wrinkles by producing ATP, downing inflammation in the skin and producing something called collagen.

It's incredible. And you'll actually see red light therapy actually be more popular in the esthetician world and dermatologist worlds because of the amazing benefits that red light has on the skin, but it has incredible benefits on the whole entire body.

If you can, You know, have your whole body getting red light therapy because you just get such amazing benefits, which we have in the works right now, a red light mat so that you can lay on that too as well and get all the healing benefits.

So I wish we could stack PEMF with red light therapy, but I don't know, maybe someone else will do it. Maybe you'll do it. I don't know. Well, the thing is you can't, you can't use them together and there's no reason that you can't actually lay on a red light mat and have PMF underneath it because the PMF will worry through it.

So then if you have a high intensity PMF, they'll just synergistic. That actually is a good idea. We should definitely make this red light mat something that you can stack on top of our infrared PEMF mat.

Thanks for that idea. Well, actually you'll need a stronger PMF mat than yours, right? Because the magnetic fields have to be strong enough not to go through the red light mat, but then go at least reasonably deeper in the bite.

We could talk about that separately. Yeah. Yeah. No, I think that's a, it's a really interesting point. I love stacking these amazing wellness technologies, mainly because we only have a certain amount of time in a day.

Right. And we want to get like all of these amazing healing things for our body in the shortest period of time. Cause like, again, who has six hours in a day to like spend doing biohacking things.

There's only a small portion of the world that does. And especially when you're, you're basically having to sit there to do it. Cause guy who plugged into current plug into the wall.

There is a biohacking thing that you can add on top of it, stack on top of this, and that's called the FlexPulse. I know your FlexPulse, very much so.

How do we know the FlexPulse? Because I researched you and listened to your podcast, and I'm such a big fan of your work, so I know the FlexPulse very well.

Well, let me tell you a little secret about the FlexPulse, especially if you do a lot of flying, especially if you fly across country or go to Europe.

I love that. That's hilarious. All right, so you put the system in Delta, attach it to your head, and then you could basically just sleep while you're flying.

Yeah, because the FlexPulse has the more of the lower intensity. It's 200 gauss maximum intensity. So that's very, very safe. It's going to be very effective into the brain.

So when you combine again, you can combine PEMFs. So if you want to do an even deeper dive in terms of relaxation, combining a higher dose and then doing the FlexPulse as well, which you can do together.

There's no reason you can't.

Red light therapy and future product stacking

But then on top of that, once you're done your higher dose therapy, you can put it on your head and go on about your business. You put it on a back or a shoulder or an elbow.

So this is a multi, that's why we call it the flex pulse. It's got many, many different uses. It's a really, it's really a Swiss army knife. Yeah, and it's a great intro for people, I'm sure, to PEMFs too, right?

Is to like play around with a device that, you know, you can use anywhere and travel with and like biohack an airplane ride and see if you feel any different, you know, because I always feel so crappy with the EMS and…

And you can put it on your angry neighbor. Yeah. Or the kid. Yeah. So again, I have a question. I have two twins. They're, you know, two and a half years old.

Would you suggest using lower level intensities, PEMF with kids? or does it not matter? I have a blog on my website about PMFs in children. And there are clearly lots of children who have all kinds of problems.

And if you have a child with autism or autism spectrum disorder or ADD, ADHD, or even a behavioral disorder, PMF therapy can be very useful for changing the mood.

It can change it almost instantly. I'll give you an example, not a child, but there's an adult and kids are even more susceptible as are animals. PMFs.

They react much more vigorously to the PMF system. Their nervous systems are wired differently and so they're more attuned to it and they react better to it.

I had a woman in the office who was seeing me for anxiety and she came into the office and she sat down and within two minutes she started walking, pacing.

I took a flex pulse coil and put it in the back of her head and literally you could see the elevator going down. That's amazing. Yeah, you really need to stack this technology with all sorts of different therapy, you know, when someone's talking with it.

Which you can, you can easily do that. You need an extra tool sometimes to like kind of get out of their own way. and allow for them to be in a place that makes them feel safe, where they can do the healing that they need to do.

But not everyone has the tools in their tool belt to be able to get there. So this is why I really love these technologies, because it really helps people get there without them really having the expertise on how to do that for themselves.

And you don't need medication. You don't need supplements. Actually, they work better with supplements, but you don't even need the supplements because it's based, it's acting on your physiology directly.

And that's all you're basically getting from the supplements as well anyway. And the medication, most of the time medication doesn't cure anything. It simply controls.

So aren't you better off controlling with something safe that's going to balance the body, produce a lot more benefits to the body than, you know, what a single benefit that you're getting from a medication.

This is, again, the idea of prevention versus going straight to something like surgeries or medication. There's so many things that we could do before you get there.

And that's what we're really focused on, that higher dose. Higher dose, dose stands for dopamine, oxytocin, serotonin, and endorphins, which are your four main happy chemicals.

That's so cute. getting high naturally and releasing those happy chemicals. And how do you do that, right? And there's so many ways to do that. There's so many hacks that you could do just in nature, like walking barefoot or watching the sun go down or being by the ocean and the negative ions and so many amazing things that you can do.

And then there's also these amazing technologies that brings the healing powers of nature into the comfort of your own home. And we need, as a culture and society, be more connected to nature.

FlexPulse, children, and broader therapeutic uses

I think, and I think the further we get away from that with the news and fear and, you know, bad lighting and all the things that we have in our homes that don't make us feel good, the worse someone is, you know?

And, you know, that's, again, why, like, just making these technologies more well-known and a part of someone's lifestyle is, like, such a gift that you can give to people, I think.

Well, and I thank you for doing that with us today. Yeah, no, I'm so honored to be here speaking to you. I was honestly quite nervous because you know more about everyone else.

I was like, what am I going to say? How is he going to interview me? But I think overall, like our missions are aligned and I think that there's a place for more intense you know, intense frequent or PEMF, more intense PEMFs to like do some deep healing, wound healing and like bone healing and ligament and physical and nervous system and you know, diseases.

And I just like really thank you for that. And then again, if you are looking for something that is like more every day that you could just give to someone that's an intro to PEMF that just wants to make them feel like, you know, more calm and relaxed.

definitely check out the higher dose infrared PEMF-MAT and any of our wellness technologies. So where do they go to find more information? So you go to higherdose.com, really cool because we really want to educate people too about all of this stuff.

But we also have this really cool show called Biohackers, and it's about female biohacking. And we get to experience all sorts of different technologies and treatments to increase your dopamine oxytocin serotonin endorphins and get high naturally.

It's funny because PMF comes up a lot, just the healing benefits of that technology.

HigherDOSE mission and where to learn more

So definitely check out biohackers, definitely check, which is you can find on our blog, on our website. And then definitely check us out at higherdose.com and then Instagram, higherdose.

Or if you want to follow me, I'm like not the best at Instagram, but I am really trying to like show you how I biohack my everyday lifestyle and use these amazing technologies into my everyday.

I've certainly checked out your Instagram page and there's a lot of information there. So I think it's very helpful and nice short videos. Yeah. All right, Lauren, thank you very much for taking time out of your, I know a very, very busy day.

Thank you. I appreciate it very much. And we look forward to interacting in the future and hopefully we'll get your message out. Thank you. I appreciate it.

Bye everyone. Enjoy. Thank you for tuning into Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your wellbeing.

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