

ENERGY LIFE



HOW TO
CHARGE YOUR
BODY BATTERY

AND OPTIMIZE
YOUR CONTROL
SYSTEM

H A R R Y M A S S E Y

WITH STEVE McCARDELL

ENERGY LIFE

HARRY MASSEY

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www.Energy4Life.com

*To David and Avi, who fill me with energy for life.
And for all those seeking more energy to fulfill their lives
with meaning and happiness.*

- Harry

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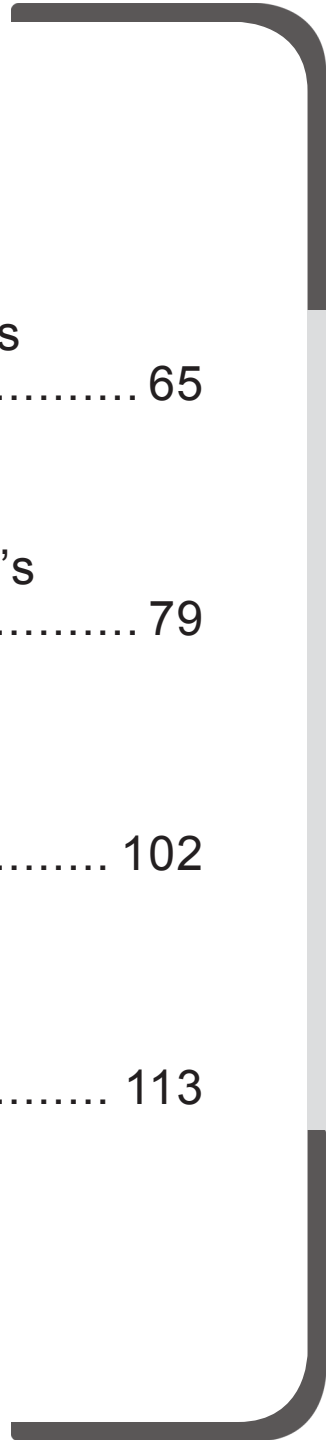
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1 Sinking into Chronic Fatigue

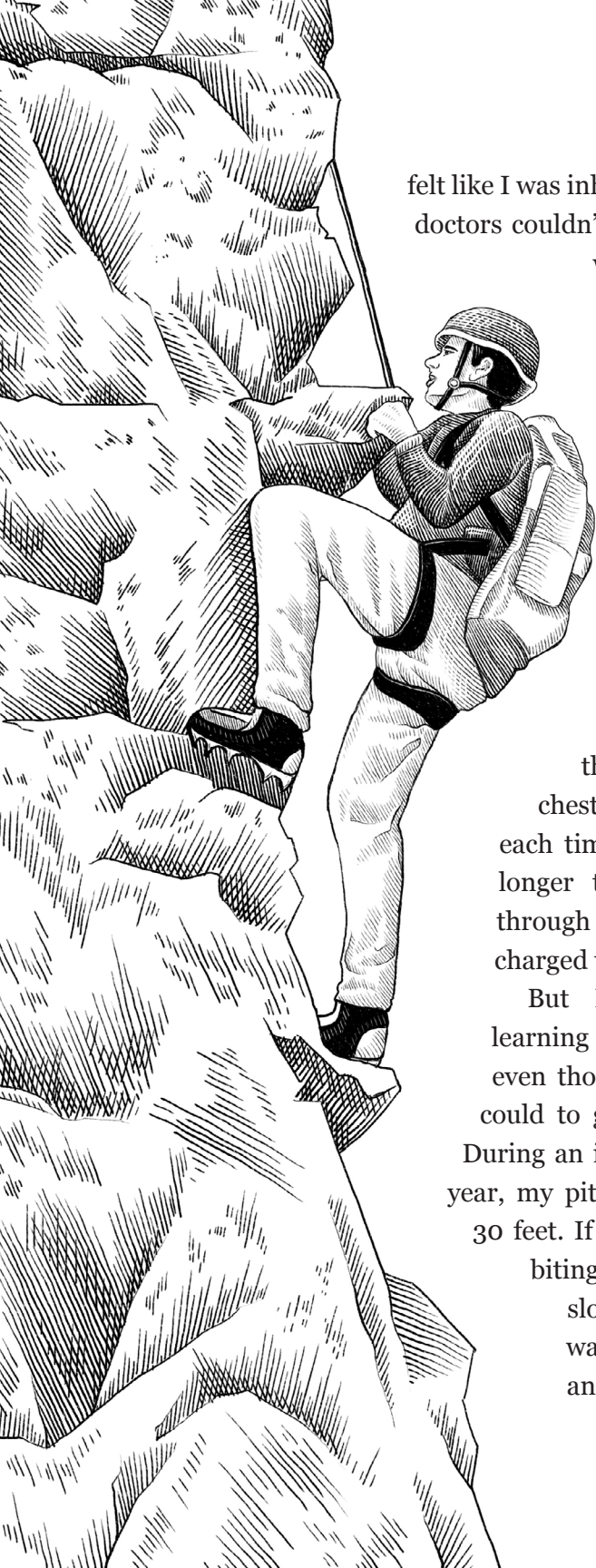
DURING MY YOUTH, I LIVED A SUPERCHARGED, HYPERACTIVE lifestyle. I rock-climbed by day, rave-danced by night, and lived my life with the gas pedal to the floor. Partying until seven in the morning, then heading straight off to a lecture, pushing myself for three years straight. Nothing could touch me. I was invincible.

Until the day I wasn't.

There came a day when I found myself bedridden, staring up at the ceiling for seven long years with what seemed would be a lifelong condition. How did I get this way? What horrible circumstance led to my downfall?

Failing to Get the Message

In 1994, I was getting ready to go to university when I decided to have one last hurrah before buckling down. I took a year off in Australia to teach teens sailing and kayaking, and to explore the countryside. That's when I caught a fever that laid me out for two weeks. I recovered, but never completely. Two months later, whatever it was struck again: my lips started to swell, I had chest pains, and breathing



felt like I was inhaling shards of glass. The doctors couldn't find anything medically wrong with me and just assumed I'd developed some sort of allergy from the fever.

I got better and returned to England to pursue my studies. I kept up with my physical activity and did pretty well as long as I didn't overexert myself.

When I did, however, the labored breathing and chest pains would return, and each time it took me longer and longer to recover. It was only through sheer willpower that I charged through it.

But I was stubborn about learning the lesson to slow down, even though life did everything it could to get the message through. During an ice climb in Scotland one year, my piton came loose and I fell 30 feet. If it weren't for my ice axe biting into the curve of the slope, I would have died. I was understandably shaken and in pain, but I continued

with the climb. That was the first of three experiences that nearly killed me that year, as fatigue started getting the better of me.

It wasn't until a couple years later that I learned I had fractured my spine in the fall and it had since fused. But as I continued headlong into life after the fall, I had to push through back pain that I wasn't able to resolve till many years later. (I'll explain how in this book.) I kept ignoring the symptoms and pressing on.

Sometime after the ice-climbing fall, I was paragliding in the Alps near a castle when a turbulent thermal hit me. My wing partially collapsed and I fell hundreds of meters, only just regaining control before slamming into the wall of that old castle. Thirty minutes later, I was right back up there paragliding again.

Of course I wasn't thinking straight. I was concerned that the scare would keep me from doing something I loved if I didn't jump right back in. But I should have gotten the hint to slow down. I didn't.

Alongside all this, I was making a lot of unhealthy lifestyle choices, and my twenty-first birthday was mostly spent in a crazed, drug-fueled haze that had my parents understandably concerned. They lectured me about all this, which of course just drove me further into it.

Between my lifestyle, my strenuous sport activities, and a rigorous academic schedule, I was wearing my health down to the bone. And by the final year of my BS degree, my body was beginning to break. I continually suffered from colds and viral infections, my lymph glands were always swelling, and my immune system was shot. Those close brushes with death had become an expected part of my life.

I managed to finish school and even landed a high-powered job at a London financial company, where I was selected out of thousands of hopefuls. But I could only show up for work 20 days out of the first two months, so they had to let me go.

I had no energy, was always ill, and didn't know what the heck was going on. Yet I continued with my rock climbing passion, even though it took me longer to recover from each outing. At one point,

a climb in the French Alps nearly finished me. I didn't even have the energy to break camp and drive home, and ended up staying in my tent for a week before I was finally able to drag myself home.

There was a black cloud hanging over my health. At 21 years old, I felt like an old man. Yet I kept on pushing, in denial of the facts and certain that a little mind over matter would get me through it. But all I was doing was pushing myself off the proverbial cliff.

From Climbing Mountains to Not Climbing Out of Bed

Within two years, I was mostly bedridden. Only then did it sink in that I was truly sick, and I finally started making the rounds with the doctors. I needed my mom to cart me from one specialist to another, and in each case, they really didn't know what was happening to me. Oh, they would give one vague diagnosis after another, but it was obvious they didn't know what was wrong with me; they thought it was all in my head and they did nothing to make me better.

Eventually, I was diagnosed with a term that's more common to us today: chronic fatigue syndrome (CFS). But this diagnosis only meant that my symptoms lined up with a bunch of other people's symptoms, so they were given a common name. It had nothing to do with what was *causing* the problem, and it gave them no new solutions for helping. In short, I had zero success with Western medicine.

During this time, I became allergic to just about everything you can be allergic to. I also had liver pain, headaches, impaired thinking, aches everywhere, continual fatigue ... the works. In fact, I only made it through my last year of university education by splitting a one-year course into two years and having friends take notes for me.

By this time, I couldn't walk more than a hundred yards without collapsing from exhaustion. My medical records said that I had one of the lowest magnesium blood counts ever recorded in England. My

memory was shot, I couldn't think, and my glands were all swollen. My once bright future had shrunk to lying in bed in my apartment. I couldn't live like this any longer and finally decided to take matters into my own hands. Conventional medicine had failed me so, with the early days of the internet in my hands, I began searching unconventional options from my sickbed at home.

Looking for Solutions

I studied coffee enemas, juice therapy, raw foods, fasting, water diets, herbal medicine, yoga, acupuncture, and even psychology. Each had a seemingly legitimate point of view and treatment for parts of my ailment, and I gave them all a try. For seven years I searched for answers and had some levels of success, but nothing provided a full or lasting solution. Once I even tried a water fasting therapy in South Africa; I did end up passing a bucket of parasites out of my body, but I was left skeletal, weak, and not much better off. In fact, I was left with even less energy than before.

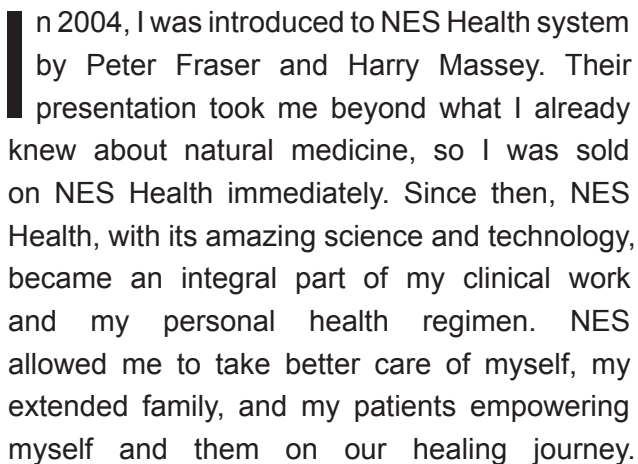
I was properly disabled, but somehow managed to complete my master's program. After that, I had to swallow my pride and move back in with my parents so my mother could care for me while she also dealt with my dad's Alzheimer's. I really felt like I was in a nursing home for old folks, even though I was still in my twenties.

I then started a small internet business that I could run from my laptop so as not to be financially dependent, and spent the rest of my time in my quest for health. Through that journey, I began educating myself about the physics of energy in the human body, or what we now call *bioenergetics* or *biophysics*. I also began exploring a range of other topics, from electronics, mathematics, and physics to chaos theory and information theory. This was opening exciting new ideas about how the body—and even all of creation—works, but I still hadn't found the breakthrough for getting well.

It was while I was at the Dove Clinic receiving alternative and allopathic treatments that I heard about a man named Peter Fraser, an Australian who was doing some groundbreaking work in bioenergetics. In a combined state of desperation and determination, I wrote him with my story and received in reply a paper on his bioenergetics theory.

I sat down with what was left of the thin thread of hope in my heart and started to read. As I read, my interest grew, and the more I devoured his words, the more that thread of hope grew. By the time I finished, I knew that I just *had* to meet this guy.

We spent some time communicating and eventually agreed to meet halfway in California. I crawled onto a plane and made the trip, and so began an incredible healing journey and a partnership that has now helped us restore tens of thousands of people's energy for life.



In 2004, I was introduced to NES Health system by Peter Fraser and Harry Massey. Their presentation took me beyond what I already knew about natural medicine, so I was sold on NES Health immediately. Since then, NES Health, with its amazing science and technology, became an integral part of my clinical work and my personal health regimen. NES allowed me to take better care of myself, my extended family, and my patients empowering myself and them on our healing journey.

— Lydia Hackett-Jones, *Homeopath*

Why Biochemistry is Not Enough

BEFORE WE JUMP INTO UNDERSTANDING BIOENERGETICS AND how it made a rapid difference for me, it's worth asking a question: why didn't more conventional approaches work?

Whether we're talking about pharmaceuticals or dietary and supplement solutions in relation to the body, we're talking about *biochemistry*. This model seems to have a lot going for it, and in some ways it does. It's relatively easy to study because we can watch chemical actions take place under microscopes. This lets us see how drugs and nutrients interact with the body. We know pretty well what problems occur with specific nutritional deficiencies, and we can see how drugs block actions from taking place in the body to stop symptoms.

So to a point, a lot can be accomplished with this approach. Yet today, life expectancy in the United States is going *down* rather than up.¹ For all the decades of promises, we've barely made a dent in the problem of cancer. We have more people with food allergies today

¹ <https://www.wsj.com/articles/u-s-life-expectancy-falls-further-1543467660>

than ever before, autism rates have skyrocketed, and much of the population has become obese. *Something* is wrong with this picture.

Big Pharma Conflicts of Interest

What's more, there's a lot to question about modern medicine. I have to admit, emergency medicine—from life-saving surgery to things like blood-clotting drugs that can keep someone from bleeding out after an accident—is pretty impressive. But when it comes to lifestyle medications, we have to ask some important questions.

First of all, there are massive conflicts of interest. For instance, like the fox guarding the henhouse, the pharmaceutical companies themselves pay for much of the work of the FDA in approving their drugs² (not to mention payments to FDA advisers following drug approvals³). Big Pharma also pays for the studies needed for these approvals.

In one way, this sounds great—it keeps the taxpayers from covering the cost. But we also know what happens when someone commissions a study, don't we? They get the results they're after, often by throwing out data that doesn't fit their needs or cherry picking results. (This is exactly what happened with Big Tobacco, when doctors were telling people that smoking was good for them and the truth was hidden from the public for decades.) As one article points out, "Some estimates suggest the results of half of clinical trials are never published. These missing data have, over several decades, systematically distorted perceptions of the efficacy of drugs, devices and even surgical procedures."⁴

2 <https://www.propublica.org/article/fda-repays-industry-by-rushing-risky-drugs-to-market>

3 <https://www.sciencemag.org/news/2018/07/hidden-conflicts-pharma-payments-fda-advisers-after-drug-approvals-spark-ethical>

4 <https://www.economist.com/science-and-technology/2015/07/25/spilling-the-beans>

Another article explains: “In 2010, three researchers from Harvard and Toronto found all the trials looking at five major classes of drug—antidepressants, ulcer drugs and so on—then measured two key features: were they positive, and were they funded by industry? They found over five hundred trials in total: 85 per cent of the industry-funded studies were positive, but only 50 per cent of the government funded trials were. That’s a very significant difference.”⁵

In short, as Marion Nestle, PhD, a professor of nutrition and public health at New York University, once said, “Companies that sponsor research make sure that they get what they pay for. Industry-funded research is marketing research, not scientific research.”⁶

The conflicts of interest in the industry are exposed in great detail in books like *The Truth About the Drug Companies: How They Deceive Us and What to Do About It*, by Dr. Marcia Angell (former editor of *The New England Journal of Medicine* and therefore a believer in the value of correctly using pharmaceutical drugs). The book’s overview tells us that Dr. Angell

watched drug companies stray from their original mission of discovering and manufacturing useful drugs and instead become vast marketing machines with unprecedented control over their own fortunes. She saw them gain nearly limitless influence over medical research, education, and how doctors do their jobs. ... Drug companies funnel the bulk of their resources into the marketing of products of dubious benefit.

5 <https://www.scientificamerican.com/article/trial-sans-error-how-pharma-funded-research-cherry-picks-positive-results/>

6 <https://blogs.mercola.com/sites/vitalvotes/archive/2019/05/09/coca-cola-caught-red-handed-again.aspx>

That last part is important. Dr. Angell specifically points to the questionable value of many of the drugs that are being pushed on the American public. A quick search online for “medical drugs no better than placebo” will bring up plenty of examples of medicine that could be replaced with dummy pills and get the same results. Yet the actual drugs carry side effects that a placebo presumably would not cause.

Big Pharma’s Marketing Machine

Even if a drug *does* demonstrate a benefit, the marketing machines push it through doctors and advertisements far beyond its appropriate use. (Data from 2013 shows 9 of the top 10 pharmaceutical companies spending more on marketing and sales than on research and development, with many of them spending twice as much on selling than on developing.⁷ And much of this money is spent directly on doctors in the form of speaking fees, consulting fees, etc.⁸ In other words, they’re purchasing medical bias.)

As one example, over the last several years, studies have shown that antidepressant drugs don’t relieve depression any better than placebos. In 2018, though, a new study suggested that they *do* provide more benefits than placebos, but only when used in serious cases of depression. Unfortunately, doctors have pushed these medications on more and more people, and for more and more “off label” uses (what the drugs weren’t originally intended for). Because of this, earlier studies literally couldn’t see the benefits. Any positive results were getting lost in the sea of people who never should have been taking them.

7 <https://www.washingtonpost.com/news/wonk/wp/2015/02/11/big-pharmaceutical-companies-are-spending-far-more-on-marketing-than-research>

8 <https://projects.propublica.org/docdollars/>

Wonder why our healthcare costs are so high? This is one reason. And it not only leads to higher costs, but to the many side effects that those people should never have faced. Plus, for those who did suffer side effects—from a drug they never should have taken—in many cases, their doctors no doubt prescribed still *other* medications to deal with the side effects from the first medications. So the drug lifestyle feeds itself.

It's worth pointing out another angle on the side effects of antidepressants. They aren't just about physical problems (although weight gain is among the side effects, and we know what a problem this has been in Western society); they include emotional changes like irritability, anxiety, and a decreased interest in sex. So now we're talking about something that affects *relationships* as well as physical health. And when we talk about the holistic approach of bioenergetics to one's energy and health, we consider someone's emotional and social well-being a critical part of their health.

Killer Pain Relief

Of course on the topic of drug marketing and over-prescribing, we have the whole opioid crisis. (Payments to doctors by opioid manufacturers have been linked to increased prescriptions.⁹ But no surprise there.) The US government website explains:

In the late 1990s, pharmaceutical companies reassured the medical community that patients would not become addicted to prescription opioid pain relievers, and healthcare providers began to prescribe them at greater rates. This subsequently led to widespread diversion and

9 <https://www.propublica.org/article/opioid-makers-blamed-for-overdose-epidemic-cut-back-on-marketing-payments-to-doctors>

*misuse of these medications before it became clear that these medications could indeed be highly addictive.*¹⁰

In 2016, nearly 20,000 people died from prescription opioid pain relievers. Worse yet, we're now seeing a surge in deaths from illegal opioids, with more people dying from those than from prescription opioids.¹¹ This may be because doctors are finally reducing their opioid prescriptions; unfortunately, those who are addicted to the drugs are now seeking illegal or black market options like heroin or fentanyl.

Still, opioids aren't the only pain drugs at fault here. NSAIDs (non-steroidal anti-inflammatory drugs) under any name (famously including aspirin, Advil, Motrin, Celebrex, and more) are regularly estimated to kill more than 16,000 Americans a year and send more than 100,000 to the hospital, often with serious digestive and other problems. Another NSAID, Vioxx, was released in 2000 despite warnings regarding heart health. After about four years and 60,000 deaths from heart problems (and possibly more than twice that number who suffered heart attacks), it was finally pulled from the marketplace. It took that long, in spite of the known risks before it was released.

So much for the medical commitment to "first do no harm."

It's understandable that so many people are willing to face these risks (if they're even aware of them) because millions suffer from pain. They do need solutions. Products like NSAIDs and opioids are what the pharmaceutical industry has to offer and, due to Big Pharma influence (in legislation, in marketing, and in limiting the voices of safe alternatives), drugs are the only option many people know about. But as you'll see in the coming chapters, my venture into bioenergetics

¹⁰ <https://www.drugabuse.gov/drugs-abuse/opioids/opioid-overdose-crisis>

¹¹ <https://www.drugabuse.gov/related-topics/trends-statistics/overdose-death-rates>

took me in whole new directions for energy and wellness, and I found ways to eliminate my own pain without drugs ... just like countless others have. This is what can happen when you start looking beyond the biochemical actions of the body. But more on that soon.

Follow the Money

Suffice it to say, there's reason to question our reliance on pharmaceutical drugs. Follow the money and it's not hard to see that there's a lot on the line that has nothing to do with human well-being and happiness. Big Pharma is one of the biggest special interests in Washington, DC, and that influence allows it to continually expand the number of drugs in people's lives. Plus, medically speaking, health problems like "high blood pressure" and "high cholesterol" are redefined to get more people onto related medications, while children are exposed to scores of vaccinations for which the drug companies literally have *zero liability*.¹² So from a bottom-line perspective, the more vaccinations they can bring to market, the more their profits soar.

Now I'll leave the vaccination debate to others—I'm pointing out the conflicts of interest here and offering reasons for asking questions. But on this topic, I'll mention that one group has begun raising money to study the contents of vaccines in the marketplace, and their first result was nothing short of astonishing. Reviewing a 6-in-1 vaccine, they not only found 65 toxins—of which they could only identify 35%—but they also found *none* of the expected antigens that should have been the foundation of the vaccine. (The antigens are what are supposed to trigger immunity to a disease.) In other words, even for those who believe in the value of vaccinations, this one literally could

¹² Due to the National Childhood Vaccine Injury Act (NCVIA) passed by Congress in 1986.

not provide any protection and meanwhile involves injecting nothing but toxins into your body.¹³

If we have faith in Western medicine, these results should shock us to the point of hoping, at least, that this was an isolated case. But based on these findings, the same group studied two more vaccines and found similar results.¹⁴ Again, we can leave the discussion of safety and effectiveness of vaccines to other settings, but these findings alone should demand much greater scrutiny into “medicine” that’s being increasingly forced on the global population.

Problems in Medical “Science”

As I mentioned before, this isn’t to say that Western medicine provides no value, but that there is an incredible amount of bias, misinformation, and even outright fraud in how it’s presented. Poor results are hidden. Statistics are manipulated. And the word “science” is used as a mantra to convince us that conventional medicine is the only valid reality. This, in spite of the fact that there are massive problems with its so-called science, which you can learn more about by watching (or reading) the *Corbett Report* on “The Crisis of Science.”¹⁵ It does a great job of explaining the situation and can really open your eyes to what’s happening in research today.

For instance, a key to modern science and medicine is *supposed* to be that research done by any lab at any time should be repeatable, assuming the science is good. And published research should meet this standard. But as the “The Crisis of Science” points out: “In 2011, *Nature* published a paper showing that researchers were only able

13 <https://www.corvelva.it/speciali-corvelva/analisi/vaccingate-initial-results-on-infanrix-hexa-chemical-composition.html>

14 <https://www.corvelva.it/it/speciali-corvelva/analisi/vaccinegate-final-technical-report-molecular-profile-analysis-of-vaccines.html>

15 <https://www.corbettreport.com/sciencecrisis/>

to reproduce between 20 and 25% of 67 published, pre-clinical drug studies. They published another paper the next year with an even worse result. Researchers could only reproduce 6 of a total of 53 landmark cancer studies. That's a reproducibility rate of 11%. ... The cherry on top came in 2016 when *Nature* published the results of a survey of over 1500 scientists, finding fully 70% of them had tried and failed to reproduce published experimental results at some point.”

What's more, in the 2016 report from *Nature*,¹⁶ 60% of respondents said the two biggest problems in repeatability were the pressure to publish and selective reporting (i.e., not telling the full story; misleading people about the true results). Worse yet, 40% suggested that outright fraud was part of the problem. Sadly, while Western medicine often attempts to present itself as the only legitimate approach to wellness, this is the kind of science they're leaning their reputation on.

Medical Drugs Don't Heal

Even if medical science were perfect—which it's clearly not—it's obvious that pharmaceutical drugs fail to actually get people *healthy*, even if they do help to manage some symptoms. This is why I never found a medical solution to my problem, just as millions of others have been let down by medicine. Why is this?

Simply put, pharmaceutical drugs *aren't designed* to heal anything in the body. They're only designed to provide some symptomatic benefit, and they do this by *stopping* functions of the body. These functions are only *symptoms* of a deeper problem, and the design of medicine isn't to address the deeper problem; it's only to stop the symptom.

¹⁶ <https://www.nature.com/news/1-500-scientists-lift-the-lid-on-reproducibility-1.19970>

This is why medicine doesn't cure. It only manages symptoms. The body has a miraculous ability to heal itself from just about anything, but only when we support it in doing so. Unfortunately, medicine's entire approach is to fight the body's attempts to heal, which we see as symptoms. Yes, sometimes fighting the body's attempt is necessary—like when the immune system is purposely suppressed to keep the body from rejecting an organ transplant. This is life-saving medicine. But lifestyle medications will never help someone truly get well.

Holistic approaches to wellness, on the other hand, don't treat symptoms. They look for the deeper cause and seek to support *its* correction. When the deeper cause is corrected, then the body's own incredible healing system can begin to fix the body. Medicine may be valuable when facing emergency situations and symptoms must be addressed. But for long-term wellness, it's critical to find out what's really going on beneath those symptoms.

Errors in Nutrition

I mentioned early in this chapter that nutrition (both diet and supplements), like medicine, works with the chemistry of the body. Because of this, nutrition is also only dealing with part of the story—it's not looking at a deeper level of how the body works, as we will in this book.

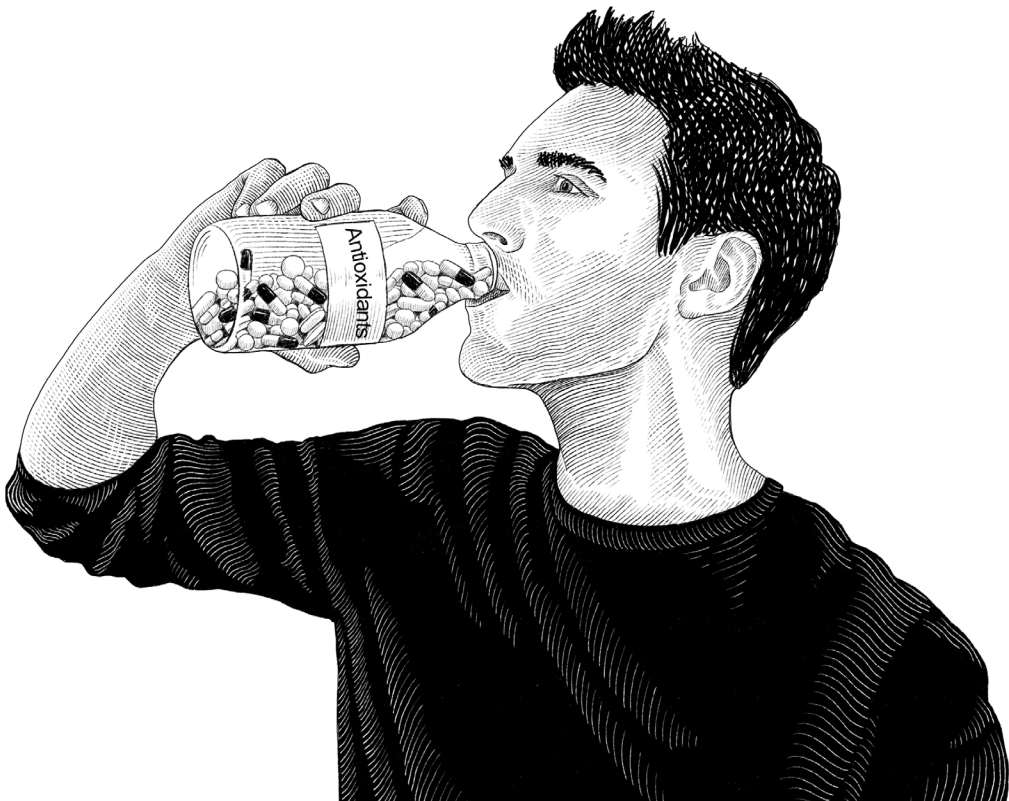
But nutrition takes the opposite approach of medication. A nutritional approach assumes that a problem arises from a nutritional deficiency. Sometimes this is the case, which is why nutrition can *solve* a problem rather than simply blocking symptoms like drugs do. For this reason, we're fans of good nutrition and consider it important on the path to wellness.

Often, though, nutritional deficiencies aren't the deepest cause of someone's health problem, even if they're part of the problem; this is one reason why nutritional solutions don't always work.

There's another reason why some nutritional solutions fail: the assumption that if a little is good, a lot is better. Which is patently false. As we'll discuss in a later chapter, the body needs electrons to power activity in the body, but that doesn't mean you want to get struck by lightning. You need to drink enough water for good health, but you don't want to drown yourself. Nothing, in excess, is a good idea.

Take, for instance, the whole idea of antioxidant supplements. The body has its own antioxidant system that is designed to protect us from "free radicals" in the body. Antioxidants effectively neutralize these free radicals and keep them from damaging molecules throughout the body, so we want this system to work well. We get additional antioxidant support from some of the food we eat as well. In some cases, nutrients in the food act as antioxidants themselves; in other cases, they provide the building blocks for

Consuming large amounts of antioxidant supplements can weaken the body's own antioxidant system.



the body's own antioxidant system; other times, they simply trigger our own antioxidant system. So far, so good.

But supplement companies saw dollar bills in this. By explaining the danger of free radicals, they convinced people that they needed to take supplements to flood the body with nutritional antioxidants. Besides a lot of research showing that a flood of antioxidants doesn't help and may cause harm, this approach has an unintended consequence: the body no longer sees the need to produce its own antioxidants and starts to *lose the ability to do so*. The body becomes reliant on those supplements.

For instance, a 2008 study at the University of Valencia showed that vitamin C supplementation hampered exercise endurance. While vitamin C reduces levels of reactive oxygen species (the free radicals we're primarily concerned with in the body) in the short term, it impairs the body's adaptive response. It doing so, it prevents "the exercise-induced expression ... of the antioxidant enzymes superoxide dismutase and glutathione peroxidase."¹⁷ In other words, too much C and body stops producing its own antioxidants.

Food as Antioxidant Stimulants

Meanwhile, simply eating certain foods stimulates an antioxidant response from the body that keeps the body adaptive. These are foods that people commonly think of as antioxidants themselves, but in reality they are toxins in very small doses—small enough for the body to overcome with its own antioxidant system, so we see a rise in antioxidant levels in the body when we eat these foods. These include a number of herbs as well as nutrients like resveratrol from red grapes, curcumin from turmeric, spirulina, and cacao. This adaptive process in the body is called *hormesis*, which we'll discuss later, but in short, small stressors help to keep the body strong, while too much stress causes problems.

¹⁷ <https://academic.oup.com/ajcn/article/87/1/142/4633311>

Research has even shown that some exposure to reactive oxygen species helps the mitochondria (which produce ATP for energy in the body) to become more adaptive. This promotes health and longevity, and means that a low level of free radicals in the body can actually provide a benefit. Excess antioxidants from supplements, though, can suppress free radicals *too* much to provide this benefit, so they may ultimately harm our health and shorten our lives.¹⁸ The mitochondria themselves need small stressors, just as our antioxidant system does, and just as we do overall.

Good nutrition from the food we eat is important to provide us with the building blocks of health. In this way, biochemistry is an important partner to the rest of what we'll look at in this book. But just like medicine, a nutritional approach can take us down the wrong path when it simply slings nutrients at the body in quantities that nature never intended, or with the idea that the body is entirely based in chemistry. It's not. It is, plain and simple, based in physics. Specifically in the energy that our bodies and our entire world are built from.

And that's what bioenergetics is all about: the study, detection, and correction of energy in living systems. The half of the story that medicine and nutrition are largely missing. And the half of the story that made me well. So let's explore that next.

18 <https://www.sciencedirect.com/science/article/pii/S0531556510001282>

3

The Other Half of the Story

IN THE LAST CHAPTER, I NOT ONLY EXPLAINED THE DOUBTFUL SCIENCE around a lot of Western medicine; I also explained why pharmaceutical drugs simply are *not* designed to get to the root cause of a health problem. They are *only* designed to suppress symptoms ... which sometimes is useful, even essential. But will never truly correct a problem.

Meanwhile, nutrition *can* address the root cause of a health problem, assuming the root cause is a nutritional deficiency. This is a better approach to truly getting well. But, like medicine, nutrition still only addresses the body's chemistry, which often isn't enough; and as I explained, there are still plenty of errors made through the nutritional approach. Even in its ideal, it doesn't go deep enough because chemistry simply isn't the basis of how the body works. It's why medicine, nutrition, and many other options failed to get me well.

So if it's not enough just to support the body's chemistry in an effort to get well, what else do we need to support? What is the other half of the story? The other half is physics, as physics is what *determines* whether chemistry works correctly or not.

The Physics of the Body

Don't worry; the idea isn't complex. It just means that everything is made of energy—things like protons, neutrons, and electrons. The relationships of these energy particles are what give us atoms, and relationships between atoms and the movements of energy between them give us chemistry. So I'm just saying that physics comes first. It is fundamental. It is *the root cause* of anything the doctor could tell you is happening in the body.

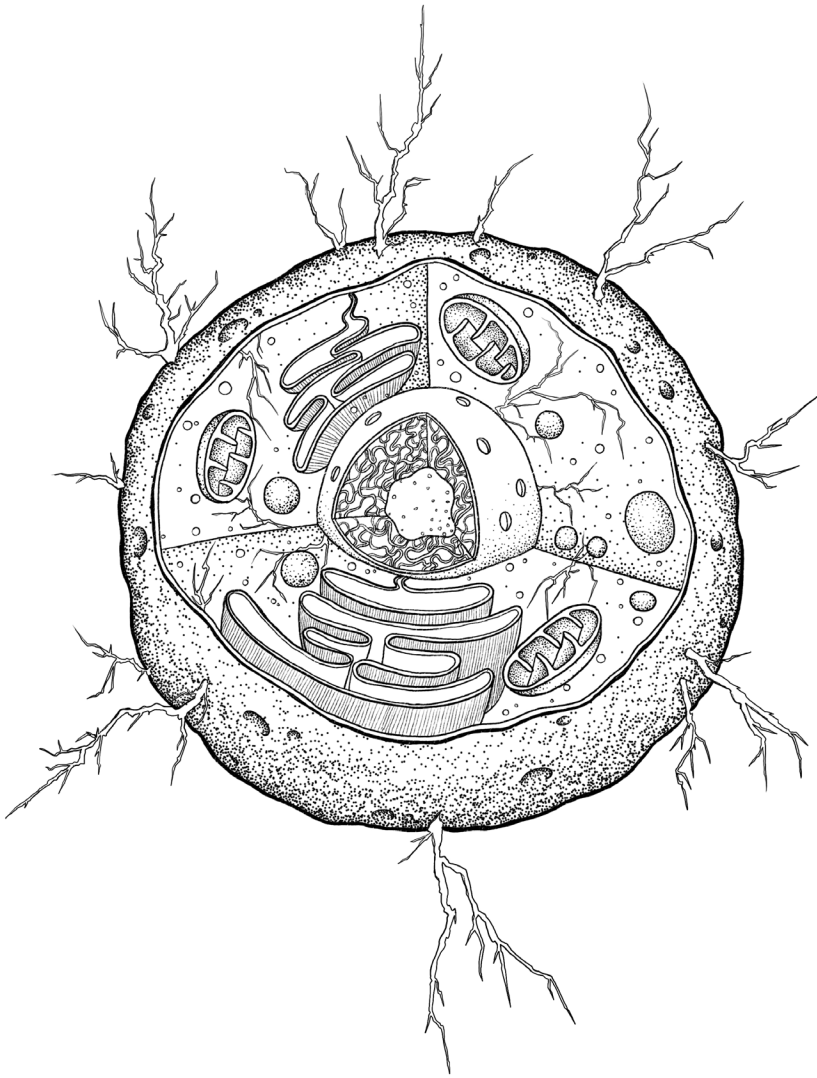
In other words, if you could assess and correct the body's *energy* system, you could in theory correct *anything*. And that is exactly the goal of bioenergetics.



Bioenergetics:

the study, detection, and correction of energy in living systems. Correct the body's *energy* system and you could, in theory, correct *anything*.

In fact, the science of biology already recognizes what a huge role *electricity*, or raw energy, plays in the body. Besides the entire nervous system being an electrical system, we've known for a long time that there is a strong electric charge across cell membranes. But until a study in 2007, the cellular model assumed this wasn't the case *inside* the cell. This study showed that they were so wrong, it was sort of like "back to the drawing board" in terms of understanding how cells work. In fact, they "found electric fields as strong as 15 million volts per meter, perhaps five times stronger than the field found in a lightning bolt."¹



There is a strong electric charge across cell membranes and throughout the cell.

This emphasis on the electric or energetic nature of the body is nothing new to the world of bioenergetics; it has been studied and used to promote wellness for more than 100 years. And there are classic books on the topic like *The Body Electric*. Sadly, while the electric or energetic side of human biology seems so obvious and is so widely studied, modern medicine does little to address this critical aspect of how the body works, and pharmaceutical interests have actively tried to stop progress on this front.

Beyond Just Energy

But human biology even goes beyond energy, and scientists working from a chemical or even electrical understanding of the body cannot make sense of everything we know to be true. For instance, we know that huge flocks of birds or schools of fish can operate as if they're in complete unison, moving together not in response to one leader, but literally as a single body.

Or consider these examples from biologist Rupert Sheldrake (a biologist already looking beyond chemistry and energy). In one example, he describes research where rats were measured to see how long it would take them to learn a task. Results were measured over successive generations to find that later generations learned the same task more quickly. This suggests some form of genetic memory. But the results were more profound than that: later generations of rats *that had not been trained on the task* also began learning the task more quickly, so now we have to consider that information was somehow learned and shared among the rats as a whole, entirely apart from biology.² Sheldrake extends this initial example by saying that “if rats of a particular breed learn a new trick in Harvard, then rats of that breed should be able to learn the same trick faster all

2 <https://www.sheldrake.org/essays/rat-learning-and-morphic-resonance>

over the world, say in Edinburgh and Melbourne. There is already evidence from laboratory experiments that this actually happens.”³

Moving on to the processes directly inside our bodies, Sheldrake points out that we know what genes do—they tell the body which proteins to make. But here’s what is odd: the same genes are used in many different species, yet they produce different proteins depending on the species. So something must be instructing the gene.

Sheldrake also says, “Just making the right proteins at the right times cannot explain the complex skeletons of such structures without many other forces coming into play, including the organizing activity of cell membranes and microtubules. ... Microtubules ... crystallize in one part of the cell rather than another, even though the subunits from which they are made are present throughout the cell.”⁴ So, the same subunits are found throughout the cell but they’re doing different things. Why? Because, in Sheldrake’s terms, “other forces” are coming into play.

In short, chemistry and energy alone cannot explain the facts of biology. And this is the key. Our bodies *must* be provided with enough energy to operate (we must “charge the body’s battery”), and we’ll discuss that in the next chapter. But this energy must also be *used* correctly within the body. This drives efficiency and accuracy in the body’s chemistry, keeping us healthy and well powered. This process relies on a hidden control system that we’ll discuss in later chapters.

The Mysteries Revealed

As I worked with Peter Fraser, I learned about the mysteries of this control system—not only to see where it needed support, but also how to provide that support. The answer wasn’t pharmaceutical medicine. It wasn’t nutrition, it wasn’t an herb, and it wasn’t homeopathy. It was

³ <https://www.sheldrake.org/research/morphic-resonance/introduction>

⁴ *Ibid.*

one of the earliest remedies in a line we now call Infoceuticals. We'll talk about these in later chapters and how I helped Peter to radically improve our approach to them. But this is what Peter provided me shortly after we met in California.

While countless other approaches had failed me, in a matter of days of taking this new type of remedy, I began to see dramatic shifts in my health. It convinced me that bioenergetics was more than just theory; that it represented the future of how people would support the body in its miraculous ability to heal. Why simply suppress symptoms when there are options to truly recover? In the six months that followed, my health and energy levels continued to improve. I was no longer confined to my bed, and never would be again thanks to bioenergetics.



I was no longer confined to my bed, and never would be again thanks to bioenergetics.

Nearly two decades later, having grown a substantial business to share these secrets and successes with thousands of health practitioners and improve the lives of countless clients, I've also had the opportunity to meet with the brightest minds in wellness. This group includes many scientists and experts who understand that biology goes well beyond biochemistry, that it is based in quantum phenomena or energy events that drive everything else. But this group also includes many other experts in the worlds of nutrition, biohacking, mind-body wellness, and much more. This exposure has helped me to refine our theory, to better understand how all these approaches fit together holistically, combining the physics and the chemistry of the body as well as the emotional components that have such a profound effect.

If I'd had all this knowledge when I was trying to recover, I'm confident I'd have seen even better and faster results. Applying this holistic approach over the years allowed me to continue building energy, and today I engage in exercise and sports every day. Now I have the opportunity to share this system with you, and it's all built around a two-pronged approach:

1. Recharge your body's battery, then keep it charged.
(Make sure you have plenty of energy to work with.)
2. Use the body's energy efficiently so you don't drain it again.
(Make sure the control system is working correctly.)

We'll explore both of these ideas in the pages ahead, and we'll begin with steps you can start to take in your life right away to restore your energy for life.

I HAVE A CLIENT WHO IS LEGALLY BLIND BECAUSE WHEN she was born, they didn't know to cover her eyes to protect them from building up scar tissue from the oxygen exposure in the incubator following emergency heart surgery. Her sight decreased over the years and she has severe cataracts and a strong sensitivity to light. She had to wear dark sunglasses when going outside in the sunlight. After being on Infoceuticals, she is able to go outside without wearing them.

— PATRICIA MORGAN

4

Charge the Body's Battery

YOU'VE SEEN WHAT HAPPENS WITH ELECTRONIC PRODUCTS WHEN their batteries run low or age. Suddenly you're pushing a button repeatedly to get the TV to turn on or the garage door to open. Or calls on a cordless phone keep going bad. Or your cell phone doesn't last throughout the day like it used to. In short, things stop working.

It's the same for the body when its battery is depleted. So if we want health and vitality, we absolutely *must* keep the body's battery charged. There are two approaches to doing this, and it's important to do both if you want the best results. First, you have to charge it on a regular basis, which is what this chapter is about. Second, you have to make sure that energy is being used efficiently, which we'll cover in later chapters.

Luckily, the body is designed to charge from many sources. As we say in the first principle of bioenergetics, "Life Exchanges Energy." In your everyday life, this means that you're constantly exchanging energy with your environment through diet, breathing, exercise, grounding (to electrically power your body), and exposure to light and heat, among other things. Water also plays a critical role, as

I explain below. So with the right lifestyle habits, you can help to optimize this charging process in order to enjoy energy for life.



1st Principle of Bioenergetics: Life Exchanges Energy

Food

When people think about getting healthier, eating better and getting exercise are perhaps the two options that immediately come to mind. We'll see how important other areas are as well, but there's no question about the importance of diet and exercise. And given that most of us eat at least two to three times a day, we really need to give food our attention.

Of course there are many diets out there, with experts arguing about which one is the best for people to follow. There are vegan and vegetarian diets, keto and paleo diets, macrobiotic and Mediterranean diets, caloric restriction diets, and so on. In short, there is no one consensus on the way that we should eat, so even if you *wanted* to do the right thing ... where would you begin?

Despite their differences, most of these diets agree on some key items, and *that* is where we begin. Dr. David Katz, director of the Yale-Griffin Prevention Research Center, is one of the most respected nutrition scientists in the world. He has summarized the majority consensus on healthy eating, and points of agreement include the following:

- Eat a diet of minimally processed foods, direct from nature or made from natural ingredients. Avoid anything artificial.
- Eat a diet of mostly plant-based foods.

- When eating meat, eat the meat of animals raised on pure plant foods.
- Avoid sugar and refined carbohydrates.

I should point out that the term “all natural” on food packages has no technical meaning. It is a marketing term. I encourage you to start learning to read the ingredients on any packaged foods, and if you don’t know what an ingredient is, look it up or avoid it until you know. It’s sometimes hard to believe what’s allowed inside processed foods!

You can make a big impact on your health and energy by simply beginning to remove foods from your diet that don’t fit within these guidelines and replacing them with those that do. Few people can or will make these changes overnight, but as you take steps that are simple for you today, then the steps that seem difficult right now will seem easy later on. Making a small change each week turns into substantial changes in a year.

From a bioenergetic perspective, though, choosing natural, unprocessed foods is about more than just avoiding toxins or ingredients that your body doesn’t know how to deal with. Obviously healthy food provides building blocks that are chemically necessary. But beyond that, it provides minerals that water can structure itself around, producing a battery inside every cell. (See the next section on water.) Also, the production of energy (ATP) from food relies on *electrons* released from food and moving through the electron transport chain. Batteries produce a flow of electrons to do work, and that’s exactly what happens in all our cells as they generate ATP to power the body. In both of these ways, food is truly part of powering a literal body battery.

As if that weren’t enough, food is also about light. This is because living tissues emit light, or what we call biophotons. There’s been some powerful research on this topic that can help you understand how important natural food is.

In Russia in 1923, Alexander Gurvich discovered that living cells and organisms emit extremely low levels of light spontaneously. He thought this light was involved in communication between cells. A century later, research has continued to mount showing that this is true, that light is part of an energy-based communication system in the body that's much faster than chemical communication. (Photons, or particles of light, are a means of communication between electrons, and the movement of electrons in the body is key to all our biochemical processes.) We'll talk more about this communication system in later chapters but, in short, the more coherent this light, the more it can support accurate communication.

Another researcher, German physicist Fritz-Albert Popp, is perhaps the best-known researcher in this area. He emphasized the energy nature of the human body by saying that we are “light beings” who need coherent light to coordinate the trillions of biochemical processes happening in the body.

His research, for instance, showed that cancer patients emit less coherent light than healthy people. Meanwhile, stress seems to drive too much light emission—this effectively means we're less efficient with our energy and are using a lot of it to move through stress. With biophotons, the goal isn't to produce a high *quantity* of light, which would be wasteful, but to use and produce a high *quality* of it. That is, to make use of more coherent light. So in the case of multiple sclerosis (MS), for instance, Popp's research shows that people with this condition are emitting too much light, as if the body is in a constantly high state of stress.

Along these lines, Popp found that the healthiest food had the lowest *intensity* of light but highly coherent light. Again, quality over quantity. His team also studied the “after-glow,” or delayed luminescence, of food and found it possible to distinguish organic tomatoes from conventionally grown tomatoes strictly from this reading of light. They could also distinguish free-range eggs from caged-hen eggs, and could use after-glow to predict the germination rate of barley seeds.

Besides the coherence of light, we can also consider the frequency of light, which we perceive as colors. Every frequency carries its own information to support the body's communication system, so our best bet is to eat not only food with coherent light, but foods of many colors in order to provide a broad spectrum of light. Conventional views on nutrition already encourage a rainbow diet; from a bioenergetic perspective, this is why.

Finally, we can think about the *way* we eat. As I pointed out, stress causes us to produce too much light. Stress and negative emotions can also impact the heart's communication with the brain and the rest of the body and cause overall decoherence in our communication system (or the inability for everything to speak together). For this reason, it's ideal if we can set aside time to eat in a non-stressful setting, breathing deeply and calmly and being in the moment. Being in a state of positive emotions with people we love may also contribute to our state of coherence as we eat. Those who consciously offer a prayer before a meal are attempting to enter a state of gratitude, which promotes coherence.

In short, coherent energy is essential not only to powering us, but to making sure that power is used well. And when it comes to food, we can best gather this type of energy by eating:

- A variety of foods from nature (not labs)
- Organic when possible
- In as natural (unprocessed) a state as possible
- In the most balanced personal state possible

Water

Most of us have probably had someone remind us to “get plenty of liquids” when we're sick. Natural health advocates almost universally advise people to drink plenty of water. Scientists even look for water

on other planets to see if they could sustain “life as we know it.” But why is water so important and how can it provide us with energy for life?

Let’s start with the sheer magnitude of its role in life. Not only does it account for about 70% of our bodies by weight, but it makes up about 99% of the body’s molecules. (They are lighter than other molecules, so they don’t make 99% of our weight. So from a molecular standpoint, you are 99% water.) If you’re almost entirely water, then it makes sense that science and medicine should put enormous emphasis on understanding its role in human life. Instead, water remains a largely mysterious fluid that conventional science has struggled to explain.

Consider some of these water conundrums:

- If water evaporates all across an ocean or lake, why don’t we just get a general mist? Why does it stick together as clouds?
- If water is just a flowing substance, why does it make sand stick together so you can build a sand castle?
- If a gelatin dessert is almost entirely water, how can it hold its structure?

Dr. Gerald Pollack of the University of Washington asks these and other questions in his powerful book *The Fourth Phase of Water*. More importantly, he puts together strong theories to answer these questions as he explains water’s ability to structure itself along water-loving surfaces. (Which includes most surfaces in the body, like cell membranes and all the organelles within a cell. Minerals can also provide these surfaces.) Instead of the familiar H₂O of liquid water, the water molecules combine into a new, more rigid form as H₃O₂. While his answers challenge conventional viewpoints on water (viewpoints that don’t have good answers), it seems impossible

that one could question his underlying point about water's structure. Why?

Because he gives visual evidence. You can actually see images of this structure, or better yet, find videos online that demonstrate it in real time. I encourage you to stop by his lab's website at <https://www.pollacklab.org/research>.

Dr. Pollack shows droplets of water, for instance, being dripped onto a water surface and literally floating as a droplet on top of the water surface for several seconds before the shell of the droplet breaks and the droplet merges with the rest of the water. He also shows a bridge of water—up to 4 cm (nearly 2 inches) long—spreading between two beakers of water that are being charged by electricity. That is, it's a span of water in mid-air with literally no physical support beyond its own structure.

Importantly, he shows how water next to a water-loving surface creates what he calls an “exclusion zone,” or “EZ layer,” of structured water, becoming a gel rather than a liquid. This layer expels all debris from itself and into the “bulk water” that isn't structured. The EZ structure takes on a particular charge (usually a negative charge in the body), and the bulk water takes on an opposite charge, *literally creating a battery with voltage* that can power work in the body. This voltage is necessary for nerve transmission and cellular communication.

The conventional view is that electrolytes—having positive and negative charges—create this voltage across cell membranes. But remember what I said last chapter, that when scientists measured *inside* cells, they weren't expecting strong electric fields. Instead, they found fields five times the strength needed to produce lightning storms. This completely called into question what they thought about cells.

But Pollack's research shows how structured water solves the problem. It massively contributes to voltage, and therefore electric fields, both inside and outside the cell. In effect, it ought to create

a monster lightning storm—even if on a tiny scale—throughout the body. And this is what we find with all the electrical activity of the body, both in the nervous system and within every cell. Pollack even suggests that this universal charge separation in the body could replace the need for ion pumps in the cell membrane (the conventional explanation), which would in turn explain why cells can often survive being sliced in half.¹

What's more, this EZ layer and its battery effect increase in the presence of light, especially infrared light (heat). I mentioned before that living tissue continually emits light, and we know the body continually produces heat. So the body's natural processes may already help to maintain these EZ layers and water's battery effect. Even more powerful here would be the tremendous amount of light and heat we receive freely from the sun. While we'll talk more about the importance of sunlight later, this is yet another reason why getting adequate sunlight is important. It can literally help to provide us with free energy from the water in our bodies!

Pollack even shows how these EZ layers on the inside of a water-loving tube freely move bulk water through the tube, and this may tell us a great deal about how blood moves through the body's blood vessels without relying entirely on the heart as its pump. This helps explain how a sticky fluid like blood (which would already be difficult for a pump to move) can travel through *thousands of miles of blood vessels* at different speeds in different parts of the body without the heart doing all the work. (I should point out here that, in the theory of biophysics, the heart plays other important roles as well.)

Water also plays other critical roles in the body, which we'll look into later, but as we talk here about charging the body battery, we're focused on water's ability to structure and therefore create a charge separation, setting up a body-wide battery system.

¹ From chapter 5 of *The Fourth Phase of Water*.

Oxygen

Oxygen is a critical nutrient we get with every breath. While I'm introducing other ways the body's battery is charged, even conventional science suggests that 90% of our energy comes from oxygen and only 10% comes from food.² This is because of its role in the electron transport chain (ETC), which cannot work without oxygen. The ETC is by *far* the most efficient method of converting food into ATP, which chemically powers the body. This chain also produces byproducts that are used in other stages of ATP production. And it all hinges on the availability of electrons and oxygen.

Oxygen is critically important for proper brain function—while the brain only makes up 2% of the body by weight, it uses 20% of the body's oxygen. In fact, the best way to not just prevent brain decline but to actually regenerate the brain is through the oxygenation that occurs during low-impact aerobic exercise. Not diet. Not hormones. Not detoxification. Oxygen.

You can see why deep breathing is so important and why shallow breathing (due to posture, tension, etc.) is so detrimental. Also why it's important to correct any problems we may have with breathing as we sleep. Try to pay attention to your standing and sitting postures and to keep from slouching; there are products that can help with this. Many of us also hold our breaths or breathe very shallowly when tense or focused. You could set occasional alarms to consider both your posture and depth of breathing and try to correct them. Over time, this may help you to get into better breathing habits.

A side benefit to oxygenating the body is that cancer cells, fungi, and anaerobic bacteria thrive where oxygen is absent and may not survive an oxygen-rich environment.

² <https://sciencing.com/humans-oxygen-bodies-10018091.html>

Movement and Exercise

Of course you can't really talk about getting enough oxygen without talking about movement and exercise as well. Actually, these do more than just help flood the body with oxygen. For instance, movement literally generates electrical charge in the body, helping to power the body's battery, because many of the body's tissues are piezoelectric, meaning they produce electric charge when compressed or stretched. This includes the trachea and intestines, as well as the bones and muscles that are compressed and stretched during exercise.³

Movement also supports the flow of blood and lymphatic fluid in the body. It stimulates the tendons and tissues, and it releases certain hormones and stimulates metabolism. It helps protect against chronic inflammation and supports the growth of neurons in the brain.

Just as important as their benefits, movement and exercise are also about preventing the types of problems you definitely *don't* want to have, as inactivity is ranked as the world's fourth leading risk factor of death, contributing to roughly five million deaths per year.⁴ In fact, research on over 400,000 people showed that, compared to those who were inactive, those who engaged in at least 15 minutes per day of moderate exercise "had a 14% reduced risk of all-cause mortality ... and had a 3 year longer life expectancy." Those who exercised at least 30 minutes a day on average had additional benefits.⁵

Other highlights to encourage good exercise habits include:

- Exercise is a natural antidepressant.
- Exercise significantly increases the size of the hippocampus, improving memory.
- Exercise can help with relaxation and quality of sleep.

3 <https://phys.org/news/2017-10-straight-heart-piezoelectric-tissues.html>

4 <https://ncdalliance.org/news-events/blog/the-4th-leading-cause-of-death-worldwide-physical-inactivity-is-an-urgent-public-health-priority>

5 <https://www.ncbi.nlm.nih.gov/pubmed/21846575>

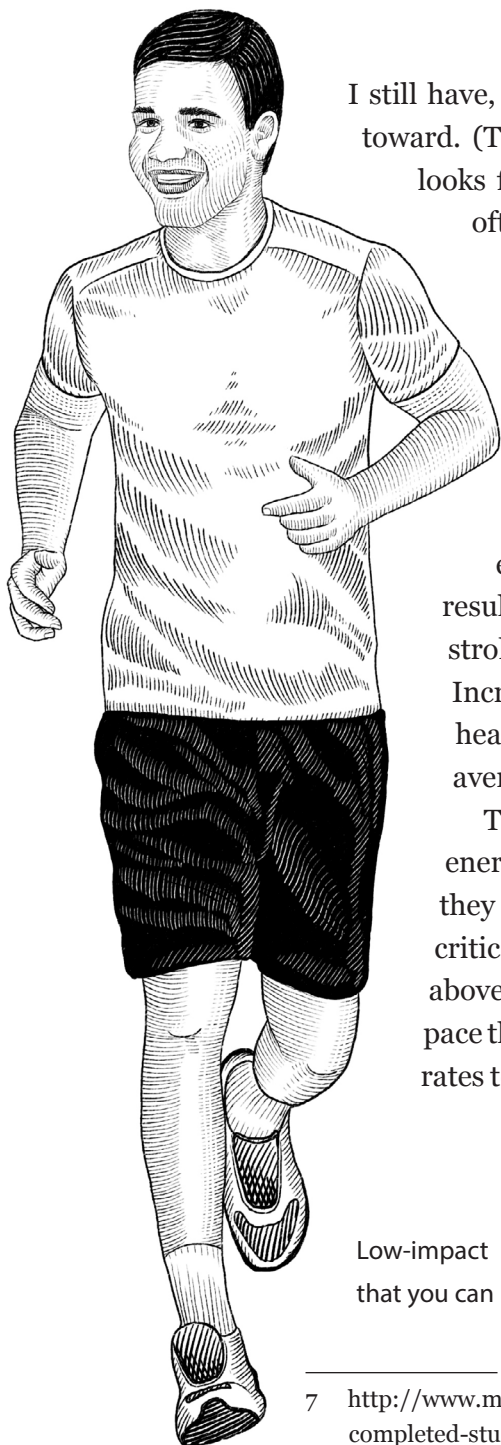
- Exercise can help with weight loss.
- Exercise helps the body manage blood sugar and insulin levels.
- Exercise can help to reduce pain levels.
- And central to our conversation here, exercise can help to improve overall energy levels, especially for those with chronic fatigue syndrome.⁶

Movement doesn't have to be fancy. It just means walking, jogging, biking, swimming, doing yoga or tai chi, and so on. It also doesn't have to be extreme. In fact, it's possible to over-train, as a lot of athletes have discovered the hard way. When exercise reaches the point of over-stressing the body, energy production in the mitochondria goes down. That said, intense exercise can be useful for some, as it triggers a training response for the body to get stronger. But only short bursts are necessary to get the training effect, leaving you with plenty of energy reserves.

For those who are chronically tired or sick, though, intense exercise is likely something to avoid. For years, I pushed myself to the extreme with exercise, thinking it could solve my problems of chronic fatigue when, in fact, it only made it worse. Taking Infoceuticals started me on my road to recovery; better lifestyle decisions continued that recovery; and more recently, I've achieved a level of health I hadn't seen since before I was sick. I reached this level by figuring out how exercise intensity plays an important role in charging the battery. It took me a long time to figure this out, which is why I'm putting all this information together for you in this book.

Over the years, when assessing myself with our software (which I'll talk about in a later chapter), I saw regular patterns suggesting that my heart needed support. I didn't realize that this is entirely common among those with chronic fatigue syndrome (CFS)—not something

6 <https://www.ncbi.nlm.nih.gov/pubmed/27995604>



I still have, but something I have a tendency toward. (The beauty of using a system that looks for root problems is that you can often see what needs support *before* it becomes a physical problem.)

As it turns out, researchers at Newcastle University found that “patients with CFS have markedly reduced cardiac mass and blood pool volumes, particularly end-diastolic volume: this results in significant impairments in stroke volume and cardiac output.”⁷ Incredibly, those with CFS can have hearts that are 30% smaller than average!

This is why many people with low energy levels need to take care how they approach exercise. Movement is critical for all the reasons I mentioned above, and it’s important to do so at a pace that raises your heart and breathing rates to increase oxygen levels. But when

Low-impact aerobic exercise is done at a pace that you can keep up for hours.

7 <http://www.mereseearch.org.uk/our-research/completed-studies/cardiac-function/2012>

you're already dealing with the stress of health challenges, you don't want exercise to add to that stress.

Low-impact aerobic exercise is the answer, as it is the opposite of stressful. It calms the autonomic nervous system while infusing the body with healing oxygen and nutrients. It even turns on your fat-burning system, helping you to better sustain your energy throughout the day.

Anaerobic (“without oxygen”) exercise is exercise that uses more oxygen than it takes in. This is used for building muscles, but it's something to avoid when you're trying to recover from low energy or poor health. Technically speaking, aerobic exercise can include any level of intensity that doesn't push you into an anaerobic state. But that's not what we're talking about here. We don't want to even approach anaerobic levels.

The key here is “low impact”—something that raises your heart and breathing rates, but also something you could sustain for long periods of time. When you're first getting started, this might just include walking or gentle programs of yoga or tai chi. As you begin to recover your energy, it might include hiking through the mountains or gentle paces of jogging or swimming. The key is to increase oxygen flow without wearing yourself out.

Because it's sustainable, you should be able to gradually increase the amount of time you're doing this exercise each day. Start with what you can; this breaks the habit of *not* exercising (if that applies) and starts to build your aerobic system. It will also start to energize you so you're able to do more of the same and will get you feeling better to the point of *wanting* to do more. Ideally, build up to a minimum of 30 minutes of low-impact exercise every day. If you really want to charge that body battery, challenge yourself to see how much more time you can put in.

Walking the dog at a good pace counts. A session of yoga counts. If you're able to walk while speaking with clients on the phone, that

counts. If you watch TV in the evening, what about doing so from a treadmill or exercise bike? What about stretching or jogging in place for a bit? The goal is to find time in your schedule and/or to fit it into the things you're already doing.

Applying this idea of low-impact exercise has helped me reach my own health pinnacle, as I'm finally applying the right kind of exercise with other lifestyle habits to charge my body battery. Meanwhile, I look to Infoceuticals to make the best possible use of that energy (a topic we'll dive into later).

Here are a few refinements to consider in your low-impact exercise regimen:

1. **Mix in full-body movement exercises:** Adding yoga flow classes and swimming to your routine are both great options.
2. **Rotate your exercises:** Perhaps walk one day, bike the next, and take a yoga class the next. Or even try two different activities on the same day!
3. **Aim for overall progress:** Don't worry if your activities are not all the same length each day. As long as you're working toward a minimum of 30 minutes a day, then challenging yourself with a bit more when you're ready, you're doing great.
4. **Join a social group:** Activities that are social are more enjoyable. For instance, joining a biking or hiking club can give you a boost.
5. **Try a new activity:** Activities that involve new skills give great pleasure as you learn to master them.

To prevent injury, include stretching to loosen up before exercise, and even enjoy regular massage if you can. If a muscle becomes sore from one exercise, you can try a different exercise while it recovers.

And of course if you regularly mix up the types of exercise you do, you'll promote the health of more muscle groups.

It might seem daunting to start moving and exercising more if you haven't been doing so and if you already feel low on energy. But feeling low on energy is exactly why you need to do it. As long as you're not overexerting yourself, movement and exercise will help build up your energy once more, powering the body's battery so you have it to power your life.

Light

Before we jump into speaking about how light affects your energy for life, we need to understand a little something about the body's circadian rhythm. Sometimes known as the sleep-wake cycle, circadian rhythms go well beyond that. Based on biological clocks throughout the body, all of which are kept in sync by the body's master clock inside the hypothalamus, circadian rhythms represent the peaks and troughs of different functions in the body each day.

For instance, these rhythms determine when you feel sleepy and when you feel energized and ready to tackle the day. They also influence when greater amounts of certain hormones (chemical messengers) are released, affecting things like hunger, thirst, and sexual desire; metabolism and cellular detoxification; and blood pressure and body temperature, both of which are higher and lower at different times of the day.

Circadian rhythms are so influential that some scientists consider circadian rhythm management as important to our health as diet. When this rhythm is badly managed, it can lead to anxiety and depression, brain fog, diabetes and obesity, insomnia, and of course ... fatigue. In other words, its management is critical for your overall health and specifically for keeping your body battery charged.

This is part of where light comes in. We know that plants feed off light by converting it into a form of energy they can use. But humans and animals use light too, with different wavelengths of light having different biological effects, including control of our circadian rhythm.

For instance, during the day, the sun emits more light in the blue part of the spectrum, telling the body's circadian clock that it's time to keep everything awake and active. But as the sun begins to set, we get more light from the red end of the spectrum, signaling our internal clocks to start powering things down while ramping up melatonin production as we get ready for sleep.

One reason sleep rejuvenates us is because this is when our bodies burn fat to produce heat in the form of infrared light to accomplish repairs in the body. Red and near-infrared light penetrate deeply into the body's tissues, where they can react with the mitochondria in the cells to trigger energy production. Far-infrared energy can trigger certain reactions in our cells, including the viscosity of the water within them, which in turn can make it easier for ATP to make its final transfer of energy to the mitochondria.

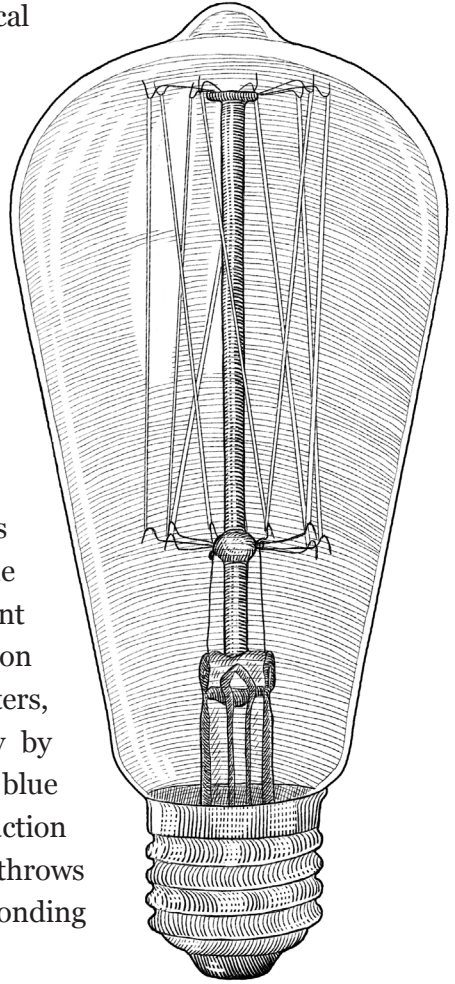
Of course as we mentioned before, light, and particularly infrared light (heat), are also used by the body to expand the EZ layers of water, promoting a battery effect throughout the body. Beyond that, some of the latest research suggests that melanin (found in our skin, hair, and nails) may be able to convert sunlight into a form of chemical energy, much as plants do with chlorophyll.⁸ While there are various explanations of this phenomenon, it may have to do with releasing electrons from water, much as we see in plant photosynthesis. In addition, light can be absorbed by electrons in the body, bringing them into a higher energy state; as they drop back to their initial state, they release a photon, which, as I've said, is a form of communication between electrons and throughout the body. This

⁸ <https://www.greenmedinfo.com/blog/can-humans-photosynthesize-1>

form of communication makes chemical communication look slow and inefficient in comparison.

The advent of light bulbs has had a profound effect on humans because we no longer rise and sleep to the natural rhythms provided by the sun. We tell the body to stay awake and active far longer, reducing our time for recovery and throwing off our metabolic processes. LED light bulbs have amplified the issue, as they produce more light from the blue end of the spectrum than incandescent bulbs, and we amplify the situation with all our exposure to TVs, computers, and smart phone screens. A study by Harvard researchers found that blue light suppresses melatonin production for twice as long as green light and throws off circadian rhythms by a corresponding amount.⁹

To make matters worse, when we're outside, many of us do everything we can to protect ourselves from the sun, in spite of the obvious fact that all life on the planet relies on exposure to the sun. We wear extra clothes or slather ourselves



Incandescent light bulbs have filaments that burn to produce their light. While less efficient than LEDs, they provide warmer color frequencies that are more ideal for use in the evenings.

9 <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

with toxic chemicals designed to “protect” us from contact with UV radiation. We wear sunglasses, which changes the signals that sunlight is sending to our brain through the eyes. As a result, the body is confused by receiving conflicting messages between the skin and eyes about sun exposure. This can alter the body’s natural defenses (which are meant to repair UV damage through a process called “photo-repair,” as discovered by Fritz-Albert Popp.) This “protection” also alters the body’s ability to optimize the use of this life-giving nutrient, sunlight. Yes, there is such a thing as too much sunlight, but our society has largely erred on the side of getting too little and/or confusing the body’s correct response to it.

We don’t just need to get more light, but more of the right *kind* of light. Blue light when we’re getting ready for the day helps to wake the body; in this case, LED bulbs may be fine for lighting. But you might consider dimmable incandescent or halogen bulbs in the evening to start preparing your body for sleep. Consider also using blue screen filters or glasses at these times if you must be on a computer, watching TV, or using your phone. Many computer monitors and operating systems now let you set times at which your screens will automatically shift away from blue colors. Also consider red, orange, or yellow night lights rather than blue ones.

A few other tips: sleep in a dark room without nightlights if you can safely navigate the room at night. Minimize lights from clocks or other electronics, and while we’re at it ... keep electronics away from your bed to minimize your exposure to electromagnetic fields (EMFs). That includes electric blankets, phones, and clocks. As an option, if you use your cell phone to wake you up in the morning, purchase a “Faraday” sleeve, a bag that blocks electromagnetic waves. (Make sure it will let you plug your phone in overnight while in the sleeve.) The sleeve will block the phone’s EMFs from reaching you but will still allow the phone to wake you in the morning.

Grounding

I've mentioned electrons several times in this chapter because they are the key to any battery, including the body's battery. Their flow is what drives work in the body. They are pulled from food to produce ATP (with the help of oxygen), and ATP powers the cells. They may be generated in response to sunlight in a way that's similar to photosynthesis. And electric charge is produced by exercise and the building of structured water in the body.

There's another way to get electrons into the body so their flow can drive activity. It's free, and you don't have to eat or swallow anything. It's called grounding.

This is possible thanks to the excess electrons in the Earth's surface. (You sometimes see the result as lightning when a strong positive charge builds up along the lower surface of clouds and then the two surfaces discharge against each other.) When you're touching your bare skin against the Earth, your body is able to refuel on electrons, absorbing them from the Earth. Try walking in bare feet on the grass, dirt, or sand or otherwise touching the Earth with your hands or skin.

One of the great modern problems is that we've begun to insulate ourselves from the Earth, primarily with rubber-soled shoes. Rubber is an insulator, so it does not allow this flow of electrons to take place.

One study concluded: "Emerging evidence shows that contact with the Earth ... may be a simple, natural, and yet profoundly effective environmental strategy against chronic stress, ANS [autonomic nervous system] dysfunction, inflammation, pain, poor sleep, disturbed HRV [heart rate variability], hypercoagulable blood, and many common health disorders, including cardiovascular disease. The research done to date supports the concept that grounding or earthing the human body may be an essential element in the health equation along with sunshine, clean air and water, nutritious food,

and physical activity.”¹⁰ Notice that all the other essential elements mentioned in this study are the same ones we recommend in restoring one’s energy for life, and it’s because they charge the body’s battery.

For those who cannot ground often enough because of weather (long cold winters) or for other reasons, products exist that allow you to ground while working or sleeping through the grounding portion of electrical outlets. But if you can get outdoors, there is absolutely no cost to it, and of course it feels great. As a bonus, if you’re walking barefoot in nature near the ocean or waterfalls or in forests where there’s an abundance of negative ions in the air, then you’re breathing in extra electrons as well. Later, we’ll also talk about using a bioelectric device to further power your body’s battery with electrons.

Summing Up the Cellular Battery

The body, as a whole, exchanges all these forms of energy with the environment because our cells, as individuals, need them. We breathe in oxygen so it can be delivered to our cells, which also breathe it in. We gather electrons from food and grounding and exercise because our cells need the movement of these electrons (i.e., electrical current) to function. We sunbathe because the light and heat from the sun builds structured water inside each and every cell, producing voltage.

In short, our cells are a reflection of us on a much smaller scale. Our needs as a whole represent their needs combined. When we provide for these needs, our cells have the mechanism of a battery that is constantly powered: positive and negative charge separation to create voltage and electron flow; electrons to move through the battery and do work; and in the electron transport chain, oxygen to keep the chain producing ATP for chemical power.

¹⁰ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3265077/>

By following the tips in this chapter, you can keep this battery charged. And if you use that energy efficiently—which we’ll start discussing in the next chapter—you can maintain your energy for life.

Hormesis

On a final but important note, I’d like to touch on the topic of hormesis, which involves putting the body through *healthy* levels of stress to keep it flexible. Adaptable. Ready to take on new situations without crumbling under the need of only doing what’s comfortable.

I began to cover this in an earlier chapter when I explained the mistake of antioxidant supplements: how taking loads of antioxidants is like giving the body *no* stress because the supplements reduce the need for the body to produce its own antioxidants. This weakens the entire antioxidant system. But certain foods that we think of as having powerful antioxidant properties in fact are *mild toxins* or gentle stressors that stimulate the body’s own antioxidant system. As a result, it keeps this system strong and adaptable. This low-level stress is the healthiest thing for it.

There is a growing body of research supporting this idea of hormesis, showing its important role in longevity. In fact, one paper shows that many scientific subdisciplines are studying it under different names (hormesis, adaptive response, preconditioning, etc.), making it difficult to gather together all the research that’s being done. But the overarching finding of the research is that “a low dose of a stressful stimulus activates an adaptive response that increases the resistance of the cell or organism to a moderate to severe level of stress.”¹¹ In other words, a little stress makes you stronger.

For example, when we discussed diet earlier in the chapter, I spoke about the need to eat a rainbow diet, or one that provides you with a wide variety of foods and their many colors. (Artificial colors not included.) But even that isn’t enough. If you just find seven different

foods of seven different colors and then only eat those, the body could lose its ability to adapt to food. Then, in a setting where you need to eat something else, the body could respond with an allergy or sensitivity. Better to sometimes challenge the body with something new and at other times to stick with the (healthy) foods you know and love.

We like to call this *a little stress, a little nurture*.

Likewise, research shows that exercise helps to energize those with chronic fatigue. This might seem contradictory; you might think that someone collapsing with exhaustion should simply rest. But the research shows a different story. Although the *amount* of exercise for someone in this state is surely different from that of a healthy person, there is still the need to move the body to receive the benefits of movement that we discussed.

As you can see from my story, I tried to bully my way through chronic fatigue with *excessive* exercise, which was also a problem. This was not “a little stress.” This was a *lot* of stress, on a body that wasn’t healthy enough to handle it. This drove me to exhaustion, and eventually I could barely move from bed. What I *should* have done, once bedridden, is to do a *little* activity when I could. To keep my body moving a little, even when I didn’t want to.

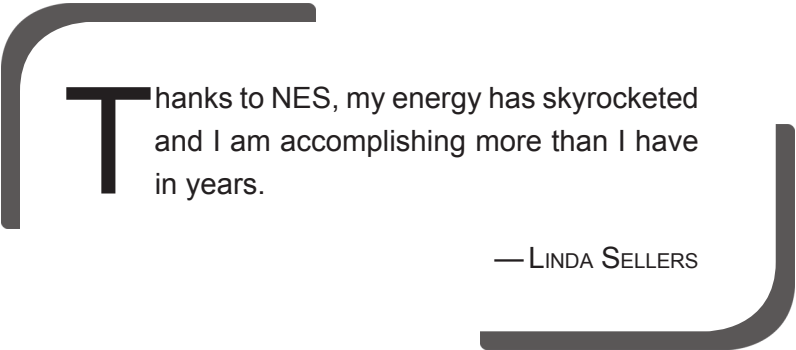
You can apply this to any area of charging the body’s battery. At times you may want to push yourself further than you normally would with exercise (a little stress for the muscles); other times, you may want a massage (a little nurture for the muscles).

Other examples:

- Going to bed a little later or waking up a little earlier (stress); going to bed a little earlier or waking up a little later (nurture).
- Exposing yourself to hotter or colder weather than usual, or taking a cold shower, even for 30 seconds

- (stress); getting the indoor comfort levels you prefer, or taking a shower at the perfect temperature (nurture).
- Most of us probably *already* expose ourselves to too little oxygen through poor posture and breathing habits (making this *too much stress*); we could also occasionally flood our tissues with oxygen by using a hyperbaric chamber (nurture).

Just as taking fistfuls of antioxidants weakens the body, so would continually flooding the body with oxygen from a hyperbaric chamber. The goal is *not* constant nurture. We look to nurture as a way to recover from stress and continually provide a little of each to keep things in balance. By pushing yourself in both directions to a healthy degree, you help to both charge the body's battery and to keep yourself adapting to the opportunities and challenges that life brings about.



Thanks to NES, my energy has skyrocketed and I am accomplishing more than I have in years.

—LINDA SELLERS

5 Understand the Body's Control System

“What we observe as material bodies and forces are nothing but shapes and variations in the structure of space.... Quantum wave structures are real and material particles are not.”

—Erwin Schrödinger,
Quantum Physics Pioneer

I SAID BEFORE THAT THERE ARE TWO KEYS TO HAVING ENERGY FOR life: 1) charge your body battery; and 2) make sure you use its energy efficiently. Getting efficient means that a little energy will do more for you (like a car with better MPGs). This efficiency is important when you need to get more done. For instance, you're spending the day hiking; or helping someone move; or cramming for exams (the brain uses a lot of energy); and, importantly, for healing the body!

This efficiency also helps when you need to make your battery last longer between charges—like if you're running on less sleep, or a heavy work load keeps you from exercising for a time, or you're in an area receiving little sunshine throughout the winter. While it's best to keep the body battery well charged most of the time, life throws

things our way, and we need to be able to respond. If the body's making the most of its energy reserves, it can more easily keep you going, as long as you don't keep pushing it.

This takes us back to the idea of hormesis, doesn't it? A little stress, like in the examples above, actually helps to strengthen our bodies and make them adaptable to more situations in life. But we can only handle this stress when we have enough energy and enough efficiency.

Since we've already talked about how to charge the body battery, now let's talk about maximizing our use of that charge. This will take us into some unusual and fascinating topics. If we really dug into the science, the topics would get pretty complex too. That can be fun, and we've done that in other books and articles, but I'll try to keep the discussion here easy to follow. And directly relevant. And, I hope, new and interesting for you.

What Controls the Controls?

As I said before, medicine and nutrition look at the body in terms of chemistry. Chemistry relies on the movement of energy—specifically, the exchange of electrons between atoms. And while chemistry does a great job of explaining what happens when electrons move between atoms (the bonds that are created and destroyed), it doesn't explain *why* these exchanges happen in the first place. It doesn't describe or do anything about the underlying control system.

Now to be fair, standard biology already recognizes a lot of “control systems” in the body: the nervous system, for instance. Or the endocrine (hormone) system. Even information from our DNA that tells the body what proteins to build to get things done in the body.

But no one's asking, *what controls these control systems? What determines if they function correctly? In short, what's really behind whether we're healthy and vibrant or sick and exhausted?*

All those systems are based in chemistry. And you have to look to a physics-based control system—the *master* control system—to get to the root of these problems. If you make sure *that* control system is functioning correctly, then the rest will follow. This is the heart of the matter. It’s why we don’t look at mere symptoms in bioenergetics. We look at root causes and provide support that lets the body truly heal.

This is why Peter Fraser and I founded our company on the idea of assessing and correcting the master control system, which we have typically called the human body-field, or just “body-field.” (And yes, animals have body-fields too, and they benefit from having their control systems improved as well.)

Information in Fields

This gets us back to something I mentioned in chapter one: that the movement of energy relies on “information.” While that might sound weird, in physics, information is a real thing that exists everywhere in what we normally might think of as empty space, or what scientists would call the “field” of space. That’s probably hard to picture, but let me give you an analogy. Imagine you’re building a house. You have a bunch of wood, tiles, shingles, bricks, nails, screws, tools, and so on. You have all the physical things needed to build the house. But you have no clue *how* to build a house.

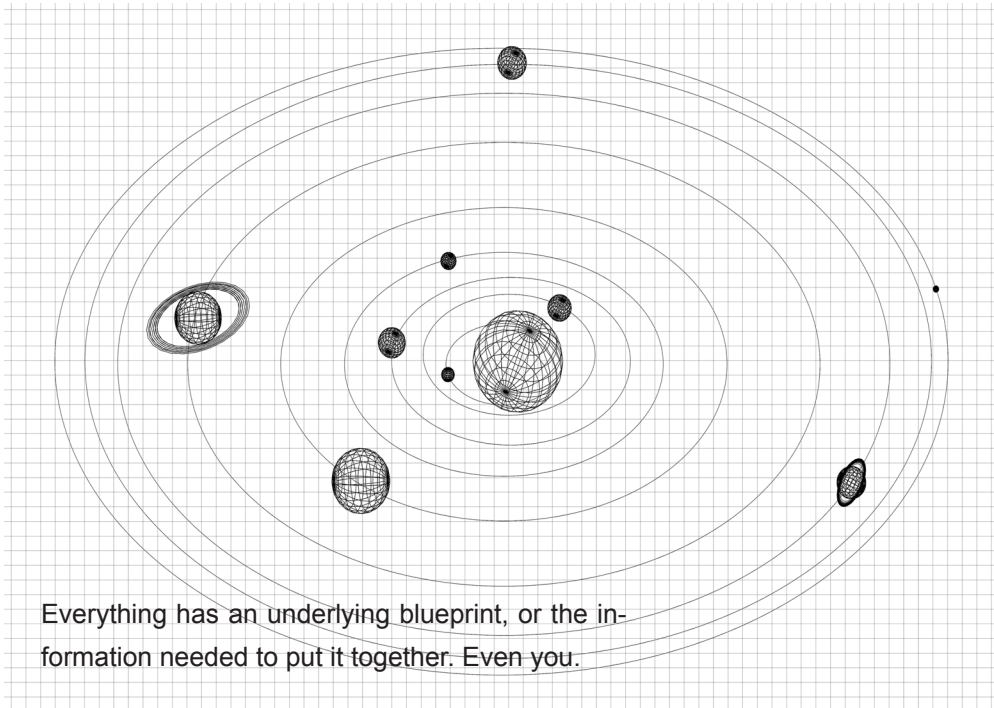
If someone next to you knows how to build a house and he explains it step by step, he is doing nothing but providing information from his mouth to your ears through the air. While the information might not seem like a physical thing, the results are the difference between you being able to build a house and not being able to. It has an obvious, real-world impact.

Because the “field” of space is filled with information, the entire universe has an underlying control system that determines how energy moves and combines and creates the physical world we

see. So do all the *parts* of the universe, including people. Galaxies and stars and planets and people are not the accidental collision of energy that just happens to create beauty and intelligence. There is an underlying pattern to it all, a blueprint that shows how it all must come together. If that control system is broken, so is everything else. If it's working, then energy flows correctly and everything works the way it should. Including your body.

While you usually don't hear this sort of idea from your average news sources, all the science points to it. It's why Einstein himself said, "The field is the sole governing agency of the particle." He was telling us that what seems invisible, what seems like it is nothing,

Galaxies and stars and planets and people are not the accidental collision of energy that just happens to create beauty and intelligence. There is an underlying pattern to it all. A blueprint that shows how it all must come together.



Everything has an underlying blueprint, or the information needed to put it together. Even you.

actually controls the particles of energy that create everything. This is true within the universal field and with all the individual planetary fields, human fields, cellular fields ... you name it. Hidden control systems everywhere.



2nd Principle of Bioenergetics: Fields Govern Energy

This is why the second principle of bioenergetics tells us that “Fields Govern Energy.” The first principle told us that Life Exchanges Energy, which is what our last chapter was about. Through this exchange, you can keep your body’s battery charged. But to address how that energy is used, you need to remember that Fields Govern Energy—so we need a way to make sure that they govern it well. We do this by assessing and correcting the human body-field. (We’ll cover assessment and correction in the next two chapters.)

Traditional Chinese medicine (TCM) has worked with the flow of energy in the body for thousands of years. Practitioners have done this through lines of energy flow called “meridians.” These are what an acupuncturist tries to correct with needles. Peter’s research into the human body-field showed us, though, that these meridians are about more than just the *movement* or *flow* of energy; they have to do with *control* of that flow. They are part of the actual control system. I’ll say more about this shortly.

How Fields Affect Us


Meanwhile, in the last hundred years or so, we’ve had many people exploring how “fields” interact with humans. For instance, magnets

generate magnetic fields, and we know that these have a profound effect on people, even though these fields are invisible and aren't chemical in nature. As just one example, a five-year study at the University of Virginia showed that magnets applied immediately after tissue trauma could reduce swelling and speed the healing process.¹

We also know that electromagnetic fields alter the body. It's why we have to avoid microwave and x-ray radiation, and why there's so much public concern over the use of cell phones, WiFi, and cellular signals, for example. (If you see the rising public outcry against 5G wireless technology and wonder why this is a bigger deal than 3G and 4G that have been around for years, it partly has to do with the frequencies; 5G moves further from relatively benign radio waves into the frequencies of microwaves.)

Even medicine uses fields to affect the body in some of its testing. An MRI uses powerful magnetic fields to align the protons in the hydrogen atoms of the body's water. It then introduces radio frequency energy to charge certain low-energy protons. When that energy source is stopped and those protons fall back to their original energy state, they release what is read as a radio signal by the MRI. And that can be turned into an image.

The term MRI stands for "magnetic resonance imaging." The term "resonance" is critical to our discussion here. In order to raise the energy of those low-energy protons, the machine has to provide exactly the right frequency in order to "match" or "speak with" the frequency of the proton. When it matches, this "resonance" is what allows it to raise the proton to a new energy level. If it sends in the wrong frequency, the protons won't react. Resonance is what allows this biological change to take place.



MRIs provide very specific frequencies that “resonate” with the protons in the body to raise their energy levels. In other words, “resonance” is needed to make a biological change take place.

This is similar to what happens with tuning forks. If you have two tuning forks both tuned to the note of A and you strike one and hold it close to the other, the vibrations of the first are in *resonance* with the second tuning fork and make it start to vibrate as well. The second fork will then begin to hum at the note of A. But if the second one is tuned to the note of B, it will *not* be in resonance and it will not respond to the vibrations of the first fork. This concept is important, and we’ll come back to it later.

Alternative Research into Fields

Back to the last 100+ years of research—we’ve seen a lot done outside of conventional medicine into the fields and frequencies of the body and how we can read or alter them to improve health. This leads us into addressing the actual control system. Royal Raymond Rife, for instance, was said to have found a way to destroy pathogens by identifying and reproducing their resonant frequencies, effectively exploding them the way the right pitch can shatter a wine glass. (There’s that idea of resonance again.) He was hailed by doctors at the time as having found the cure to all disease before his discoveries were later destroyed and/or stolen by authorities. While we can argue about what Rife truly achieved, this tale of humanitarian discovery and authoritarian suppression is all too common in the world of health and beyond.

In any case, as electrical devices were developed in the last century, other researchers started testing electrical signals on the skin for health assessment purposes. While some of these approaches are questionable, much of this work was relatively repeatable, demonstrable, and based on thousands of years of study by traditional Chinese medicine practitioners into the meridian system. By testing specific acupuncture points, one could see (by the impact on an indicator needle) if energy was flowing well along a meridian or not. If a specific point was struggling, the equipment could introduce a possible remedy into the circuit and see if this would balance that point. The indicator needle would show an obvious change when the correct remedy was tested. There are many limitations to this approach, but it's been used effectively for decades.

While this appears to be electrical research rather than “field” research, I’ll explain in a moment why it was something more. This brings us to the work that Peter Fraser had been doing for years before I met him, and what he introduced me to when we met in California.

Peter Fraser’s Matching Tests

As an expert in traditional Chinese medicine and its meridian system, Peter had been working with the type of electrical equipment described above. But he eventually modified it and started down a different path of discovery. Rather than just testing acupuncture points against remedies and seeing if there was a “match” for support, Peter found a way to test any two items against one another to see if they matched.

Here’s a simple explanation of that idea. When I told you about MRIs and tuning forks, I explained that if the frequency of one thing

matches the frequency of another, then their resonance will affect one another. As we like to put it, they are *communicating* with one another.

In fact, *all energy* has its own frequency. You could think of this as everything having its own unique signature that is carried through the field of space. The reason an MRI can affect all the protons in the body is because every proton shares the same signature. They're all speaking the same language, and the MRI speaks that language too. All neutrons also share another signature, and so do all electrons. I mention these because they're the basic building blocks of every atom; atoms then build molecules; and molecules build our bodies.

When you start combining different numbers of protons and neutrons and electrons into atoms, suddenly these signatures are combined and become *new signatures*. This means that every atom has its own unique signature ... but it's based on those few simple signatures of the energy it's made of. As a result, every hydrogen atom "speaks," or exchanges information, with every other hydrogen atom because they all share a signature. But since an oxygen atom has its own signature, we don't know for sure if it will communicate or resonate with the hydrogen atom. They share a similar foundation (signatures of protons, neutrons, and electrons), so they *might* have strong communication. But we don't know until we test it.

And that is the kind of testing Peter did. By looking for matches in his equipment between different parts of the body, he was able to see what parts of the body communicated most easily with one another. He was able to find the most *efficient* ways for energy and information to flow in the body. For instance, while cells of the retina in the eye may look very different to us than cells of the liver, there are resonant frequencies in their unique "energy signatures" that allow them to communicate. This communication is based on them sending out information about themselves through space and resonating, or affecting one another.

3rd Principle of Bioenergetics: Fields Communicate Information

This resonance underlies the third principle of bioenergetics: “Fields Communicate Information.” By sending information through fields, parts of the body can communicate with one another instantly—without the relatively slow processing speeds of chemistry. That is why the body works so well as a single unit, rather than as trillions of separate cells trying to get things done by sending each other telegraph messages through the nervous system. (In other words, chemistry simply wouldn’t be fast enough to tie everything together.) As Nobel prize winner Albert Szent-Györgyi once said, “Life is too rapid and subtle to be explained by slow-moving chemical reactions and nerve impulses.” Those are secondary systems (that also have bioenergetic roles not recognized by medicine). They play their own role and may help when the faster resonance-based control system breaks down. But they can’t support a body whose trillions of cells need to continually know what all the other cells are doing and be able to act immediately and in unison to the world around us.

By testing in this way, here’s some of what Peter found:

1. The meridians of traditional Chinese medicine show connections between many parts of the body. He was able to confirm most of these connections, but he also made corrections and additions to them based on his testing.
2. The meridians are not just about the flow of energy. They are about this resonant form of communication between different parts of the body. They are part of the master

- control system that *directs* the flow of energy in the body.
3. There is more to this control system than just the meridian system of communication. The control system also impacts how well *charged* the body is, including how it interacts with its overall environment (so it plays a big role in charging the body battery); how the body corrects or heals itself; and how it clears distortions caused by toxins, pathogens, and emotional stress and traumas.

When you see how *holistic* the control system is, you can appreciate why I said that the acupuncture point testing done by some bioenergetic practitioners has limitations. In fact, severe limitations. By only looking at communication or energy flow along the meridians, you're missing out on several critical elements involved in energizing, getting healthy, and staying healthy. That's why the system we developed looks at *all* these things, assessing what needs support and then providing that support.

Yes, you can exercise and eat well and get plenty of sleep and do other things to support your health; all of these are important to charging the body battery and giving you the physical building blocks of life. But if there are problems in this master control system, all of that will fall short, and your body simply won't be able to heal itself and make the best use of its energy. That's why we look at both sides of the story: 1) charging the battery, and 2) making efficient use of that energy—in other words, making sure the master control system is working.

Fields and Cellular Communication

As another way of making this real for you, let me give an example of how fields interact with the body. Renowned cell biologist Bruce

Lipton explains that the cell membrane is the brain of the cell. It is actually the membrane that drives the activity of the cell and instructs the DNA on how to express itself. And the membrane makes its decisions based on its environment. It is lined with different proteins that act as antennas to detect the environment. Each protein is tuned to receive different signals based on its three-dimensional shape and charge distribution. When a protein receives a signal, it changes its shape, which then cascades into other cellular activity. Or as Lipton says, “The movement of proteins drives life.”²

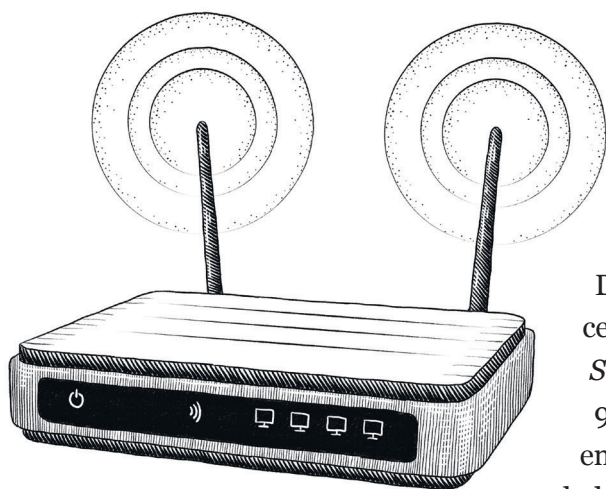
While conventional science suggests that these signals can only come from other molecules (in other words, only from chemistry), Lipton says, “This materialistic belief is maintained even though it

has been amply demonstrated

that protein receptors respond to vibrational frequencies. Through a process known as electro-conformational coupling (Tsong, T. Y.,

Deciphering the language of cells, *Trends in Biochemical Sciences*, 1989, 14(3):89–92), resonant vibrational energy fields can alter the balance of charges in a protein.

In a harmonic energy field, receptors will change their conformation. Consequently, membrane receptors respond to both physical and



Electromagnetic fields alter the body. It's why we have to avoid microwave and X-ray radiation.

energetic environmental information.”³ Which means the resonant communication between fields that we’ve been discussing has a way of speaking to the cell membranes themselves, which in turn instruct the activity of the entire cell, right down to the DNA.

What’s even more interesting is that the reaction of these proteins to fields may take us back to the story of water. These proteins would be surrounded by the structured water that builds up inside and outside cell membranes throughout the body. And in a 2016 paper in the *Proceedings of the National Academy of Sciences*, three professors specializing in physics and biochemistry at Ohio State University wrote: “The final shape of a protein depends on two things: water and the amino acids themselves. ... On ultrafast timescales, the protein surface fluctuations are controlled by water fluctuations. Water molecules work like a big network to drive the movement of proteins.”⁴

Similarly, German researchers from the Biophysics Division at the Institute of Radiochemistry in Dresden, Germany, discovered that the structure of water impacts the shape of DNA.⁵ In short, water may be the key to receiving information into and within the body, which in turn influences the entire body with the information received. While Lipton shows that protein receptors on cell membranes respond to frequencies, perhaps this is because the receptors themselves are surrounded by structured water. In any case, the presence of this water throughout the cell definitely provides the means for communication throughout a cell.

For now, we can say that while our bodies are made of energy (arranged into matter), they are also run by an underlying control system that communicates information instantly through resonance. When this control system works the way it’s meant to, our energy moves

3 <https://www.brucelipton.com/resource/article/insight-cellular-consciousness>

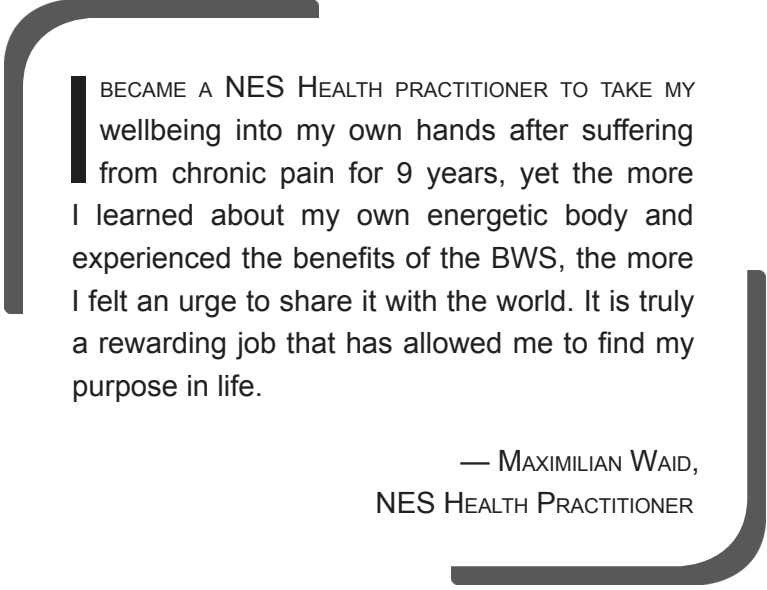
4 <https://www.pnas.org/content/113/30/8424>

5 <https://www.ncbi.nlm.nih.gov/pubmed/21446714>

well and our bodies work properly. In other words, it's the foundation to good health. When the control system fails, our health and energy fail as well, which is why it's critical to provide it the necessary support.

What can cause the breakdown of this system? Anything that alters the resonance in the body-field that's needed for communication. Toxins from the environment or from the food we eat can alter the body-field. So can pathogens, like viruses, bacteria, fungi, etc. And so can emotional stress, shock, or trauma. Their lasting vibrations or distortions of the field need to be resolved to restore efficiency in the system, just as we may need to eliminate pathogens or toxins present in the body.

That leads us to the big, big question: how do we find where the control system is breaking down? And how do we restore that system? After we met in California, Peter and I set out to answer this. While he had an early version of the remedies we use today—which is what started me on my healing journey—I helped him to rethink these from the ground up. And I developed an entirely new way of testing what aspects of the body-field needed support. We needed something that tested quickly, holistically, and reliably without falling under the influence of the person running the test. In this way, we could help health coaches and practitioners extend the promise of bioenergetics to their clients—a critical step in our mission to restore humanity's energy for life.



I BECAME A NES HEALTH PRACTITIONER TO TAKE MY wellbeing into my own hands after suffering from chronic pain for 9 years, yet the more I learned about my own energetic body and experienced the benefits of the BWS, the more I felt an urge to share it with the world. It is truly a rewarding job that has allowed me to find my purpose in life.

— MAXIMILIAN WAID,
NES HEALTH PRACTITIONER

6

Assess the Body's Control System

WITH PETER'S MAPPING OF THE HUMAN BODY-FIELD AS OUR foundation, along with remedies that had already turned my life around, we had a revolution on our hands if we could do two things:

1. Make it fast and easy to assess the body-field so we knew what needed support, which is what this chapter is about.
2. Take the remedies in a new direction that would make them unique compared to other solutions. We'll talk about this in the next chapter.

The first item was tricky: how do you measure an invisible control system? How do you measure information that is carried in fields? At that time, we were limited to Peter's own matching tests, or even his gut intuition, as to what remedy someone needed based on what they were dealing with. This had several problems:

- First, his testing was a relatively slow process, so it wasn't ideal.
- Second, Peter's method relied heavily on one's skill in testing, which could easily introduce practitioner bias and affect a client's confidence in the assessment. Becoming a skilled practitioner would take a long time and, even if someone became skilled in it, no one else was Peter. He brought his own approach to testing that we weren't sure others would be able to duplicate. We wanted something that was more objective and that would eliminate the possibility of practitioner bias.
- Third, when he went with his gut, Peter could get good results because, honestly, any of the remedies can be beneficial. But some provide more benefit than others, depending on the needs of the body-field. So if his intuition was only partly right (even though he was seeing good results), this wouldn't be the best method to pass on to others. On the other hand, if he was 100% accurate based on his intuition and got the best possible results, we'd have no reliable way of passing that intuition on to other practitioners. We'd have no way of helping others access this revolution in wellness. Either way, we needed something more objective.

Worse yet, on this last point, this more intuitive approach was largely based on symptoms. If someone was dealing with certain symptoms, he expected that person to need certain remedies. This is no surprise—it's how medicine works, and herbal remedies, and nutrition, and homeopathy. It's the linear problem / solution mentality. Now, to his credit, Peter saw the holistic connections of the body and considered these in his recommendations, but the approach still started with symptoms. And when I explain more

about our remedies, you'll see that the linear medical approach is exactly what we shifted *away* from in terms of how they were created.

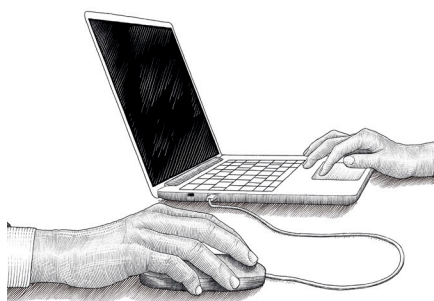
Symptoms, after all, aren't what's wrong with someone. It's why medicine that just suppresses symptoms never actually heals someone. What's more, the same symptoms in different people can have different causes when you actually look at what's happening in the master control system. So why would we determine remedies based on symptoms? Yes, it was possible to get results with this approach, but it didn't look at the root cause, so it didn't optimize our use of the remedies. We needed something better. Something that would move us completely away from disease mentality and into the world of wellness mentality. Something that would take us into the future of energy and health.

Developing a New Assessment Technology

Fortunately, in my bedridden days, I had studied a wide variety of things, including bioenergetic technologies. Because of this, I knew it was possible for a computer to detect things about a person; working with Peter and his past research cleared up *how* this was possible. This knowledge encouraged me to develop our own computer assessment. And, given Peter's years of research into mapping the human body-field, we had a truly unique and comprehensive assessment—different from anything available. It not only looked at the flow of energy and information in the body-field, but it also tested things in the correct *order* according to the needs of that field.

Now, I say it was comprehensive, and it was. But there was a key element missing that we added several years later, and I'll cover all of that in a bit as I talk about the details of this assessment.

But first, let's talk about how our assessment is possible. How can a computer effectively speak with the body's control system in order to provide results that frankly shock most people when they



have a reading done? The answer is surprisingly simple. Remember that fields govern energy through resonance. For instance, an MRI uses resonance in a powerful magnetic field to alter protons in the body. So the effect of fields is real and measurable even in a traditional sense.

In a similar way, any electronic equipment can affect the body. Electronics produce fields that interact with our own field and, through resonance, change the movement of energy in the body. Since electronics usually have unnatural frequency patterns, they can have a negative impact, especially depending on field strength, proximity, and amount of exposure. This is why many people are concerned about excessive cell phone use. Of course the opposite could be true if electronics exposed our fields to beneficial frequency patterns, helping to restore *correct* actions in the body. That is exactly the idea of our miHealth, which I'll talk about in a later chapter.

Since we know that fields affect the flow of energy, it should be obvious that the body-field also affects the flow of energy in electronic equipment. Normally we don't bother to measure this, so we don't think about it. But it happens. And in our case, we *do* bother to measure this.

When someone places their hand (or any part of the skin) against our scanning device, their field begins to interact with and affect our software. And remember, the body-field carries all the information that instructs the health and function of your body. So all that information is present in the way it interacts with our software—it changes the answers gathered by our system in very specific ways. While influenced by the body-field like this, our software effectively

asks a series of questions—thousands of them in fact; but because of the speed of computer processors, it all happens as if taking a picture and is processed within seconds.

These “questions” are really the mathematical codes Peter matched to our various remedies and test items so the software has a way to present each one as a yes or no question. Does the body-field match to (need the support of) a certain remedy? Yes or no? Does the body-field match to certain nutritional elements, or environmental toxins? Yes or no? And we ask each question many times.

By odds alone, we know what answers the software is likely to produce on its own. We can then compare this to the answers we actually get, showing the influence of the body-field and giving us a way to read its information.

In doing this, we have a clear indication—without the bias of a practitioner—of what support the body-field needs. It’s all done in seconds, and is according to the wisdom of the body: from the perspective of the master control system (the Human Body-Field), and not according to superficial symptoms, what is most needed at this time to improve conditions for this person? What will best restore someone’s energy and overall communication in the body? That is what our software answers, with specific remedies recommended for this support.

Interpreting this Assessment

Even with this level of repeated verification, we assume nothing about the severity of a reading. We assume nothing about whether it’s chronic or acute. Even if the reading *does* represent something chronic in the body-field, we have to remember that changes in the body-field precede changes in the physical body and might not yet be seen in someone’s physical symptoms. In other words, it might not have started manifesting in the physical body yet, or it hasn’t become

noticeable. We are looking at root causes, not end results. And that's what we want to correct. That's why we never attempt to make a diagnosis.

As you can imagine, though, when we see entire patterns of test items all related to something in the body, or we see test items frequently showing up in someone's monthly assessments, we have a stronger indication that we're dealing with something physical or something that could soon become physical. A case in point: a young girl in a wheelchair was brought to a practitioner, who was not told what was happening with her. The parents wanted to see if the practitioner could pick up what was wrong without any evidence beyond the wheelchair. Normally a practitioner would work with someone based on an intake form, which would spell out the client's symptoms, medical diagnoses, and health goals. So the practitioner explained that the system couldn't make a diagnosis, but he could tell them what was happening on the level of the body-field.

He scanned the girl, reviewed the results, and told the parents that it appeared there was a problem in the body-field related to calcium metabolism. As it turns out, the girl had osteoporosis, and the family had spent thousands of dollars at the Mayo Clinic to effectively learn the same thing: that there was a problem with calcium metabolism. The practitioner was right to say that he couldn't make a diagnosis, but he could observe a pattern within the field that related directly to what had been medically diagnosed elsewhere.

Of course the similarity ends there. Based on this scan, a bioenergetics practitioner would provide remedies to correct the body-field and support its ability to recognize and use calcium. This approach would be about turning the story around for a client. Doctors, on the other hand, would take a different approach. If bones are unable to continue building themselves with calcium, then they're getting weaker as they get rid of old cells. To address this, doctors would recommend a drug to prevent the bones from

losing these old cells. (That, after all, is the symptom.) This drug would keep the bones from getting weaker, right? Just one problem: when bones get rid of cells, they do so because the cells are dead. So the medical approach is to keep those dead cells in the body, and in layman's terms, we call that "rotting."

This is an example of how medical testing is such a partial approach. Yes, at times it provides important insights. Even critical insights. But often, it takes test after test after test before *anything* is discovered; even then, it gives just one detail in a much larger story. Focus on "fixing" that one detail and you alter the rest of the story without meaning to. For instance, if all you care about is bone density and not bone quality, then keeping dead cells in a bone might make sense. But if you care that the bone is rotting, then you might need another approach.

This partial view of things is why the symptomatic approach of drugs usually leads to more problems than you started with. On top of this, even if you ran every possible medical test and put them all together to produce the most complete understanding of a situation possible ... those tests simply don't take the underlying control system into account. These tests are never about the physics of the body that actually causes the errors they're seeing. And so ... medical testing is always partial testing at best.

Repeatability of Bioenergetic Assessments

This idea of observing patterns in a body-field scan brings up an important topic that a lot of people ask about, and that's repeatability. If you scan yourself twice in five minutes, will the readings look the same or nearly the same? The answer is both yes and no, and I'll explain why.

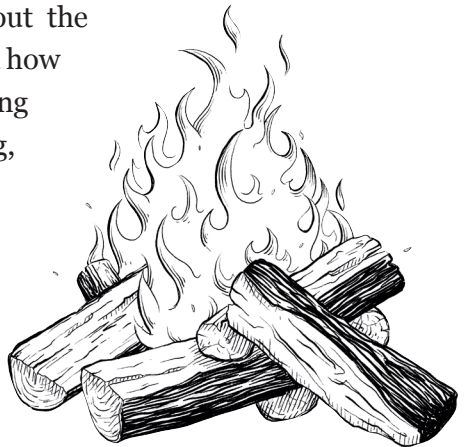
People often want the kind of repeatability they perceive medical tests to offer. But let's first be clear: even medical tests have a range of

variability, can produce false negatives or positives, can vary by time of day or what you've eaten, and often need to be looked at in the context of other tests or symptoms to understand their (still partial) meaning. They are not absolutes.

That said, they offer a different *kind* of repeatability than our assessment, and for good reason. When you're dealing with fields, you are dealing with all possibilities of every state of every energy particle *until the point of measurement*. In other words, nothing's set in stone until you actually take a measurement. This principle is well known in physics. At that point, the "wave potentials" (all those possibilities) collapse into precise energy states. If you go to measure the field again, what are the chances that trillions of potentials will all collapse in the same way? Next to zero.

With medical tests, however, you are measuring chemistry—you're measuring wave potentials (possibilities) *that have already been collapsed into a fairly stable form of energy relationships*. After all, measure a golf ball twice and you get the same size for it both times, right?

This doesn't make the body-field measurement inaccurate. Just different. For instance, if you were to measure everything possible about smoke rising off a campfire—from its makeup to its temperature to its shape and so on—if you could measure everything with absolute precision, then you could determine from that smoke all sorts of things about the campfire itself: the position of the logs and how hot the fire was burning and what was being burned and how the wind was blowing, etc. The smoke would give you accurate information as long as you measured things correctly and with extreme precision.



However, take another measurement of that smoke three seconds later and it will look very different because the wind is still blowing and the fire is still burning and there are subtle changes every instant that are altering how the smoke looks, what it's composed of, etc. And so, *the measurement would be different, but it would be just as accurate as the first test*, because you are measuring a dynamic system rather than a static one.

What's even more interesting is the role that the mind plays in results. This is a deep topic we won't explore in detail here. But as scientists know, their *expectations* can literally influence test results, which is why they do their best to minimize this influence in their research. In our own lives, though, our mind shapes everything about our experience, including the health of our bodies, and it does so through the body-field. We invite clients to get into a calm and positive state of mind before they do an assessment with us for exactly this reason. We invite them to focus on the support and outcome they're looking for. The bulk of the mind's power is in the subconscious, which (by definition) we can't consciously control. So its substantial influence on the body-field will be accurately read either way. But the conscious mind has a subtle influence as well, and we think it best to focus it in the right direction not only to have a small but meaningful impact on the scan, but also to set a client's intention in the direction of healing.

Now that you understand the difference between testing fields (where all possibilities exist) and chemistry (where possibilities have already become something stable), you know why one is more obviously repeatable than the other. If any assessment is truly testing the master control system of the human body, which is a dynamic system, it will always see variations taking place. But this is where we get back to *patterns*. For instance, we test many different aspects of the body-field that relate to a particular organ through these information patterns we've talked about. Very often, if someone has

a known challenge with that organ, the scan will show some of these test items in one scan, and perhaps some others in another scan. The results aren't presented in the same way, but they're all pointing in the same direction.

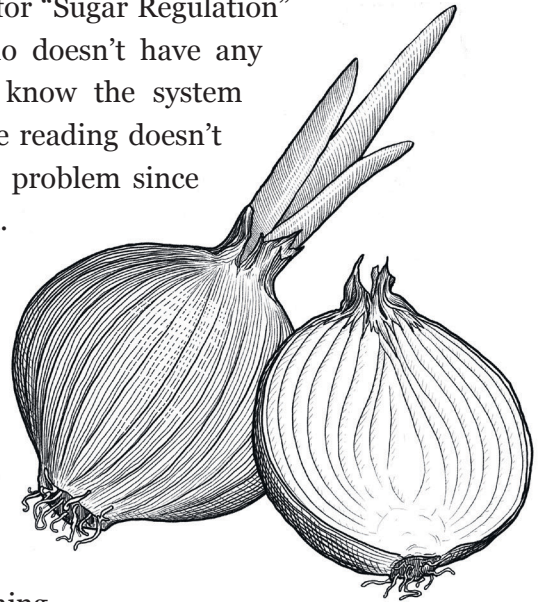
This is repeatability—it's just a different kind than we're used to. It recognizes how many different things can underlie the health problems we see on the surface.

Exceptions to Patterns

Since each scan shows the greatest needs of the body-field in that moment, there are times when acute matters will override frequent patterns. For instance, a reading for "Sugar Regulation" might show up for someone who doesn't have any known blood sugar issues. We know the system doesn't make a diagnosis, and the reading doesn't always refer to a known physical problem since it's looking only at the body-field.

In this case, a coach might simply ask a client about his or her day and discover that they'd eaten something sugary an hour before. This type of thing does happen, and it can affect a single scan result without becoming a regular pattern.

As another example, something chronic in the body-field may not show up for several scans—so it may not be part of a common pattern for that person—because other issues need to be cleared up first. After the other issues have been supported,



As issues in the body are resolved, others start to come up for resolution. We often describe this as peeling the layers of an onion, getting to deeper issues over time.

this deeper issue becomes ready for resolution and starts showing up in scan results. We speak of correcting health as a process of peeling an onion, getting to deeper levels with every visit. These are things our coaches are trained to understand.

Alternately, patterns that *don't appear to us* related to a known problem may actually be the *root* of the problem. In this case, clearing the original patterns helps to resolve the known problem. This is exactly why we try to correct root causes rather than symptoms only.

What Do We Test For?

For me, the holistic nature of our assessment is what makes it so empowering. For starters, we don't just look at someone as an individual, but also as part of a greater whole. A person's environment has tremendous impact on their health and well-being. This interaction of someone with their environment isn't just about the quality of the air they breathe or the food they eat, and it's not just about the energy exchange I described earlier. The earth produces its own massive fields that interact with our fields. Because these are so much grander than one person's field, we have to make sure we're in alignment with them or they can throw off everything else in the body. That's why we test for this alignment. We also test the body-field's polarity, as it's meant to keep a slightly negative charge (something we can help maintain with grounding).

We then test for the strength of the overall body-field. Its power is needed as the fuel to send information through the body. And of course we check whether the information is flowing properly. There are two types of information flow that we check: everyday maintenance operations (everything needed to run the body), related to the meridians of traditional Chinese medicine (TCM); and healing or correction operations, related to something called the divergent meridians of TCM. Again, these are not the same concepts as those

shown in TCM, but our research was inspired and somewhat guided by these ancient ideas.

We also test for a variety of nutritional and environmental items, assessing the relation of nutrients and metabolism and heavy metals and agricultural sprays and much more to the body-field. As with our tests related to organs and cells, these are not making a physical assessment. A test result indicating mercury, for example, does not and cannot tell us about specific mercury exposure, but about the aspect of the field that matches to mercury. We see that it needs support. This may or may not be because of mercury exposure, either past or present. But like with the rest of our testing, it's surprising how often people connect what the scan is saying to something that's going on in their lives.

Emotions and the Body-Field

A major component was added to our software in 2009, as Peter had done a great deal of research into the bioenergetics of emotions. Through the embryonic germ layers that the body develops from, specific parts of the brain are connected to specific parts of the body. Emotional shock and trauma, if not fully processed, leave an energetic signature, or an oscillating sphere of energy, in an area of the brain. This alters the correct flow of both energy and information in the body-field. If not addressed, this can lead to long-term problems. This is especially true if many of these spheres build up through the years and/or they're coupled with toxins and pathogens that also alter the flow of energy and information.

In fact, there's a great deal of research into the health and longevity impact of "adverse childhood experiences," or ACEs, which are traumatic events in childhood.¹ This isn't to say that those in

¹ <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html>

our later years aren't equally difficult, but as we age, we generally become better equipped to process an event, so the early years seem especially affected. We naturally encourage any relevant therapy to assist with the impact of shock and trauma, but we produced remedies alongside this screen to help release their energy remnants from the body and restore correct flow.

Results that Empower People

Based on scan results, a client is empowered with all sorts of information not only about what needs support in the body-field, but also how to support it. Our remedies and our bioelectric technology play a big role here, and I'll talk about those next. But there are also plenty of practical steps to take in your personal life. For instance, the software offers specific action steps to take to help power the overall field, personalized to your own scan results. It might guide you to explore more about your diet or exercise; for instance, if the liver field is stressed, you might need to look at backing off things like drinking that cause it stress. Or if the pancreas field is stressed, you may look at ways to reduce your sugar intake and ease its burden in balancing blood sugar levels. If "Movement" shows up, it may encourage you to engage in more activity ... or to back down if you find that you're regularly going at a frantic pace.

The scan also provides insights into social / emotional matters, one's personal development, and environmental factors, all of which you can take practical steps to address. In fact, our Energy 4 Life course—available to clients of our Energy 4 Life coaches—goes into great detail on all of this. I'll explain more about this in our final chapter.

So now, with a fast, holistic, and objective assessment (eliminating practitioner bias), we had a way not only to guide someone on healthy habits, but also to determine which remedies the body-field was

requesting to restore itself and restore the body to optimal health and energy. Which brings us to the remedies themselves. They're not drugs. They're not nutritional supplements or herbs or homeopathy. So what are they, and why are they so powerful? That's an entire story unto itself, and it's what we'll cover next.

SINCE ADDING NES HEALTH TO MY PRACTICE, I have continued to demonstrate time and time again the power of quantum wellness, the power of the scan, and that the scan is never wrong. It can truly offer insights into the body, both mind and physical well-being that the medical community cannot comprehend often, nor understand. It truly is a remarkable system.”

— DR. SUSAN BOSTIAN,
INTEGRATIVE HEALTH AND NUTRITION

7 Restore the Body's Control System

LET'S SUMMARIZE WHAT WE'VE TALKED ABOUT SO FAR:

- Medicine focuses on the body's chemistry to suppress symptoms rather than supporting the body's healing processes.
- Nutrition focuses on the body's chemistry too, although the goal with nutrition is to support the body's healing.
- Nutrition is an important part of overall wellness, but it often doesn't go deep enough to get the job done on because of its focus on chemistry.
- Chemistry is controlled by physics—by the control and movement of energy.
- If you really want to get to the root cause of problems in health, you need to provide energy to the body and make sure it's being used correctly. Then everything else can fall into place.

In bioenergetics, our focus is on the physics of the body, or what we call the “master control system.” We teach many methods of charging the body’s battery as well as the need to improve the use of this energy for better health, meaning we have to assess and correct the control system. In the last chapter we talked about how to assess it—how to see where it needs support. The next big question is: how do you support it?

Resonance and Communication

When we talk about this control system, or “body-field,” we’re talking about something that uses the resonance of energy signals to provide communication throughout the body. If parts of the body that are *supposed* to be talking *aren’t* talking (they’re not sharing resonance), this means that one or more of the signals has gone bad. This would be like trying to talk to someone else on a CB radio, but you’re using different channels, so you’re not hearing each other. You need to get back onto the same channel.

Think about what this means in the body. If all the liver cells are in resonance, communicating the message of a healthy cell, then these cells will act in harmony, doing what healthy cells are meant to do. This represents a healthy liver. But if something like stress or toxins distorts the fields of some of these cells and they stop communicating with the rest, then they have to work in isolation. They may not adjust to the immediate needs of the liver, so it fails to get all the support it’s looking for and starts wasting energy to get things done. In this situation, new stressors and toxins may have a bigger impact, distorting more cells, and the problem builds. If distortions are too great, the operating instructions of the cells could actually go bad, in which case those cells begin to malfunction and literally work *against* the health of the liver. This would eventually become some sort of liver disease. Of course we’re not looking at disease, but at

where it comes from. We're looking at the initial issues that caused the problems in the first place. That's why bioenergetic corrections are so important.

Another possible communication problem is that parts of the body just aren't speaking *efficiently*. This means that something is *blocking* their resonance, and that blockage needs to be resolved. This would be like having a cell phone conversation with someone when the signal keeps breaking up and you're only catching half of what the other person is saying. Getting your message across in this case means a lot of repetition, sometimes raised voices, and sometimes having to call back. In short, a lot of extra effort—or *energy*—goes into this communication. When this happens in the body-field, it means the body battery is being drained more quickly.

The Incredible Story of Water

Fortunately, there really are ways to resolve this, and it involves the incredible story of water. We've already talked about the fourth phase of water, where water forms structures around water-loving surfaces, including both the inner and outer membranes of every cell in the body. I explained how light and heat can build up these structured layers and form a battery throughout the body to help charge us. This is an incredible point that's ignored by most scientists today, but it's easy to see and understand through Dr. Pollack's work.

What's equally important to understand is that this structured water becomes less like a liquid and more like a gel in the body. Imagine for a moment you have a bowl of water in front of you and a bowl of thick gel. You put your finger into the bowl of water and then the bowl of gel (like a gelatin dessert). Which one do you think will retain the impression of your finger better? Of course the gel will. It retains a form of "information," showing evidence of the interaction it had with your finger. A detective, for instance, might be able to

learn about the size of your finger, maybe pick up a fingerprint, and so on. All real information.

This is just meant to give you a visual idea of how structure can hold information better than liquid water can. Structured water in the body has a far more intricate method that may, for instance, involve “programming” the oxidative states of the oxygen in this water. Once programmed, it could alter DNA and proteins throughout the body and literally drive every process of keeping you alive and healthy.

The idea that structured water can store and share information is something that’s been proposed by scientists for the last hundred years, and it’s gaining steam as evidence continues to mount. Unfortunately, as scientists come to acknowledge this, they will have to reexamine everything involving water, which includes most of the planet and most of the human body. That’s a big ask and, as you can imagine, there is a *lot* of money and power on the line with this. Like all change, it faces resistance. Like all *monumental* change, it in fact faces monumental resistance, and it has for a century. Scientists’ lives have been ruined for daring to show research demonstrating the memory of water. But the growing research will be hard to suppress for long.

Memory of Biologically Active Substances

Let me summarize what I mean about water storing and sharing information, and then we’ll look at some of the research on the topic. Let’s say there is a plant that, if eaten, has some sort of effect on your body. We would call this a “biologically active substance,” or “BAS,” because it’s a substance that affects your biology. Easy so far, right?

But from our perspective, it’s not the actual *substance* that causes change in the body—it’s the ability of that substance to communicate with the body-field. In other words, the substance has an energy signature, or frequency, that interacts with the body-field and causes it

to react; and since the body-field is the control system of the physical body, then the physical body also has a reaction.

If this is true, then in theory if you *removed* the physical substance but were able to retain its energy signature, that signature would still have an effect on the body because *the substance isn't the cause*. And indeed, this is what we find! When we put a biologically active substance (BAS) into water and vigorously shake it, we can dilute the substance to the point that it's no longer physically present in the water. But researchers have found that the water can still cause a biological effect. It's as if the water has been imprinted with (and "remembers") the information or signature of the BAS. As a result, if someone were to drink that water, the water would still be able to introduce that signature into the body, no substance needed.

Opposite Effects?

In the early 1900s, Nikolai P. Kravkov was researching this topic in Russia. He looked at biologically active substances (BASs) when diluted in water to the point that molecules of the original BAS were no longer present. And then he studied the effects of the water. Here's where it gets really interesting: if the original BAS was known to cause one response in the body, the imprinted water would cause the opposite effect. For instance, substances that normally constricted the blood vessels, like adrenaline or histamine, instead expanded blood vessels when introduced as an imprint of information in water.¹

Why would it cause the opposite effect? This goes back to the idea of hormesis. Too much stress breaks the body down and weakens it. But a little stress makes it respond with corrective measures, making it stronger and more adaptable. If you were to consume a large

1 Voeikov, Vladimir and Konstantin Korotkov. *The Emerging Science of Water*, p. 32.

amount of some toxin, it could make you sick or kill you. But in minute doses, the body can respond with a corrective measure.

In both cases, the stress or toxin initially impacts the body in a “negative” way. They are having a *similar* effect on the body, but at much different levels. However, in the case of a large dose (of stress or toxin or anything else), the body is overwhelmed and cannot have a strong enough corrective response. So we see the body move in a “negative” direction—toward illness. But in the case of a very low (“hormetic”) dose, the body engages in a “positive” corrective response that we can see. It moves toward health.

In other words, the stress or toxin always causes the *same* directional effect on the body initially, but when we measure the response of the body, we see *opposite* results. The large dose causes a negative reaction (illness); the small dose causes a positive reaction (movement toward health).

This is the concept behind homeopathy, in which you introduce a very subtle version of something that would normally cause symptoms of illness in the body; you’re looking for the body to then respond with a corrective response. If you’ve chosen the correct homeopathic remedy, then this response is meant to pull someone away from whatever sickness they’re dealing with. But in homeopathy, you’re not just dealing with a “small” dose—you’re dealing with energy signatures similar to what Kravkov was studying. The original substance is no longer there. So it’s a very subtle dose that the body, ideally, can respond to in a positive way.

If you think about it, this “small dose” approach is even the concept behind vaccinations. By introducing a weakened or even inactivated virus into the body, doctors hope the body will have a corrective response by building up immunity to that virus rather than getting as sick as it would upon exposure to the wild virus. Unfortunately, vaccines also expose the body to a tremendous toxic load and are usually given through the blood rather than through the respiratory system,

contrary to how we might normally catch a virus. But the concept is there for introducing something weak so that the body has an easier time mounting a response.

So when Kravkov studied the effects of BASs when diluted in water, he saw the body responding in an *opposite way* to how the original BAS would affect it. This makes sense, because the energy signature stored in water was working in a more subtle way on the body, speaking only to the body-field directly, but speaking to the body indirectly. This means that the body was more easily able to respond in a positive way.

Magnetized water is another example of water memory that can be seen in everyday and conventional usage. Magnetized water is well known to reduce the buildup of hard-water deposits and lime scale in pipes and technical installations. But the really impressive point is that the effects of magnetizing water last long after the magnetic field disappears—for hours and even days. On that observation alone, we should understand that water can retain information and continue to affect things with that information.

Can Water Memory Affect Biology?

In their book, *The Emerging Science of Water*, Professors Vladimir Voeikov (Lomonosov Moscow State University) and Konstantin Korotkov (ITMO University) show evidence of just that. For example: “Exposure of *Dugesia tigrina planarians* [flatworms] to a combined magnetic field increased the intensity of their motor activity.”² That part shouldn’t surprise us, as there are thousands of papers showing the impact of pulsed electromagnetic fields on biology.³ But this study was different because, according to the authors, the effect didn’t just come directly from a magnetic field. Instead: “Water

² *The Emerging Science of Water*, p. 15.

³ <https://www.ncbi.nlm.nih.gov/pubmed/?term=pulsed+electromagnetic+therapy>

treated with a magnetic field transferred this effect to untreated planarians.”⁴ In other words, the water had retained the information of the magnetic field and recreated its biological effect.

There’s a lot more research available and, if you want to explore it, I encourage you to check out *The Emerging Science of Water*. That said, there is one major case from the 1980s that we need to explore. That is the case of famous French immunologist Jacques Benveniste. In 1983, someone in his lab asked to pursue research on homeopathic solutions. At the time, classically-trained Benveniste did not think that homeopathy could produce a biological effect, but to his credit, he was open minded enough to let the experiments take place.

Much to his surprise, the research began yielding results that conventional science would not expect. Basophils are a type of immune system cell that reacts easily to biologically active substances (BASs). In this testing, the researchers would dilute a BAS in water to the point that none of the original substance remained; chemically speaking, they were left with nothing but water. Yet the basophils reacted to this water as if there were still a BAS present. In short, the water appeared to still hold the information of the BAS and communicate that information to the basophils in much the way I’ve already described—through resonance, or the similarity of vibrational patterns.

After years of research, Benveniste was convinced the world needed to know about this, so he attempted to publish his findings in the prestigious scientific journal *Nature*, only to have them refuse. They were convinced his findings were impossible. Eventually he convinced them to publish under the condition that they would follow up with a visit to his lab to verify the research. He agreed, and the research was published—but with commentary from *Nature*’s editorial staff about their doubts and a promise that they would follow up with their readers on the topic.

4 *The Emerging Science of Water*, p. 15.

The editor of *Nature* took two people with him to Benveniste's lab. One of these men was James Randi, who is not a scientist but a renowned "fraud buster." The other man was not a biologist but a physicist. They asked to see the research repeated, which it was, successfully. They then demanded repetition of the experiment *but with new protocols that the visiting group designed*. Among these changes, basophils were used that were "not sensitive even to high doses of the antibody."⁵ So why would they have expected these to work when exposed to the dilution?

Nevertheless, *Nature* did follow up with their readers and told them the whole thing was nonsense, effectively destroying Benveniste's career. And meanwhile, many other labs—following Benveniste's original protocol—were able to repeat his results.

But this is what I've said: when you go down this road of water holding information and communicating that information to the body, you're on dangerous ground as a scientist. Countless researchers have demonstrated this effect over the last 100 years, and countless have lost funding and careers. This is why we hear so little about it in our culture, while a lot of this research continues in Russia and elsewhere.

Imprinting Water Electronically

After this, perhaps with nothing to lose, Benveniste took his work even further and demonstrated the ability to transport biological effects into clean water through electronic networks. After all, if diluted substances left a frequency pattern, or information pattern, in water, then there should be a way to *electronically produce* a frequency pattern in water and get it to produce a biological effect in this way. And that is what Benveniste found to be true.

The logic is simple: if biology responds to frequency patterns as I explained in the last chapter, and if water stores and transmits these

5 *The Emerging Science of Water*, p. 24.

patterns as I've shown, then why wouldn't you be able to go directly to the water with the pattern, avoiding the original substance altogether? Just imprint it, electronically, right into the water.

Today, this is happening. Some bioenergetic practitioners imprint homeopathic remedies in this way. Meanwhile, researchers are imprinting the information of conventional medicine directly into water and getting results, potentially without stressing the liver the way medicine does. But why enter the world of bioenergetics and then still give someone the information of a drug to suppress symptoms? As you'll see, we cooked up a much better idea.

See, there's an important limitation to the hormetic approach, and this impacts the use of herbs or homeopathy and other wellness approaches. If the body is lacking energy, it cannot respond in a corrective way. (It doesn't have the fuel.) And if the master control system—the body-field—isn't working correctly, then it doesn't know *how* to respond in a corrective way. In either case, the hormetic remedy could make the problem worse than it already is, or at least it won't make things better.

That's why it's critical to charge the body battery and make sure the control system is working the way it's meant to. Communication throughout the body must be efficient and accurate. If you address these two things—the body's battery and its control system—then healing can occur. If you address these two things, you could *also* use hormetic remedies; they might still encourage further adaptation and strength in the body. But the *corrective* approach is the more important approach.

Yet as far as I knew when Peter and I first met, no such thing existed. While Peter's original remedies used water imprinted with information (I'll explain how this is done in a moment), they were not corrective in nature. They took the conventional idea of killing off pathogens and simply attempted to do this with information in water rather than with drugs. As I said, this had a profound impact on me;

imprinted water did for me what nothing else had been able to do. But the remedies were still taking us in the wrong direction.

Changing Direction and Creating Infoceuticals

When Peter and I started working together, I challenged him with an entirely new approach. If the body needed to restore correct information in the body, why not simply *give it that correct information*? Why not literally show the body-field what it *should* be doing and, through resonance, bring it back into the right vibrational patterns? Like the vibrations of one tuning fork making another tuning fork start to vibrate, you can simply present the right energetic signatures to the body-field and bring it back into a more ideal state. It can then begin to heal the body.

It was the *eureka!* moment we needed to develop a whole new type of information remedy, or what we now call an Infoceutical. It was a remedy that didn't rely on assumptions about what the body-field could do, but supported it no matter what condition it was in and helped to restore this underlying control system; it started to reestablish accurate communication and efficiency within the body.

Based on this premise, Peter used his matching technique to compare each aspect of the body-field to detailed mathematical codes—codes that could be expressed by a computer in order to imprint the exact in-

formational pattern we needed in water. Over the years, he developed hundreds if not thousands of these codes that could all be used to create Infoceuticals. Through testing and clinical observation of what was most needed and most successful in practice, we whittled these down to fewer than 80 for use in our system.



How Infoceuticals Are Made

With the codes in place, we needed a way to transfer this information into water. Here's the process we developed:

1. We work with structured water so it can store the information for a long time in a stable way. We use minerals in purified water, as minerals provide the water-loving surface for the water to structure around.
2. We imprint in the presence of an electrostatic field. When others in this area of research shake, or “succus,” water to dilute a BAS and imprint its signature into water, they only get results because of the electromagnetic fields of the earth. Researchers have found that, when this process is done in a Faraday cage (with no exposure to the Earth's fields), the imprint cannot take place. This gives us a huge clue about the importance of the Earth's fields.

According to our research, this usual imprint process is not as stable as we would want it, because the Earth's fields—while massive—occur at a relatively low level. This is why homeopathic remedies can be rendered ineffective if they go through security X-rays or are left near a microwave oven. To solve this problem, we created a machine that produces a 10,000-volt electrostatic field to give us an incredibly stable imprint in the water. Our testing shows that Infoceuticals retain their information for years and can safely go through security X-rays or be stored near microwave ovens.

3. Within this field, we use photons and other elements modulated by our mathematical codes to imprint the water with information. This information represents the ideal energy signature of some aspect of the body-field so that, when it's introduced to the body-field, it can use the principle of resonance to guide the field back to its proper frequencies.

The critical point to this approach is that it restores coherence within the body-field when someone takes an Infoceutical. This means the field can make better use of energy in the body while restoring the body's ability to heal itself and keep itself well.

What Kind of Results Do People See?

And do they work? Well, I've shared a handful of testimonials throughout this book showing how people have responded to taking Infoceuticals. And this barely scratches the surface among the tens of thousands of clients who have experienced this path to wellness. What's astonishing, though, is to see someone who has their doubts before taking as little as a *single drop* and having a response. While most people take around 15 drops a day of each Infoceutical in a protocol, everyone is different; when the body is ready for change, it's ready for change, and sometimes it only takes a small "informational" trigger to start the body on a road to wellness.

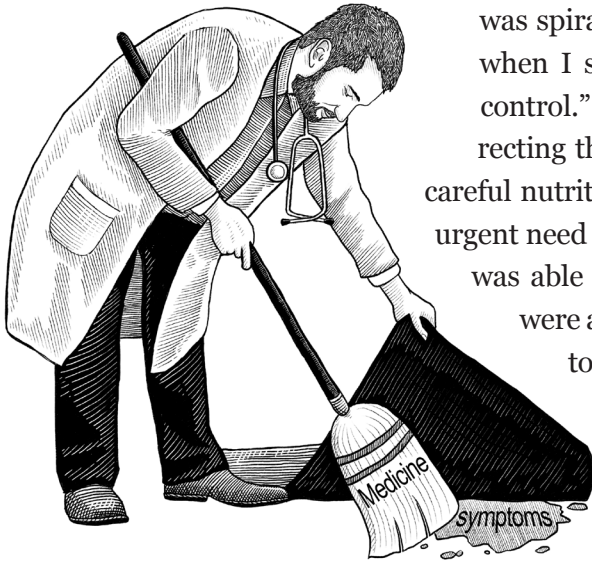
Think how different this is from the medical approach. Something has gone wrong in the body-field and eventually this manifests as a physical disease. Rather than correcting the body-field, medicine wants to use drugs to suppress the symptoms that are actually clues to what's happening on deeper levels. These drugs may suppress symptoms, but they also cause further distortions to the body-field as well as higher-level chemical problems. These distortions cause

new symptoms to arise, which is why drug commercials are more about side effects than they are about benefits. With new symptoms come new drugs, and as people age, they end up on more and more drugs. This isn't just a tragedy on the personal level; it's also an economic tragedy on the world stage. Unless of course you're a pharmaceutical company. Then it's genius.

With Infoceuticals, it's never about symptomatic suppression, but about healing support. Giving the body what it needs to restore itself. The changes that occur can vary greatly. Yes, people see shifts in energy levels. They also see symptomatic changes as the body heals, sometimes in a matter of hours, often within days. But they also see things like habit shifts and changes in their outlook on life. I can't tell you how often we hear about things that might sound trivial to an outsider, but to the person who went through the change, it's monumental because it's about a habit or outlook that colored everything about their life. Sometimes a person moves into these changes without any discomfort, but as anyone who works in wellness knows, sometimes the body goes through short periods of discomfort in the healing process. The big difference here is that this is not long-term. Also, Infoceuticals are not addictive, and they don't lead to a lifestyle of side effects leading to more side effects.

An Alternative to a Big Pharma Lifestyle

I saw these two pathways—medical and bioenergetic—firsthand. In my story, you see that medicine and many other approaches had failed me, and it wasn't until I started supporting my control system that I saw results and began to recover my health. During that healing process, I also received another diagnosis that better explained much of my fatigue: I was told I had Addison's disease, for which I was given cortisol. I took this for a time, which led to me becoming diabetic, at which point I was supposed to start taking insulin. But I saw where this



Medicine typically uses drugs to suppress the symptoms that are actually clues to what's happening on deeper levels.

was spiraling, and this was another point when I said, “No more, I’m taking back control.” And I focused once more on correcting the body-field, along with making careful nutritional choices so I didn’t have an urgent need for insulin. With this approach, I was able to overcome the challenges that were accumulating and get myself back to a state of real health.

To this day, I make the right lifestyle decisions coupled with taking Infoceuticals in order to avoid the long and winding road of a pharmaceutical lifestyle. Given the expense and side effects of drugs, it’s the only way I can see living life. Do I see a place for

drugs to help with emergencies? Of course. Should you stop current medications without professional advice? That’s a personal decision, and if they’re urgently needed in the short run, then the answer is no. But from my experience and the experiences of thousands of others, when you give the body the chance to heal, you also give it the chance to “say no to drugs.” Eventually, health problems can resolve themselves and you simply won’t need that kind of medical intervention. This is a freedom that I wish for every person on the planet, and it’s a huge part of why we’re so dedicated to bringing our solutions to the world.

Restoring integrity to the body-field not only provides an alternative to a Big Pharma lifestyle. Restoring it means that other wellness options I’ve talked about—like homeopathy, herbs, and antioxidant stimulants—are likely to see better effects too, because you’re help-

ing to make sure the body knows *how* to respond to those and that it has the *energy* for doing so. This is exciting, because not only can Infoceuticals work alone, but they can also complement widely known approaches to wellness.

In fact, this benefit extends beyond consumables. From our very earliest days, we've heard from chiropractors that their adjustments were lasting longer, and we believed we knew why. If the body-field represents a template that the physical body builds itself around, and the body-field becomes distorted, then the body is likely to follow the distorted pattern. That includes the spine. In 2017, we also surveyed a small number of practitioners using our system to ask how many saw improved results with their clients. An incredible 89% of them told us that, yes, they were getting better results. While the sample size was small, it included practitioners using a number of modalities, including massage therapists, nutritionists, acupuncturists, chiropractors, naturopathic and integrative doctors, and more.

Research on Infoceuticals

It's also exciting that we've had several people do studies on Infoceuticals over the years. These are, of course, not the multi-million-dollar studies that only pharmaceutical companies can afford. (And remember that we talked about how those same companies cherry-pick their results from these studies anyway.) But all the research has provided fascinating confirmations about the impact we've seen in individuals' lives.

For instance, in a large-scale comparative study carried out by the Centre for Biofield Sciences under the supervision of Dr. Thornton Streeter, 96.5% of the 200 participants in the active group experienced a positive change (compared to 35% in the placebo group seeing positive change).

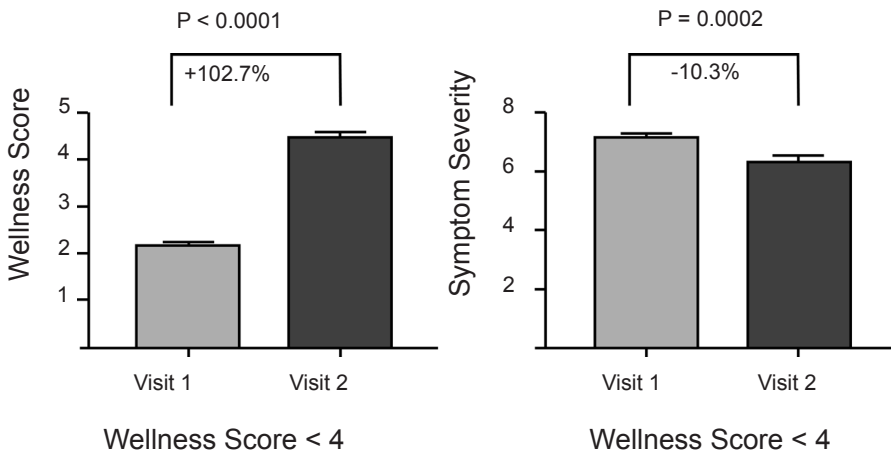
Another study was carried out by Desiree Del Monte under the supervision of renowned energy medicine researcher Dr. Norman

Shealy at Holos University. Her research showed that Infoceuticals led to a reduction in depression scores and self-reported stress measures in 54 subjects with immediate members of family in active service in the military.

In another study, Infoceuticals showed a positive physiological effect throughout the research period as determined using mean arterial pressure readings. These readings measure blood flow, resistance, and pressure within the arteries and are an important indicator of cardiovascular health.

We also implemented short, self-reporting questionnaires into our cloud-based software system to gather data on symptoms associated with energy / fatigue, pain, sleep, and stress / anxiety. We identified pre / post-visit effects on wellness scores (WS) and symptom severity (SS). This study included approximately 6000 participants with two visits or more, approximately 3000 participants with three visits or more, and approximately 1800 participants with four visits or more.

Since it's difficult to observe change in those who report a high wellness score or low symptom score in the first place, we looked at those with the most obvious needs. Among the 264 participants with two or more visits who had a WS < 4 at their first visit, the mean WS was 2.21 at Visit 1 and 4.48 at Visit 2, a 102.7% increase. Mean SS



was 7.15 at Visit 1 and 6.41 at Visit 2, a 10.3% decrease. Both differences were highly statistically significant.

Likewise, of those who began with SS > 7, by their second visit, 31% saw no change, but an incredible 57% saw a mean improvement of 32% in their symptom severity.

PAIN DATA

Among those reporting on pain symptoms with three or more visits and WS < 4 (14 participants), there was a 91.6% increase in WS and a 6.2% decrease in SS. For those with three or more visits and SS > 7 (58 participants), there was a 21.6% increase in WS and a 14.1% decrease in SS.

FATIGUE DATA

Among those reporting on fatigue with two or more visits and WS < 4 (24 participants), there was a 164.4% increase in WS and a 10.8% decrease in SS. For those with two or more visits and SS > 7 (59 participants), there was a 12% increase in WS and an 18% decrease in SS.

While the data was self-reported and not collected with a research study in mind, it gives us strong evidence about the wellness benefits experienced by significant numbers of clients, especially those with the greatest need!

Best of all, this was all accomplished *without* the incredible wellness course we now extend to clients of our Energy 4 Life coaches (see the final chapter for details). Incorporating the latest health sciences with action steps *you* can take, future studies are sure to show even better results. And as I talk about where we're taking our technology, you'll see that we've only just begun on our mission to restore energy to millions of people around the world.

INFOCEUTICALS:

All Infoceuticals are designed to improve coherence in the body-field. You could think of this as a collective resonance allowing communication between all parts of a particular system. Based on extensive research, we know that water forms itself into structures that can store information and produce a biological effect from this information. So we imprint Infoceuticals onto structured water using photons and other elements modulated by our proprietary mathematical codes. These are the same codes used in our testing software, so we can match the body-field to the Infoceuticals it most needs to restore proper energy flow and communication within the body.

Infoceuticals are taken daily because introducing correct information one time is not enough to retrain the body-field. Developing a new habit takes weeks of practice before it becomes natural, before it can overtake the momentum of our past habits. In a similar way, Infoceuticals use resonance to guide the body-field toward improved order; by taking them daily for several weeks, we help to make this new order more stable and lasting.

Produced under an electrostatic charge of 10,000 volts, Infoceuticals hold their information for many years, even if exposed to everyday fields from security X-rays or cell phones or microwave ovens.

Since all Infoceuticals seek to restore coherence, they all help to correct communication and energy flow within the body-field. So you may wonder why we describe different types of Infoceuticals. It has to do with their greatest impact, which depends on what aspect of the field they're supporting.

BFA, Polarity, Day, and Night

are four specific Infoceuticals that help our body-field respond correctly to the environment. Given our continuous exchange with the environment and the mass scale of fields generated by the earth, alignment with the outside world is an important step in maintaining a healthy control system.

Energetic Drivers

seek to restore coherence mostly at the organ or system level, improving the flow and therefore the strength of energy within that system. This helps them to amplify energy levels for the body-field as a whole, powering the overall communication systems of the body.

Energetic Integrators

work on information pathways between cells, organs, and systems. They have to do with the critical, everyday operations of the body. This means they do less to amplify energy for the body-field as a whole, but restore communication across the body in ways that Drivers cannot.

Energetic Terrains

work on information pathways similar to the way Energetic Integrators do, but these pathways have to do with the body's self-correction mechanisms. We could

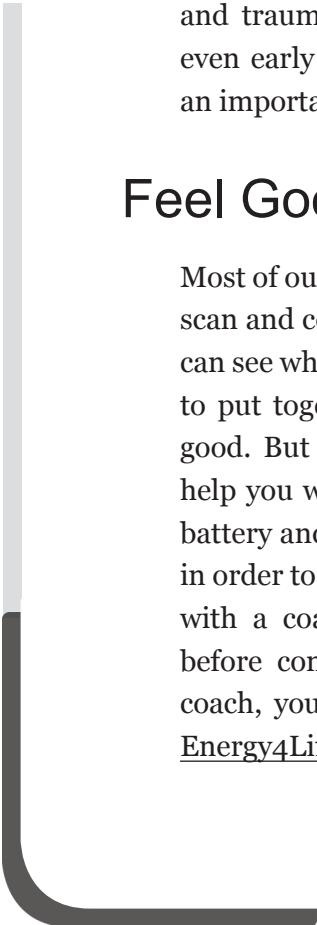
call these healing or repair pathways. Our research shows that they work on the cellular and epigenetic scale, seeking to restore proper genetic expression throughout the body when errors in the body-field have altered the energy signatures of DNA. These faulty signatures may resonate with pathogens like viruses, bacteria, and fungi, allowing them to live within the cellular terrain. As the fields and genetic expression are corrected, the cellular terrain is changed and no longer resonates with these pathogens. In this way, a healthy cellular terrain has no place for pathogens to thrive, so it begins to excrete them. This obviously plays an important role in recovering wellness.

Energetic Stars

are combinations of other Infoceuticals designed to support specific systems within the body-field that need extra attention. These include formulas to support the body-field as it relates to immune function, the brain, detoxification processes, and powering of the male and female endocrine systems.

Mind-Body Infoceuticals

work a little differently. Most of the others are reminding the body-field how to work the way it's meant to. But mind-body Infoceuticals help to remove blockades to communication. These are blockades caused by stress, shock, or trauma. When these are not resolved, they live on as distortions in the body-field that cause tremendous inefficiency. This is why stress



and trauma are connected to so many illnesses and even early death, and why resolving them plays such an important role in our system.

Feel Good Infoceuticals

Most of our Infoceuticals are only available following a scan and consultation with one of our coaches, as they can see what is most needed by the body-field and how to put together a protocol that will do you the most good. But some of our Infoceuticals are designed to help you with the initial work of supporting the body battery and its control system. You do not need a scan in order to buy them. So whether you're between scans with a coach or you'd like to explore Infoceuticals before committing to a wellness journey with your coach, you can purchase these at any time on www.Energy4Life.com.

NES has given me not only the knowledge and skills to truly affect change in others health but also the confidence to go out into the world and make my dreams come true. I am so proud to be a NES practitioner. My practice is based on serving others and contributing to the world in my small way with an open heart and a keen mind.

—JINANJALIE DISSANAYAKE

8 Building on the Revolution

IF YOU REMEMBER MY STORY FROM CHAPTER ONE, I DIDN'T JUST DRAIN my energy with all my activities. I actually injured myself. The fall I took while ice climbing turned out to have fractured my spine. Although it hurt, I didn't know it was fractured until several years later.

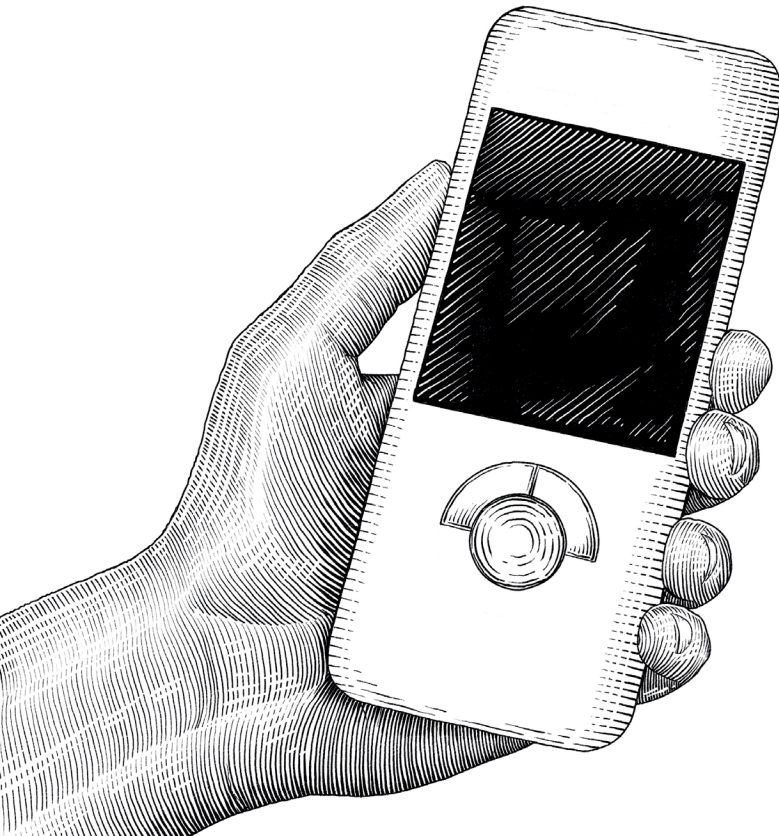
As powerful as the Infoceuticals are for deep, corrective work, we needed something different to help people with physical issues like this. After all, I needed it personally, and we know that physical pain is something that hundreds of millions of people around the world struggle with.

As you may know, many of the world's best solutions come about because someone has invented something for him or herself, as nothing else really addressed the problem they were having. And at the time, I had yet to find something that fully corrected my back pain, so I needed to invent something new. I didn't want to just create a variation on things that existed. I wanted to take what we had learned in our first 10 years as a company and go beyond what anyone was doing.

This quest led us to the miHealth, a handheld bioelectric device that works both on-body and off-body to stimulate profound results in the body. It works incredibly well on pain, but can also support a wide range of concerns and ultimately helped me to resolve my chronic back pain.

Because it's not a consumable, it can be used on a daily basis for years, helping with things as they come up. And while it can be used perfectly well on its own, it's also designed for use with our software assessment, combining the immediate work of the miHealth with the deeper, corrective work of the Infoceuticals; the software also indicates more precise settings to use on the miHealth. (These are called "Energetic Rejuvenators," and they help to restore the flow of information along the Energetic Integrators of the body-field.)

I've included an image here so you can see what it looks like, but understanding how it works needs a little background on other bioelectric devices.



TENS Technology

TENS stands for “transcutaneous electrical nerve stimulation.” This therapy has also been used for decades and is still used by hospitals today. But in my opinion, there’s a self-serving interest as to why they would use it, as I’ll explain in a moment.

This will sound odd, but TENS devices basically work by beating up your nervous system. Using electrodes on the skin, they send electrical signals into the body to interact with nerves that are signaling pain. And TENS devices take what I would call a destructive approach—they just keep sending signals until they wear out the nerves, which in turn stop sending pain signals to the brain. True to the conventional medical approach, the device does nothing to solve the underlying problem but it can, for a little while, mask pain by exhausting the nerves.

Since the results only last for a little while, you can see why I feel this therapy is self-serving in a hospital setting. As the pain returns and the patient realizes the TENS device isn’t likely to help for long, he or she may turn to drugs as an alternative solution. Which of course is a profit center for the hospital.

SCENAR Technology

SCENAR is another technology that took the TENS concept and added biofeedback, which completely changed the game. SCENAR stands for “self-controlled energo-neuro adaptive regulation.” First developed by the Russians to keep their cosmonauts healthy in space, SCENAR devices interact with the nervous system and “adapt” their electrical signals based on real-time feedback from the nervous system. So rather than continuing to pound the nerves with a frequency and tiring them out like a TENS unit does, SCENAR acts as a stimulant by constantly changing its signals. In the process, it also contracts and

releases local tissue, which naturally increases blood flow to the area. In this way, SCENAR stimulates an actual healing process.

While we've talked a lot about the body's underlying control system, once you get into conventional biology, the nervous system plays a primary role in the body's communication. It's involved not only with pain, but also with digestion, respiration, circulation, and much more. Given its restorative effect on the nervous system, you can understand why there are countless case studies on SCENAR's

NES miHealth Shows 93% Effectiveness in Outcome Study

We conducted a large outcome study for miHealth that included 251 participants and collected data across 367 data points. In the study, 88% of the participants benefited from NES miHealth therapy after just one session. After a second session (by 155 participants), 93% reported improvement. Of the overall group, 144 participants considered their symptoms chronic; 85% of these saw improvement.

Symptoms supported most often were chronic and acute pain, joint and muscle issues, nerves, and stress, although others were supported as well.

effectiveness for all these areas. There is also published research in the US National Library of Medicine¹ and elsewhere.

When I was exploring solutions for our company, I loved the idea and impact of SCENAR, but I wanted to take it to the next level. SCENAR works with a limited set of frequencies that can interact with the nervous system, which enables communication, but not the precise level of communication I wanted us to achieve. Using a concept called global scaling, we developed the miHealth to communicate in a way that's similar to the SCENAR process, but much deeper. miHealth works with extremely precise frequencies going down to *eight decimal points* (i.e., technically speaking, 100 millionths of each whole-number frequency). Continually speaking with the nervous system and switching frequencies many times every second, miHealth adjusts to very precise needs, rather than to the general needs that SCENAR can handle.

PEMF Technology

But that isn't all that miHealth does. Yes, using electrodes on the body, it can act as the world's most precise SCENAR system. But I also took inspiration from another established technology and modified it for our purposes. This allows it to be used "off body" as well, affecting the body through fields in addition to the on-body electrical stimulation.

PEMF stands for "pulsed electromagnetic frequencies" and represents a technology that has been around for decades. As its name suggests, it doesn't require electrodes in contact with the body to work. It affects the body through the air by generating electromagnetic fields that interact with the human body-field. PEMF is known for benefits like:

- Reduced musculoskeletal pain
- Reduced inflammation (associated with most pathologies)

¹ <https://www.ncbi.nlm.nih.gov/pubmed/?term=SCENAR>

- Improved nerve impulses
- Improved blood flow (which includes nutrient and oxygen delivery throughout the body)
- Reduced blood pressure
- Better relaxation and sleep
- More energy
- Immune system stimulation
- And much more

PEMF is a powerful and well-established therapy with hundreds of published studies in the US National Library of Medicine.² And with all due respect to traditional PEMF, we used the underlying technology but took an alternate approach.

Other PEMF devices are based around the idea that the Earth's magnetic field is important to human health, so they amp up their power to as much as 16 times the strength of Earth's magnetic field under the assumption that, if a little is good, a lot is better. Despite the fact that PEMF boasts impressive results, I'm not convinced that blasting the body-field with strong EMFs has no downside; there's even a debate in the PEMF community about whether to use strong or weak fields. Either way, there are definitely those with EMF sensitivities who *should not* be exposed to strong fields like that.

miHealth sidesteps this issue. In fact, if you used an EMF reader to detect the electromagnetic fields coming from the miHealth, you likely wouldn't find any. This is why many people are comfortable keeping it running in their pocket or on their desk beside them much of the day, as it's effective within a couple feet of the body. (Normally, if something has detectable EMFs, like a cell phone does, we advise keeping it as far from your body as possible when not in use. PEMF devices may be an exception, but again, miHealth simply avoids this.)

² <https://www.ncbi.nlm.nih.gov/pubmed/?term=PEMF>

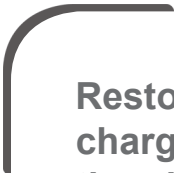
We've designed miHealth this way because we believe the body-field doesn't need to be swamped by magnetic fields. *It needs corrective information*, just as we've talked about in previous chapters. And because we've based our entire business on this concept, this is where we excel.

So with the miHealth, we don't use a strong PEMF with set frequencies. Instead, we use a subtle and safe PEMF to simply *carry information to the body*. And with our expertise in developing mathematical codes that speak to the body-field in specific ways, we're able to program many functionalities into the miHealth.

Since miHealth works whether it's touching your body or not, it can be used while you're sleeping, watching TV, working at a desk, and so on. When it's off body, you benefit from the PEMF-based information correction for your body-field. But the PEMF technology is *also* at work when you're using the electrodes (the improved SCENAR technology) on body. In other words, when it's used on body, you get the benefits of both.

Charge the Body Battery, Optimize Its Use

Looking back on everything we've talked about in this book, think about this: restoring one's energy for life means charging the body battery and improving the body's control system. With the miHealth, you literally introduce electrons into your body battery when you use the electrodes on your skin. You are helping to charge the body battery. And whether you use it on body or off body, you are helping to improve the body's control system. The miHealth can literally help with both sides of the equation!



Restoring one's energy for life means charging the body battery and improving the body's control system. With the miHealth, you help to do both.

Best of all, when you use it on body, you can match the information specifically to what you're trying to support. If you need support for digestion, there's a setting for that; if for a recent sports injury, there's a setting for that; if for a nerve injury, there's a setting for that. And so on. We even have a 24-hour cycle to support the organs according to traditional Chinese medicine, where each organ is at peak activity for two hours a day. Of course we don't support these aspects of the body physically, but through the control system, through the deepest level of how the body works.

There is some overlap between the "information" support of Infoceuticals and the miHealth, but plenty of this support is unique to each. We consider the use of both ideal because the daily use of Infoceuticals on areas that cannot be touched by miHealth is essential. But miHealth is fantastic about working on more immediate physical concerns and kick-starting the body's control system to better receive Infoceuticals. On its own, it represents a powerful home wellness solution that can help when *anyone* in the household needs a hand.

Where We're Going from Here

miHealth was a giant step forward in our wellness revolution, and we couldn't be prouder about the results we've seen and the feedback we've received. But even now, we're working on the next stages of our

revolution, and I thought I'd share a glimpse of where we're taking this world of bioenergetics.

When we first started out, our assessments could only be done face-to-face with a health coach or practitioner, as the software was on his or her computer. Several years later, we developed a piece of software that clients could download to their own computers; this allowed them to buy their own Biotouch scanner and send their scans to their coach. While they wouldn't be able to see their own scan results, the at-home software allowed them to work remotely with a coach and benefit from the system no matter where they lived. This was a huge goal of mine since I was bedridden all those years ago, as I'd been searching for a way to bring wellness to those who were simply too unwell to travel around looking for help.

More recently, we moved everything online, allowing remote clients to see their own scan results (and read the help files for explanations) 24 hours a day. If going online seems like a subtle step forward, it's not. It's the foundation of our next revolution, allowing us to expand in many ways for both our coaches and their clients:

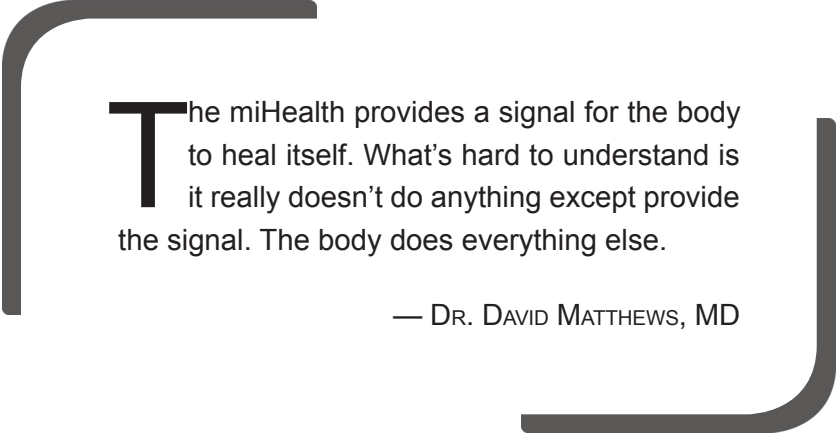
- It lets us more quickly roll out updates to the software.
- It lets us build out tools to help our coaches run their businesses—things like scheduling, health intake forms, follow-up forms, and more. As much as possible, we want to remove the burden of business from our coaches so they can focus on what they love: helping people to recover their energy for life.
- It allows us to have a web-based app, so clients and their coaches can review scan results anywhere, anytime. It also lets them communicate with one another through the app, for instance if a client has questions between appointments.

- With our app, you can test your body-battery levels and see when you're ready to push yourself a bit vs. when you could use some rest. As I've said before, "A little stress, a little nurture." It's important to know which your body needs.
- We're developing additional ways to gather health data to use in combination with our body-field scan. This will potentially let us connect bioenergetic readings with more conventional readings and further decode the human body-field as well as refine our bioenergetics philosophy. It will, for instance, help us to see the effects of different Infoceuticals and the miHealth in different circumstances and guide our product development. And from all this, we'll be able to provide deeper insights and more effective solutions to coaches and clients alike.
- For those who are interested, we plan to connect to wearables that measure various health parameters, like sleep and heart rate and so on. This way, coaches can better see where their clients need help. And our app may be able to send direct tips based on this information. A lot of wearables give you data but don't give you any sense of what to do with that data, and we can begin to solve this.
- In fact, overall, the more we can assess about a client, the more we can use this platform to provide bioenergetic recipes, lifestyle tips, and anything else that supports their energy for life.

This is just a glimpse. Each step we take opens new possibilities, and my past vision of empowering people to recover their energy and health from the comfort of their own home is truly taking shape. By streamlining business for our coaches, we help them focus on

the personal engagement that gives the most meaning to them and their clients. And by building a platform that helps to engage clients in their own wellness process, we're moving into an era where we can truly maximize results. Because for all the power that comes from improving one's control system, results are always best when someone is *ready* to get well and will take their own conscious steps in that direction.

And that leads us nicely into our final chapter, where we'll talk about bringing all this together.



The miHealth provides a signal for the body to heal itself. What's hard to understand is it really doesn't do anything except provide the signal. The body does everything else.

— DR. DAVID MATTHEWS, MD

9 Bringing It All Together

BY NOW, I HOPE YOU'RE SEEING HOW THE CONCEPTS OF HAVING ENERGY for life fit together. In bioenergetics, we absolutely see the importance of biochemistry, as the food you eat and the water you drink and the oxygen you breathe all play critical roles in everything we've talked about. So do other forms of energy exchange with your environment, including exercise, getting adequate sunlight, grounding, and so on. This is how we power the body battery.

But there are deeper secrets that we only unlock when we explore the physics of the body—secrets about the control system that moves energy and is really behind all the chemical processes that take place in our body. Assess and correct this control system and you can optimize the use of energy in your battery.

Correcting this control system is about making sure communication takes place properly throughout the body so there is a coordinated effort in running things. Part of this is making sure every part of the body knows how to speak with every other part. But even if they know how to speak with one another, sometimes there are blockades we have to deal with—things that get in the way of clear communication. This includes toxins, pathogens, and even the distorted fields caused

by stress and trauma, which remain in the body-field until they're resolved.

Let's Make It Visual

I'd like to bring this all together for you in a visual way so you can understand what happens when we move through acute disease, why disease sometimes becomes chronic, and how we would move out of a chronic condition from the perspective of bioenergetics.

Let's start with a little more science, which I'll explain in simple terms. The second law of thermodynamics tells us that entropy in any given system—which includes the universe as a whole—must always increase.

Sound complex? Well, it basically means that chaos, or disorder, is always increasing as the universe moves toward a time when all particles and heat are evenly distributed. At this point, the temperature of the universe approaches absolute zero and nothing else can really happen. It's effectively the death of the universe. (Of course there are debates as to whether it then contracts and starts all over again, or more "big bangs" happen and keep life going, etc. That's beyond our discussion here.)

But oddly, as the universe expands and moves toward absolute chaos, something else incredible happens: life emerges. Not only life, but life in ever-greater complexity. Why? In terms of physics, as the universe expands and entropy or chaos increases, so does *information*; and with information comes structure and purpose and beauty and life. Or as we say in the fourth principle of bioenergetics: "Information Opposes Entropy." Information takes the chaos of random flows of energy and organizes it all into the world we know.

4th Principle of Bioenergetics: Information Opposes Entropy

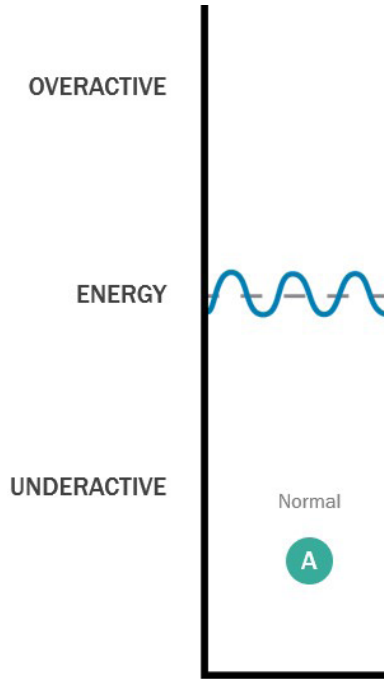
We've talked about how we have an underlying control system that controls all the energy in the body. That it's a communication system, where information is shared between all the parts of the body. This happens inside us, and it happens throughout the universe. Information is the reason all the energy in the body is held together in a very specific way.

Information gives us coherence, communication, and efficiency in the body. When information is compromised—as it can be by toxins, pathogens, and emotional issues—coherence, communication, and efficiency decrease. In this case, chaos rises, leading to disease and death.

In the case of intentional hormetic stress, which we've talked about in this book, the body is pushed slightly out of balance and slightly increases in entropy (chaos). This makes the body less efficient, so energy use is increased, but only a little. Assuming things are working correctly, the body reacts with a corresponding increase in information and correctly restores our efficient state of being. Again, the value of this intentional hormetic stress is that it keeps the body more flexible, more adaptable to different situations.

In this image, you can see how someone's energy naturally varies within a small range when they are keeping their battery charged and the control system is working efficiently. Remember, we don't like to spend a lot of energy. We like to spend as little as possible while maximizing its effectiveness so we can do a lot with a little. This is the best scenario for survival. So ideally, we don't want to be in an

overactive state or high-energy state, just as we don't want to be in an underactive or low-energy state. We naturally move through reasonable periods of stress and nurture as part of this natural fluctuation:



Acute Conditions

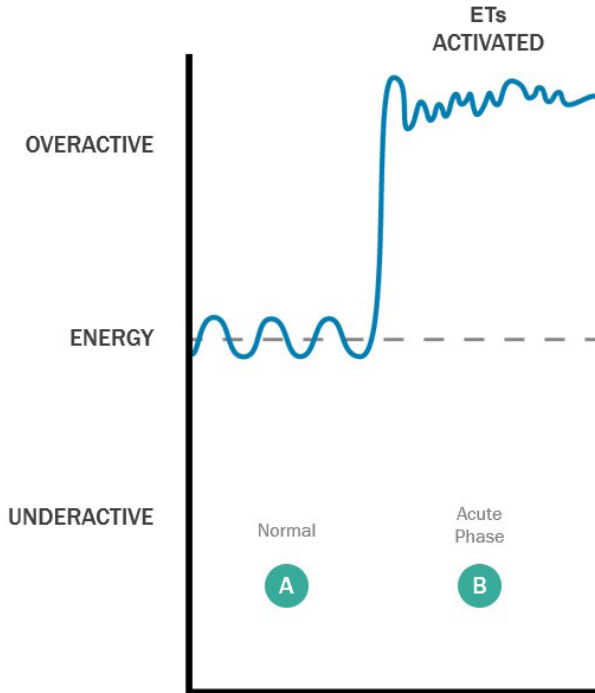
But now let's say someone's body is compromised by a virus. As the virus spreads its damage in the body, there is an increase in entropy (disorder), which means the body must spend a lot more energy for two purposes:

1. It has to continue carrying out everyday operations, but in a state of disarray, so everything becomes more

difficult.

2. It has to mount a defense against the virus. From a bioenergetic perspective, this means activating its Energetic Terrains (ETs) to restore order to the genetic and cellular terrain; as these are corrected, they can reject the virus, as it no longer has a place where it can thrive.

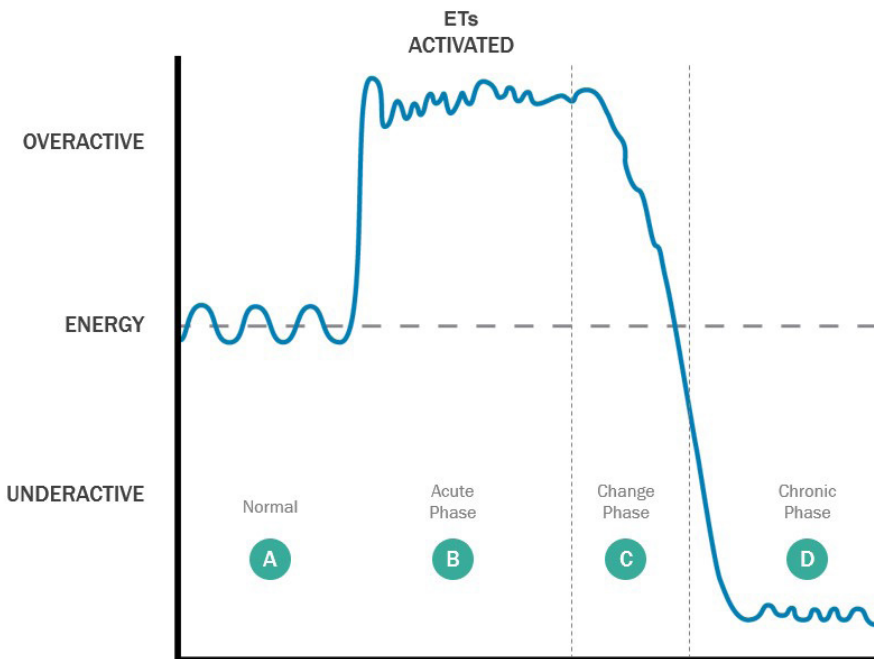
On our chart, we would see this as an increase in energy use while the ETs are activated:



Assuming someone has enough energy and accurate information in the body-field to respond in this way, the situation is resolved and they move back to a place where their energy levels fluctuate around an optimal level. Problem solved and they go on with life.

Chronic Conditions

But real life isn't always that clean. While we're meant to be recovering, we may still have to go to work, raise a family, pay the bills, etc. We may be spending so much energy on everyday life that we don't give ourselves enough space to move through healing. Past traumas and toxins in our environment may already be sapping us of energy, as they lead to inefficient or faulty communication. In this case, we keep spending a high level of energy and draining the battery, but never fully recovering. And when this happens, we eventually reach a point when the body battery just can't keep up, and at long last energy levels plummet and we enter a chronic phase of disease:



Once someone reaches a chronic state, the situation obviously isn't going to reverse until something changes. The battery needs to be recharged and efficiency needs to be restored. Or to put it another

way, information needs to be corrected so it can oppose entropy and the breakdown of the body. Anything blocking this correction needs to be removed or resolved as well. This is what our Energy 4 Life program is all about, which you can get all the details on at www.Energy4Life.com.

Summarizing the Energy 4 Life Program

Energy 4 Life is our holistic, all-in-one solution to truly getting well. It includes incredibly in-depth guidance through a 6-month course, all provided in easy, bite-sized lessons and action steps for you to transform your life. All backed by the latest scientific research. And all supported by your own, personal coach who will back you every step of the way. You're never alone on the Energy 4 Life journey!

Through this course, you'll receive guidance, action steps, and coaching on:

- Getting the necessary nutritional building blocks of life.
- Charging the body battery in all the ways we've discussed and more, and in much greater detail.
- Cleansing yourself of toxins from your food and your environment—this is important because toxins can block the flow of information and energy in the body.
- Transforming your relationship with yourself and others not only to improve your outlook on life and your social experience, but also to reduce stresses that challenge the flow of information and energy in the body.

These are broad strokes to show you how the program fits with the overall needs of:

- Charging the body battery
- Making sure it runs efficiently
- Removing blockades to energy and communication

But in fact, the course provides you with so much more. At one video a week (so you're never overwhelmed) for 24 weeks, each lesson is packed with life-changing information across the topics of Body, Mind, Social, and Environment. Follow this course with answers and encouragement from your coach and *you will not be the same person after six months.*

E4L is More Than Lifestyle Coaching

Even that is only “half the story”—because the other half, as you know, is about making sure your body's control system is working, and this is where our “assess and correct” solution comes into play. You can eat the right foods and exercise and get sunlight and sleep but still struggle to recover your energy for life if that control system isn't at its best. So our bioenergetic solution is the other half of this program.

When you take part, you're sent our proprietary Biotouch scanner, which allows you to scan your body-field from the comfort of your home and have the results sent immediately to your coach. You'll meet with your coach in person or by phone to discuss the results and, based on these results, your coach will provide you with a personalized set of Infoceuticals needed to charge your overall body-field (which can also help to detoxify the body and remove toxic blockades), and restore coherence and communication throughout the body-field and into the physical body.

More than that, as I explained, our system also tests for the energy field distortions that get locked inside us when we don't fully process stress or traumatic experiences. There they sit for years, sometimes

for a lifetime, causing miscommunication and inefficiency in the body and a breakdown of health for reasons we can never understand. Because often, these are subconscious issues manifesting as real health problems and fatigue. So we test for these, and our Mind-Body Infoceuticals are designed to help resolve their energy state, releasing us from their grip at last.

Many people report having vivid dreams when taking these Mind-Body Infoceuticals as past emotional issues are brought to the conscious mind for processing while we sleep. Others go through short periods of strong emotions as they release things from their past. Still others simply experience an emotional shift, a change in the way they respond to life. In all these cases, the end result is not only a different outlook on life, but also a change in the body-field that allows for accurate communication and efficient energy use once more.

Finally, the Energetic Terrain Infoceuticals support the body's corrective process so it can respond to damage that's occurred from various health problems. The body has an incredible healing system that's helped humans survive for ages; now we have a way to help that process succeed.

As you can see, the scan and Infoceutical program are designed to perfectly complement the weekly steps you'll take with the Energy 4 Life course. And it's not a "one and done." The program includes a scan, a coaching call to review the scan, and Infoceuticals every month for a full six months, right alongside the weekly lessons. So you can combine everything needed to charge your battery, make great use of its energy, and remove the things that bioenergetically keep you from getting well.

Again, you can learn everything you need about this program at www.Energy4Life.com.

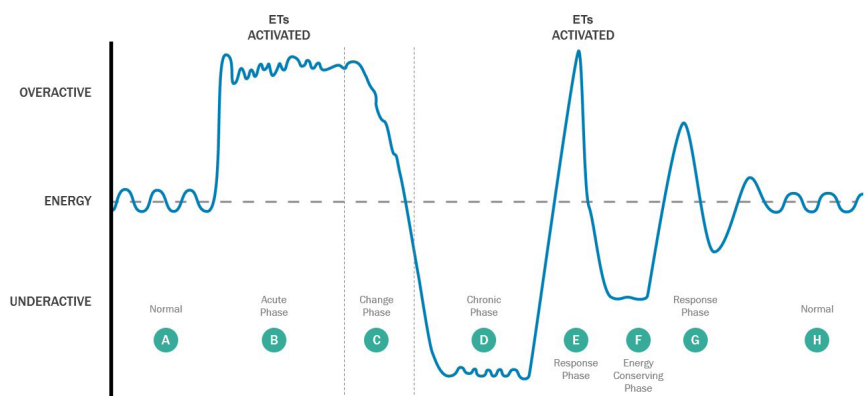
Completing the Illustration

Let's put all that together now on the illustration we've been using. When someone has reached a chronic state, it's because of one or more of the following:

1. Their body battery wasn't charged well enough and now it needs to be charged. This is why we teach so much about this in our course. Our Source screen and Energetic Driver Infoceuticals also support this process.
2. Communication is breaking down in the body-field, and then in the rest of the body. While all our Infoceuticals help to restore communication overall, this is especially the role of Energetic Integrator Infoceuticals.
3. The body's Energetic Terrains didn't work well enough to resolve whatever occurred in the acute stage. They need to be better supported, which is the role of Energetic Terrain Infoceuticals.
4. Things are actively blocking effective energy flow and communication, and these need to be removed or resolved. These are generally toxins, pathogens, or energy distortions from emotional issues. Food and environmental toxic cleanup, as well as Energetic Driver Infoceuticals, can help to rid the body of toxins. When corrected, the body's Energetic Terrains can drive out pathogens. And through techniques in our course and our Mind-Body Infoceuticals (along with other appropriate therapies), we can help to resolve emotional blockades.

When the body's battery is powered once more, the blockades are removed, and the Energetic Terrains are supported, someone in a chronic stage can mount a new healing response. This may be seen as a sudden surge in energy, a shift in symptoms, etc., but it often

isn't permanent because the body doesn't necessarily go through a full correction over night. Someone may see a return to the original condition *though often not as deep or severe*. This is a period for more rest and charging of the battery so the Energetic Terrains can mount another effort. This pattern continues with shifts occurring and some relapse, but each time not as deep. Over time, if one continues to put all these pieces together, overall energy and wellness can be restored as the body returns to that place of energy fluctuating gently within its optimal range.



This is the true goal of Energy 4 Life ... to restore active wellness to people's lives through the most holistic approach possible. Not just for the sake of feeling good, but for getting back to the things that matter in life: friends and family, hobbies, life goals, and so on. We're not here to watch life pass us by, to have no pleasure in it because we're simply too tired. We're here to make our own special contribution to the world—and no one else can contribute what is ours to give.

For seven long years, I lay in bed, hardly able to walk. Frustrated about being a burden on my mother; frustrated that I'd gotten through so much schooling, only to end up unable to do anything

with that education; and of course overwhelmed with the idea that, at such a young age, I had little to look forward to. Luckily, my hope held me up long enough to discover that there was a way out. A way up. A way to restore my energy and to live life to its fullest.

This is now my dream for you. For your loved ones. And for people across the world. I believe the time has come for us to embrace the future of wellness, which makes the best possible use of *everything* we've learned about the body, and not just *some* of what we've learned. We can embrace the best of medicine, the best of nutrition, and the best of so many other modalities.


But it's time that we also embrace the other half of the story. The physics of the body. The energy of the body and its control system. It's time to embrace bioenergetics and restore, at last, our energy for life!



Visit us today at

www.Energy4Life.com

**and see how you can start rapidly
restoring your energy for life!**



I STARTED USING NES A YEAR AGO. I WAS CURIOUS about it but more importantly I felt impressed to give it a go. I'm so glad I listened to my intuition. Besides my own incredible health recovery, there stands out one client. This long term client has trouble maintaining their weight required for their job. They often come to me panicked right before performance testing. So last year when I added NES to my practice, I got them started immediately. The scan helped them to see where their body was struggling. They thought that weight loss was just a matter of punishing their body with starvation and hard running. They couldn't understand why their body wouldn't comply. This was one angry person. According to the scan, the problem was BFA and Terrains. A whole lot of terrains. Essentially, I could now physically show them that their thought processing was out of alignment, they were actually sick and they needed to resolve the unresolved trauma of their past. So we started infoceuticals and did some emotional work as well. They needed that emotional support because there was a lot of anger and grief and associated body patterns. They failed the performance testing and got an extension. This time however, they started thinking and planning early for the next test. They bought a miHealth and started using it every day.

They got another extension. The weight is still a problem. However, the side effects of the Infocentials and the miHealth are what is incredible. As a child they were beaten pretty bad. They had a huge scar on their back that had no feeling sensation when touched or even prodded deeply. And it was ugly. They had many other scars as well. After a few months with the miHealth, they realized that the sensation had come back and they had no numbness at all. The big scar and all the other scars were disappearing and were hardly noticeable. Their partner was shocked that the bald spot on their head was filled in with new hair. Their children were shocked that the angry outbursts with them subsided and they were calmer and more even tempered. These are side effects that I will definitely welcome and the ones that happen when the focus is wellness not disease. They are still working on the weight. But instead of just healing the weight issue, NES is healing the life issues. When your life becomes aligned, everything else does too. Thank you for NES and the lives that are changed for the whole community.

LINDA SELLERS



Ready to Join the Bioenergetics Revolution?

For seven long years, I laid in bed, hardly able to walk. I was frustrated about being a burden on my mother and I was frustrated that I'd gotten through so much schooling, only to end up unable to do anything with that education. The idea, that at such a young age, I had very little to look forward to overwhelmed me. Luckily, my hope held me up long enough to discover that there was a way out. Rather, a way up. A way to restore my energy and to live life to its fullest.

This is now my dream for you, your loved ones, and for people across the world. I believe the time has come for us to embrace the future of wellness, which makes the best possible use of everything we've learned about the body, and not just some of what we've learned. We can embrace the best of medicine, the best of nutrition, and the best of so many other modalities.

But it's time that we also embrace the other half of the story. The physics of the body. The energy of the body and its control system.

It's time to embrace bioenergetics and at last, restore your energy for life!

Go to Energy4Life.com to learn more!

– Harry Massey