ADVANCED ANTIAGING
TECHNOLOGY SUMMIT

The Science between a Plant Based Diet and Health

Dr. Sanjeev Goel, M.D. interviewing Paul Barattiero

Dr. Sanjeev Goel, M.D.

Hi, everyone. I'm Dr. Sanjeev Goel, and you're listening to the Advanced Anti-Aging Technology Summit. And today my guest is Dr. Paul Barattiero from Synergy Science. We're gonna be talking about EMF waves and how you can protect yourself from that, as well as the health benefits of hydrogen water. You're gonna be totally amazed by this talk. I hope you enjoy it. Hi, Paul, how are you?

Paul Barattiero

Good. How are you?

Dr. Sanjeev Goel, M.D.

I'm so glad that you joined me for the anti-aging summit that I'm hosting. So I understand that... Before we get into the type of solutions that you're working on providing to people about helping them with healthy aging, maybe just tell us your background and how you've got into this whole space in the first place.

Paul Barattiero

Thank you. It really comes down to my queen, my wife of 27 years now, but she was not doing well health-wise when we got married. So after we got married, she was healthy, walking three miles a day, doing all this stuff. And then when we got married, she decided that she wanted to go on birth control, and I had begged her not to and just said, "No, don't don't do that," and she, she did. And as a result of that, she gained about 60 pounds and completely changed her biome in her gut and other things that were going on. It just was not good, and that just started a cascade of issues, gut issues, cognitive function issues, a number of issues. And so, I was looking for a way to help her. That's really what my entire purpose was. I was working with patients with diabetes and other issues trying to not have decubitus ulcers, and limb amputations, and foot, and toes, and all kinds of things. But I really wanted to help my sweetheart in feeling better because she had thyroid issues, very, very anemic, and gynecological issues.

Dr. Sanjeev Goel, M.D.

And so how did you come upon the solution that you're involved in today?

Paul Barattiero

So thank you. I was doing research and really talking to everyone that I knew about any solution there might be because I was not finding anything that could help her. You know, everyone's saying she needs to go on the thyroid medication. And of course, Synthroid was very popular back then and I was like, oh, that's not what I want to put her on. And and so there was, do we use iodine, do we? There was all kinds of things. And then how do you change the hemoglobins and hematocrit levels, right? She was like, literally shouldn't be getting out of bed and shouldn't be capable of getting out of bed. And so effectively I talked to a friend of mine who I went to church with and he said, "Hey Paul, I know Jacquelyn has these issues." And they own an organic food store and she was going in there, buying all the food for us. And he says, "I've got this thing that I think will help her and I've added it to my company. Maybe it'll help her." And I said, "Okay." Well right around that time, 9/11 happened. And we all live kind of near Disney World, about a half an hour from Disney World and their business, half of their business, at least half their business was people coming to Disney World buying food for their condos or their timeshares for a week or two, however long they were staying. Well, no one was traveling and so their business really tanked and so they came to me looking for a little bit of help and so I gave them some help and then it was a longer period than they thought for people to start traveling again and they were having a hard time paying back that help. And so I said, "Look, let's just forgive all interests, don't worry about that." And as a thank you, they took my wife and I on a cruise. And on that cruise, they brought eight gallons of water for us and eight gallons of water for them. So they literally have these suitcases with gallons of water in them. And I thought it was the strangest thing I ever saw. And I said, "Are you serious? You're bringing water on a cruise? Like bathing suits, cameras. You know, I get all that, I've been on cruises before, but water, what the heck, you know?" Well, mind you, this first day of us going was my wife's first day of a menstrual cycle. It was Sunday morning. I was driving down to Fort Lauderdale. It was the maiden voyage of this ship and it was a nine day cruise. We were going to Panama. We were going to Costa Rica. We were going to all these places. Funny enough, it was the Liberty, it was called the Liberty ship. But anyways, we were on this cruise and my wife is doubled over in pain in the back seat of our vehicle driving down from Orlando to Fort Lauderdale and just was horrible. And normally I would lose her one week out of the month every month. And here we are going on this cruise, which is nine days. And so what's she gonna get out of it two days, right? Maybe she could leave her cabin. Well, they gave us this water. I drank the water. And in all honesty, I didn't sprout wings, I didn't levitate off the floor. You know, I'm a guy, we're all skeptical. And I'm like, "Okay, I didn't feel anything whatever." Now my wife on the other hand, my wife was like, "Baby," and she put her hands together like this and she clenched her fist and she's like, "There's something going on. I can't stop drinking this water. Like my body is demanding this water." And I'm like, "Really?" I said, "Okay, honey." And I jokingly said this. I don't want anyone to think I'm saying this as a real statement. I said, "I'll drink the toilet water." Right 'cause my friends had been like, "Oh, you don't want to drink the water on the ship"

and whatever. I said, "You drink that special water. I'll drink the toilet water." And she started drinking that water. And within three days, she was up and around on that cruise with us fully enjoying the cruise and I was shocked. I literally was shocked. And I was like, "Honey, what's going on?" And she said, "I don't know. I feel great." So mind you, we now go home, right? We go home and she's going back, I get back to my work and doing everything I'm doing and busy, busy and sure enough, I see more of these bottles at our house and I'm like, "Honey, are you still drinking that water?" And she's like, "Yes, I'm going to get it every two days." And I'm like, "Wow."

Dr. Sanjeev Goel, M.D.

Did you know what the water was? I'm just curious.

Paul Barattiero

No, they just said at the time it was alkaline water, right? And I'm like, "Okay, you have these machines in your office. I'm not down with the pH. I'm a medical professional so I cannot accept at all that pH in water has anything to do with benefits medically." But I said to myself, I cannot deny the anecdotal evidence. I cannot deny the fact that something has changed. And I've been with her on this cruise and I know what she's changed and all that has changed is this water intake. And I thought, holy cow. So fast forward now six months and her menstrual cycle is normal. We no longer know when she's on it. We used to have like a family council to talk about the month of when she was gonna be in her cycle. And we're literally one time having a council and we're like, "Okay, when's your cycle?" And she goes, "Oh, I just had it last week." And we were all like, "What? You left the house. Like what, oh my gosh, we didn't even know." It was like that aha moment like what the heck? And so I remember thinking to myself, wait a minute, I'm gonna give some of this water to some of the individuals with diabetes and see what happens. And I give it to them and within three to five days, many, not all, but many of them, normal blood glucose. And I'm going okay, now this is getting a little crazy. I don't know what the heck's going on. So that caused me to do a deep dive and to really want to understand what's the mechanism that's happening? I want to understand the mechanism of healing. I don't accept that it's pH because I know the pH is not getting through the stomach. Because I could put a little bit of lemon juice in the water and the pH would plummet. So I'm like, I'm sorry, stomach acid's way more powerful than lemon juice. So there's no way the pH is getting through, but what is getting through? What is the mechanism? And so it took me about a year and a half, but I figured out that hydrogen and the electrical potential of the water were the two mechanisms that were causing benefits. The electrical potential was changing the biome in the gut and selectively stimulating anaerobic microflora to inhabit the gut, which it should in the first place. And then the hydrogen was reducing oxidative stress and inflammation and changing hemoglobins and hematocrit levels, somehow signal modulating them. It's pretty amazing actually. And so I was like, holy cow, this is mind blowing, right? And so that's what started my process.

Dr. Sanjeev Goel, M.D.

Wow, okay. So maybe take us through a little bit of what are those mechanisms? Like how does hydrogen actually have that much impact?

Paul Barattiero

Right, great question.

Dr. Sanjeev Goel, M.D.

All over the place, right, hydrogen's the most common element in the world, is that not?

Paul Barattiero

Well it is but typically, the only way, it's very little in air. It is common element because it's the building block of everything. When we look at our body, it's carbon hydrogen chains, right? When we look at HCL, in other words, our stomach acid, hydrogen is part of that. So hydrogen should be a part of everything. It's very mission critical. However, the way we are supposed to produce hydrogen in our body naturally is through the fermentation or digestion in our gastrointestinal tract. So we literally should be producing 10 to 12 liters of hydrogen gas per day through our normal diet. Now for that to occur, it requires that we have anaerobic microflora, and particularly a strain of bacteria called hydrogen trophs. And those hydrogen trophs will convert short chain fatty acids, medium chain fatty acids and fiber into hydrogen gas. And obviously we know there's flatulence. We should have flatulence when we consume food. Part of flatulence obviously is hydrogen gas. Well the beautiful story is that hydrogen is a reducer of oxidation in the body. So oxygen is an oxidizer. Hydrogen is a reducer. So the way that our body would naturally be keeping oxidation in a normal level, that would be through hydrogen gas. Now through 1,025 studies and years, and years and years and years of research, we understand that hydrogen is a signal modulator as well. So not only do we need the gas in the body to actually reduce the radicals, oxygen radicals like superoxide or hydroxyl radicals or what have you, but it also is a huge signal modulator for all kinds of pathways. In fact, they've discovered over 200 biomolecules in the body that are regulated by hydrogen gas. So whether it's ghrelin secretions that go to the hippocampus, the hypothalamus and the brainstem for cognitive increase or neurologic protection or it's assisting in HCL production or whatever, it's amazing. Now that I've been doing this for almost 17 years, it's mindblowing every system that hydrogen regulates or modulates. It is critical to health and it's critical to life. And so when we eat foods with pesticides or heavy metals or have stress or whatever and we disrupt the biome in the gut or antibiotic, right, overuse of antibiotics, then we change the polarity of the tissue in the gut. And when we change the polarity, anaerobic microflora no longer desires to live there. And so we have an imbalance in the gut. Well this is where we're not digesting food, we're not assimilating foods. We're not going through the natural process we should. And anxiety, depression can come. Amazingly, it comes down to the gut. I think we all know that but amazingly it comes down to the bacteria. So when we say, what does it mean to have a healthy gut? It really means the bacteria strains that are in there. And what I really found, I wrote a thesis on hydrogen water, but the amazing part of this is those hydrogen

trophs, they convert fiber and fatty acids into hydrogen gas and then they consume 30% of the hydrogen gas as their own energy source or fuel source. And then 70% of the hydrogen gas goes into the body to regulate pathways from neurologic to antioxidant pathways, you name it. It's been incredible for me.

Dr. Sanjeev Goel, M.D.

Wow. So how has it impacted your your practice and your patients?

Paul Barattiero

Well, I no longer do patient care, number one. I started Synergy Science so that we could help millions of people, not just one at a time. And so we do every day and we ship shipments all over the world for people that want to have their guts repaired, want to have reduction of oxidative stress and inflammation, which is the leading cause of disease. And we don't pick on any one disease because with the 1,025 studies there's 180 diseases. And we have studies on bipolar, schizophrenia, cancer, diabetes, Parkinson's, Alzheimer's, I mean you name, nonalcoholic fatty liver disease, right? That was one of the ones that published last year. But the reality is it just paints a story that we are supposed to have hydrogen in our gut. And when we don't, oxidation rises until we get to oxidative stress and then you know what's gonna happen after that? It's inflammation. And then we have a disease, we contract a disease. And that's the reality. So really what we're saying is we have 1,000 plus studies that prove hydrogen regulates oxidative stress and inflammation and that's where disease comes from. So we're not saying it's curative for any disease. We're saying that we have been proven or the hydrogen has been proven to reduce oxidative stress and inflammation. That's really the message that we give. And yes, within two minutes of drinking the water that has hydrogen gas in it, ghrelin secretions go to the hippocampus, hypothalamus and brain stem to change the function of the brain and to have what's called a neuroprotective disease modifying effect with Parkinson's for example. And so it's been a tremendous joy for me to have my entire focus since 2012 be on this and educating, lecturing at medical conferences, which I do all the time, educating doctors, educating individuals on how quick and easy it is to have your life back and to have your gut performing properly. It's simpler than people think. Literally within two weeks, we have people that are gluten and dairy and intolerant eating gluten and dairy without any inflammation because we have rehabbed their gut. So we've changed the terrain with the electrical potential on the water. And one of the studies that I found from Russia from many years ago showed that if you get the tissue of the gut to a -300 millivolts or higher, then you selectively stimulate anerobic microflora. Well really what you're doing is changing the terrain in the biome so that now that bacteria will live there and all of a sudden you have your immune function back, you have your gut performance back 'cause people do believe 70% of immune function is tied to gut health and gut health is bacteria, right? So it's been amazing to share the message. It's pretty simple for people to understand. And the fact that we can come back and go look, you're supposed to be producing hydrogen in your gut. So obviously it's safe. Obviously there's no contraindications. And they've never found any in 1,025

studies. But the reality is you're supposed to be producing this. So all we're doing, what I'm doing, is getting you hydrogen right away and then repairing or changing the biome or the terrain of the gut so that you can produce your own hydrogen and get the body back to where it's supposed to be.

Dr. Sanjeev Goel, M.D.

So how are you getting the, how's the reaction from other healthcare providers, physicians and so on and so forth, like to this new, 'cause this is a real paradigm. I mean I've heard about it but I've never had anybody explain to me about the importance and its relation to gut health and signaling. So to talk a little bit about that. 'Cause why isn't this out there more? I mean this sounds like an easy kind of answer.

Paul Barattiero

Well, you're right, it's extremely easy. And not only is it easy but it's the way the body is supposed to function, right? So if you can find a place where the body is supposed to function and then it's not because of a chemical issue, right, chemical introduction into the gut, then it's a pretty simple equation. But to answer your question, we have many doctors, functional MDs, especially, chiropractors, just last month we had 42 new offices come on board and we have what's called Synergy Science University where we onboard their staff, we teach them, we train them on the studies and what to say, what not to say. And then they typically will put one of our devices in their office and they give the water to their patients and the patients feel a difference and they're like, "Oh my gosh, I need that." And next thing you know, they just introduce them. The patients get a discount from us when they're introduced to a doctor's office and the doctor's office has a thank you from us, which adds to their revenue in their office. So it's a very beautiful process that we do and it's increasingly, I mean, we're growing as a company 300% a year, even through COVID and all this stuff, we've grown because people want more immune function. And so we're able to help them with that. But the doctors, as we educate them, they will say, "Holy cow, I had never heard of this before but it makes complete sense." And when I look at this study and this study and this study, you have over a hundred double blind human studies with pathology, and they're going, "Holy cow, how did I not know this, right?"

Dr. Sanjeev Goel, M.D.

How is this water made? Like is this, does this like this exist in nature or does it have to be made in a specific manner?

Paul Barattiero

Great question. It does exist in nature. You have many places in, you have two or three in the US for example, that it naturally occurs. You have Mount Fuji in Japan, where you naturally have, in fact, the colon cancer study that was done by the company that makes 5-fluoracil. There was a study done by the company that makes the chemotherapy drug of choice for colon cancer, Colon 26-induced, and the reality is what were they wanting to study? The difference between hydrogen water that was naturally occurring in Mt. Fuji versus hydrogen water produced in a device like ours and then what happens to cancer in the body when you have the hydrogen water by itself naturally, the hydrogen water, what they called high content hydrogen water, and then what happened with the chemotherapy drug, and then what happened when you combined the hydrogen water and the chemotherapy drug? So this was a multi-faceted study where they were looking at hydrogen water by itself, both natural and high content, 5-fluoracil by itself, and then combination with. And what they found is hydrogen benefited greatly apoptosis. So when we look at cancer, when we look at cells in the body, right, you have a natural process called apoptosis where they will destroy themselves if they're multiplying improperly. But somehow, I don't know that we understand how, but somehow when cancer takes over a cell or that cell becomes a cancer cell, apoptosis is turned off. Well somehow hydrogen signals apoptosis to turn back on. And so in this study, they stated that hydrogen water, especially high content hydrogen water, had an incredible anti-cancer activity in the body. And so they, it was a beautiful study, but when they combined 5-fluoracil with hydrogen, it had 100% cancer cell death. And these are beautiful studies. Not that I'm advocating 5-fluoracil or anything else, I'm just saying this was a study I'm reporting on having to do with colon cancer and hydrogen water had very strong, as they said in the study, strong anti-cancer-like activity in the body, very powerful. So these are the kinds of studies that are available. And again, we have a website called hydrogenstudies.com, which is no products, it's just education. And they can search all 1,025 studies by whatever terms they want. But they can also see what country the studies came from, they can see what years they were published. We've truly indexed fully all 1,025 studies. And most of these were not paid for. They're purely done in the sake of medicine. And so I like those kinds of studies the best because you have people that are just interested. Now to answer your question why don't more doctors know about this? A, no medical school is teaching about it. It's me and one other gentlemen that's teaching about it, number one. Number two the first study that woke everyone up was in 2009. "Nature Medicine", "Nature" published a study showing that hydrogen was a selective antioxidant, that it only reached and reacted with what's called reactive oxygen species, like hydroxyl radical, for example. And they specifically talked about hydroxyl radical being the most cytotoxic or cell-damaging radical in the human body and that hydrogen modulated that and stopped the production of hydroxyl radicals, which greatly helps mitochondrial function because that's where your hydroxyl radicals are affecting the body is ATP production in the respiratory chain and the mitochondria, right? So when we look at these things, this was a foundational study in 2009. And since that time, we're talking just over 10 years now, you have 1,025 studies. So last year alone, people aren't aware of this, but 114 studies were published in the year 2020 in the United States of America and the world on hydrogen. Now half of those studies were done in China and believe it or not, now it's coming out that they used hydrogen as treatment with coronavirus or COVID-19. They actually used hydrogen to help cytokine storms. So there's more studies coming out on

cytokine storms and how hydrogen modulates cytokine storms. So I mean the information is out there. It's not getting to the public because we're just barely at that 11, almost 11 year mark. And typically it takes 10 years for this information to even begin to get to the public. So I think we're just starting that now.

Dr. Sanjeev Goel, M.D.

Mmhmm. Okay two questions. One is that, what's the difference between hydrogen water and let's say spring water? Like Mount Fuji has a spring water. And you did mention alkaline water. I mean do these things have more hydrogen than let's say tap water?

Paul Barattiero

So tap water has zero hydrogen gas. So understand water is H2O, but it is a liquid, it's not a gas. We need the hydrogen gas, what's called the H two molecule. What's called molecular hydrogen, diatomic hydrogen. So this would be zero amount in tap water. I mean there's the tiniest amount. I mean if you go down to the billions and trillions, yes, but it's not enough, it's not anywhere near for you to understand or to have testing that would find it. So there's zero in tap water. When it comes to water in Mount Fuji, when it comes to Mexico, France, US, India, there are rivers in India that have this naturally and believe it or not people go bathe in them that have skin issues. They naturally go bathe in these waters because there's hydrogen gas. So it does occur naturally. The difference is the content or what's called the concentration of hydrogen gas. But what was interesting in the cancer study is it's not linear. So you could have small amounts of hydrogen in water and have tremendous benefits. If you increase the amount of hydrogen by eight times like they did, the high content hydrogen water in the cancer study had eight times the concentration than the natural water, but there was only a 25% increase in the blood. So it's not a linear relationship. It does increase in the body but we know it's not dose-dependent. Because it's a signal modulator, it's not dose-dependent, because the fact that it's there, it's giving direction to pathways, but it's not dose-dependent. In fact, Parkinson's, all you need is 0.1 parts per million of hydrogen to signal ghrelin secretions into the brain. There's no striatal hydrogen, or in other words, there's no hydrogen gas in the brain, but there was gastric ghrelin in the brain. So what we need to understand, hydrogen's not doing the heavy lifting. Hydrogen is signal modulating, or in other words giving instruction, to other pathways that should already be happening 'cause you should have hydrogen in your body.

Dr. Sanjeev Goel, M.D.

And then I did see some studies that mentioned about they used hydrogen gas. So that's what you meant that sometimes people can administer hydrogen gas directly? Or no, it's always done through?

Paul Barattiero

Through inhalation. Yeah, you can have cannula and you can breathe in hydrogen, but you have to do that for 45 minutes to two hours whereas if you get hydrogen water in a 16 ounce bottle, you've received what you need to. And most of the studies, 90, 95% of the studies are on the delivery mechanism is water versus inhalation. The only time I've seen inhalation is when you have a clinic and they want to charge per use. But for the normal individual in their home and running around this planet, it is far easier to have your method of administration be water. And not only are you hydrating them, which is critical, but you also with the negative electrical potential, it'll get into the gut and improve gut performance. So you have more benefits when the method of administration is water versus inhalation. There are absolutely benefits to breathing in hydrogen gas. However, getting it with water is way more therapeutic and more beneficial with more compartments of the body, gut, brain, all these kind of things, yeah.

Dr. Sanjeev Goel, M.D.

Okay let's make a, let's change tracks a little bit. I saw that on Synergy Science, you're also focused on EMF solutions. So maybe if you want to just tell us a little bit about that and what's the science behind that as well?

Paul Barattiero

Yeah it's, we don't have 1,000 studies, yet, we have 17 and soon we'll have another study from Cleveland Clinic. They're doing a study right now. It's a repeat of a study they did almost eight years ago, a little over eight years ago, on fertility. So they looked, Cleveland Clinic did a study on their own showing sperm and how sperm is affected by wifi and cellular signals and they found that sperm is greatly affected. They don't swim correctly, there's other issues, production of sperm was much less when there's EMFs present. So now they're doing a follow-up and they're using our technology to show that we can protect someone, or our technology can protect someone, from this. The reason they know about it is we've done already wound care studies showing fibroblasts. When the body has cellular exposure, the radiation, and that's what people don't understand. is that cellular signals, wifi, they have radiation within those and they're affecting the body negatively because of the radiation. So with wound care, in a study that we had done in Europe, the body lost 90% of its ability to heal a wound. And when you had our technology in that same exact environment, the body only lost 10%. So our technology doesn't combat 5G or wifi or cellular signals. What we do is we depolarize the radiation so that the radiation component is not harmful and we lower the signal strength anywhere from 30 to 80%, depending on which device. But our big devices is 77 to 80%, we reduce the excess voltage that's in the air so that it's not harming you. So we want people to still use their wireless devices. We want them to embrace technology. But we don't want them harmed by that very technology that may be improving their life in other areas. We don't want it to harm them from a health perspective. And so that's what our product does. And it's the only product in the world proven through multiple studies, human studies, technical studies from verifiable labs. And we're the only company in the world that has tested now up to 42,000 megahertz and how our devices protect against those frequency bands. So

we've tested 600, 700, 800, 900, 1,800, 1,900, all the way up to 42,000. And what we show is 80% reduction with 42,000 megahertz. And so this is what we do. We're not looking to stop or ban or have a problem with 5G or 6G that they're already talking about. We have created devices that make the environment healthy to be in even though you have wireless technologies.

Dr. Sanjeev Goel, M.D.

Okay, just as again someone doesn't have that much knowledge in this space, but how does let's say, I guess it's a device you probably put somewhere in your room, is that right? How does that actually go and reduce EMF waves? You're saying it depolarizes. Maybe you don't mind going a little?

Paul Barattiero

Oh yeah, no problem. So our devices inside of them have a proprietary liquid that we developed and we changed the phase of that liquid. All of those vials, you have two circles. If you can imagine two circles inside the device, energy is flowing clockwise in one of those circles and counterclockwise in the other circle and it creates a toroidal field or what's called a torus field. So that field is then created. And each of our devices, that field goes out a certain distance. So we have the Qi Shield, for example, that goes out eight feet. We have the Qi Home Cell that goes out 25 feet. We have the Qi Max that goes out 164 feet in every direction. And then those fields go up. So like the Qi Max goes out 164 feet or 328 feet by 328 feet. You're talking about 100,000 square foot and then up 100 feet and down 100 feet. So it's almost two million square feet of coverage for commercial buildings, large homes. That field that we create, not only do we release negatively charged electrons into that field, but that field itself when other EMF fields penetrate our field, we change the radiation, we change the signal strength of anything that enters into that field we produce. The units do not need to be plugged in 'cause they create their own power. They will last anywhere from six to eight years depending on which device it is. And then with the big devices, they can send them back to us, we can refill the liquid that's inside and they have another eight years. So it functions, I mean for all intents and purposes kind of like a battery, right? A battery functions with liquid inside and you create power. We are using a liquid, we create power and the device itself creates a field of protection. And if you're within that field, then those EMFs that are penetrating are changed.

Dr. Sanjeev Goel, M.D.

Right. But it doesn't weaken, I guess your wifi signal in your house, you won't have to worry about it having any impact? So it's just I guess it's making it safer it sounds like but it's not necessarily changing the function of it. Is that correct?

Paul Barattiero

100%. In fact, many people say their wifi functions better once they have our device in their home. I can't speak to why that would be, but that's what they say. But I can tell you this, it does not limit wifi or cellular signals that are coming into your home. If anything, it helps performance. But that's what we designed it to do. We didn't design it to block. We designed it to change the field so it didn't harm you, but you can still use your wireless devices, no matter what kind of wireless device they are.

Dr. Sanjeev Goel, M.D.

Is this the same way other EMF blockers work or do they work differently in different types of technology? I've seen people have like a cell phone case, a cell phone little thing. Does that work in a different manner?

Paul Barattiero

Completely. There's no other product in the world that does what our device does and there's no other company that's claiming to do what ours do. Everything else in the world are what's called harmonizers. They call them harmonizers because they're emitting frequencies that are supposed to, kind of like a homeopathic principle where you're sending the opposite wave, right? So they send out a frequency that is supposed to benefit the body's function. They're not actually doing anything for radiation or the cellular or wifi fields themselves. What they're saying is that they're sending out a frequency that is supposed to bolster your body to handle the impact better. Whether that works or not, it's up to them to prove that that works. And as we have put money where our mouth is, I think it's important for people to read studies and to understand science is science and studies are studies. And if you are saying that this product does this, then you should be able to show that in a study, right? But we have, and we have shown through 17 and soon to be 19 studies that it actually does what we say it does. And so that's all I would say is that we're not expecting people to just take it. Yes, there's anecdotal evidence. Yes, we have thousands of people per month that say, "Oh my gosh, I put this in my home and now I don't have headaches anymore, now I don't have tinnitus in my ear. Now I don't have pain when people around me with cell phones." That's fine and that's anecdotal evidence and that's great. But we went way beyond that to do actual studies to show through Friedman tests, for example, that the person is either in a stress or not stress, right? They're either in fight or flight or they're not in fight or flight. And we demonstrate this through very specific methodology of study, doing double blind studies when it comes to people and demonstrating that it actually does what we say. But again, what's the most important thing? People that are electrosensitive, these are people that feel pain when there's a cell phone or when there's a wifi. In other words, they can enter a building and feel wifi, whether it's on or off, when our technology is present, they can no longer tell if wifi is on or off in their own home or businesses or anywhere they go. That's how significant the change is. They can't tell anymore if wifi is present or not. And the first few times that happened to people that had our products in a business environment, customers will come in and go, "Wow, I just want to thank you for not having wifi. I don't know how you do business without wifi, but we want to thank you

for not having it. We feel so much peaceful in here." And they're like, "No, no, we have wifi." And they're like, "No, you don't." We're like, "We do." And they would have to take them back and show them that the router, wireless router was on. And they were like freaked out. We don't understand. We can't feel it. It's not affecting us. And they would point to the device and go, "That's because of that." And they're like, "What is that?" It's a very different concept I understand and agree 'cause most of the conversation is block or suffer. Well that's not what you have to do. We don't need to combat or block these fields, we just need to change them so they're biologically safe.

Dr. Sanjeev Goel, M.D.

Hmm. So where do you think is going next year? Like what are the next questions to be answered that you're kind of thinking about in this space?

Paul Barattiero

Well, our devices are already 6G ready 'cause we know that's coming. They're already talking about it and they're already doing that. So we're already prepared for that as it relates to the wave guard technology and the Qi devices that we have. When it comes to water, I don't think there'll be much change. We've really perfected hydrogen dissolving. In other words, based on Boyle's law, you can only dissolve X amount of gas into a liquid at one atmosphere. So we're already saturating and super saturating the water with hydrogen gas and and if 0.1 parts per million helps neurologic issues, the fact that we're doing 1.6 to 1.7 parts per million is so, it's so beneficial and it's plenty, right? What's considered therapeutic through the studies are 0.5 parts per million. So that is your magic number for what's considered therapeutic is 0.5. Well, we're giving 1.6 to 1.7 up to 1.9 in some cases. It's plenty of hydrogen. So I don't know that we're gonna do a tremendous amount of work there 'cause I've already perfected the module that we use. The difference with ours is we're not affecting pH at all. We're not making the water alkaline because that can harm your balance in your body and it creates a metabolic burden on the system. And what I say that is your stomach is acid, right? We know that bile is one and a half pH. We know that the environment in the stomach is a four pH with gastric juices and what have you. So dumping water in there at a nine pH is not beneficial to the body and all that happens is your stomach acid buffers that pH immediately and then you have to produce more HCL. Well many people have a tough time producing hydrochloric acid. And so now you're putting a constant burden on them every time you dump alkaline water into their stomach. We know that the body manages its own pH on its own. There's nothing we're gonna do other than take one more breath a minute to have more carbonic acid, to have more oxygen levels. We're not gonna change pH in the blood. Anyone who's a medical professional understands that the blood pH is critical. And the range of 7.35 to 7.45. You're not gonna go outside of that unless you go into shock. So the whole rhetoric that alkaline is good and acid's bad is false. We know that's not true. We know there's no food that grows on the Earth. It's alkaline. We know that it's seven pH or lower. We understand that. And let's pretend for a minute that drinking water with a higher pH could somehow benefit you than drinking a liquid like soda or Perrier or something that's a two and a half pH because of the carbon dioxide would

kill you instantly. So there's just no truth to any of these things. A lot of people will reference Otto Warburg 'cause he got a Nobel prize on acid, what they believe is acid in cancer cells. But actually it had nothing to do with pH. What his Nobel prize came from is that he proved cancer uses glycolysis or sugar for its energy source, not oxygen. And all he said in his writings were that cancer can thrive in an oxygen rich and an oxygen poor environment. In other words, it doesn't require oxygen to function.

Dr. Sanjeev Goel, M.D.

Right.

Paul Barattiero

But somehow companies selling alkaline water took that to be that Otto Warburg said cancer thrives in an acid environment. But it's actually alkalosis that cancer thrives. The more alkaline the cell is, the more cancer thrives. So the message is completely opposite, pH has nothing to do, as far as consuming things, the pH has really nothing to do with benefits health-wise. We know this. This has been studied so many times. And so what I did was created a unit that makes hydrogen dissolved in water, changes the electrical potential, does not change pH of the water at all. And you can use distilled water, reverse osmosis, tap water, spring water, whatever source you want to put into our machine. We of course filter out all the contaminants that you would not want and we're dissolving hydrogen gas, irregardless or regardless of the source water. So distilled water, we can use, aero water, alkaline water systems can't use those. They need conductivity in the water. We don't need conductivity the way our chamber is designed. And so that's the big difference. It's a proprietary patented process that our water goes through. And in fact, another big benefit is in the alkaline machines, water that you're drinking is in direct contact with metal electrodes. In our device, the water you're drinking is never in contact with electrodes. What we do is we're harvesting hydrogen and then we're putting hydrogen out of the chamber into another stream of water and we then go through a dissolving chamber, you know? And so that's what we do. It's very different than any other device in the world when it comes to water.

Dr. Sanjeev Goel, M.D.

Wow, that's definitely mindblowing. Device myself. I really appreciated your time today.

Paul Barattiero

Oh, it's my honor.

Dr. Sanjeev Goel, M.D.

Where should people go? Synergyscience.com, right? Is that where they can go?

Paul Barattiero

Yes, they can go to hydrogenstudies.com if they want to learn hydrogen. They can go to synergyscience, s-y-n-e-r-g-y science.com to learn more about any of our products.

Dr. Sanjeev Goel, M.D.

Awesome, thank you so much.