



## **Creating a primal healing platform using sun energy**

**Tom McCarthy interviewing  
Robby Besner PSc.D**



### **Tom McCarthy**

I'm so excited to introduce you to our next guest. He and I had a conversation a couple of weeks ago and just the heart and spirit that he has was the biggest thing that I noticed when I met him. But then looking at his resume and everything he's done, you're gonna love what he's gonna share with you today because he has been one of the true innovators in healing. His name is Robby Besner and he started his journey and we'll get into this a little bit later by being a father who had tremendous love for a child that was struggling and they didn't know quite what it was and eventually they found out that his daughter had Lyme disease and instead of just accepting what conventional medicine said they could do, which is probably not that much, right Robby? He went on a mission and he had a passion for looking at alternative ways of healing that had already been a passion of his, but with his daughter, it just put fuel on the fire. And thank goodness people like Robby are around because what Robby has done for people suffering from Lyme disease but also from so many other chronic conditions is he has created different products and solutions that are helping people around the world today. And so I'm just so thrilled to have Robby here. He speaks all over the world in conferences, podcast, radio, TV, he's got a very distinguished background, graduated from Boston University, BU, with so many, I was looking Robby at what your majors and minors were and it's pre-med, engineering, psychology and business, that take like eight years to get through that so many things. And then also you went to Case Western Medical School to continue your education. The company that Robby has now which you're gonna hear a lot about through this summit, is Therasage and we'll direct you how to get back there for some great solutions, but Robby, I'm so excited to have you here, thank you for being part of this summit.



**Robby Besner PSc.D**

Well thank you for having me, I'm very humbled, I get embarrassed when people talk about me to me, like when we're doing these things. So I really, I'm very, very happy to be here and to just have an opportunity to bring to light some of the things that we've been doing that really make a difference in the way that your overall health and wellbeing.

**Tom McCarthy**

Yeah, and you have such a huge heart, you can tell that right from the get-go. Tell us just a little bit about that spark we talked about, your daughter struggling and you guys not knowing what's going on and then finding out she got a diagnosis of Lyme disease. So just take us quickly through kind of how that spark to and how it led you to where you are today.

**Robby Besner PSc.D**

Okay, great, well, we're going back now, 25, 27 years ago. And back then Lyme, although it was prevalent, it clearly wasn't what it is today in terms of how it's affected everybody's lives on a global sense. But back then, there were some leaders, Lyme-literate leaders, we found out very serendipitously that she had Lyme disease. She, my daughter, was in her early teens, then 14, 15 years old, and she was experiencing female challenges, mostly what's called endometriosis. And when we went to go sort of fix that and studied and understood the best ways to help her with that challenge, and she didn't recover in a timely manner, that's when we actually dove a little deeper and discovered that she actually had Lyme disease.

Now Lyme research has advanced greatly but when I took a look at having a pre-med background, I took a look at how Lyme was expressing in her body, what was her symptoms? And she had some challenges, cognitive challenges, she had body pain and she was experiencing what I defined as very high levels of toxicity and inflammation. So when I kind of unpack that stuff, Tom, somehow I got centered on toxicity. I dove into the research on all the available assets and ways that you can detox. And in that research, I discovered that there are actually wavelengths of sun energy that can mobilize all the toxins in your body. And that was very exciting to me because when I took a look at the availability and now we're talking about infrared, harnessing full spectrum, infrared frequencies, which is an extraction of just some of the wavelengths that come from the sun that energize the earth and basically give life to the planet as we know it, both to the plant



and animal kingdom. So that being said, I thought that I had it all right. I discovered like the holy grail, but what I did find was that infrared was really only being used in the medical world by sports medicine doctors to help players lower their pain thresholds and to repair their bodies quicker to get them back on the field, whatever their sport was. So that presented a challenge for me which was, how can I develop some kind of technology that we can use on a personal level, in infrared, that category, that would help my daughter, help us as a family unit to help her heal herself? And I took a better part of three months, organized a trip to Asia, went to China, interviewed more than 50 different factories. And I found three that I liked then honed in on one and started developing devices for our own personal use. My daughter got some really great results, her team of doctors, because at that point she had a handful, remotely and ones that were local to us in Florida, and still coordinating all of that. We're living in a much more virtual world now, but way back, we didn't have telemed, we didn't have all those available assets at our fingertips 25 years ago.

**Tom McCarthy**

You flew all the way to China to create a device for your own personal use for your daughter. I mean, that is amazing, wow! Unbelievable.

**Robby Besner PSc.D**

Wouldn't you do that for your-

**Tom McCarthy**

Absolutely, absolutely, but just so amazing, yeah. I probably would have not figured out, what you figured out, but I would have definitely flown to China to help a child, absolutely.

**Robby Besner PSc.D**

Yeah, so we all are a sum total of our experiences, right?

**Tom McCarthy**

Yeah.



**Robby Besner PSc.D**

And so I have different skillsets as you said a little earlier, I'm not a complacent kind of individual. I'm actually someone who takes a look at the world tries to understand why things are being done the way that they are being done and then challenge some of those things. And so in this instance, I just took a look at this amazing technology that wasn't mainstream. The average individual couldn't benefit from it because it wasn't in a deliverable format to mainstream public. My goal at that moment in time, 25 years ago plus, wasn't really to create Therasage and the company that exists today, it was mostly just to develop devices that we could use internally. But what had happened was that Julia had gotten such great results that the doctors that were surrounding her said, my God, Robby, can you develop some of these for our practices? And their practices at that time were solely focused on Lyme disease, which wasn't unusual because now it's much more prevalent, but then it wasn't. And so that was really the genesis of our company and what we discovered was just the tip of the iceberg of the ways that harnessing the sun frequency this particular level, the infrared full spectrum frequencies, what it can do to create a primal healing platform for the body. And that really is the big headline here. My daughter was a serendipitous, divinely-designed deliverance to give us inspiration to get into this area.

**Tom McCarthy**

Absolutely, I believe that's true. I think these things show up so that we can alter our path of where we were going and really have this great discovery. So the way you explained it is that, because I didn't even know this and I've heard about, full spectrum infrared and you are one of the instigators of this now movement, where now more people are talking about it, but you started 27 years ago, but it's just the same light that we get, it's a spectrum of the light that we're getting from the sun but the sun is not always out. Like I'm in Southern California, it looks a little sunny, but it's not sunny out there. I can still get that same energy though with devices that you've created. Can you explain how this full spectrum infrared interacts with the body where it can lower toxicity and inflammation? 'Cause I know people might've heard about the red light or infrared or that type thing, but they probably still don't understand the impact it can have on the body.

**Robby Besner PSc.D**

Okay, great question, great question. First off, I'll back up just a little bit to say that the sun delivers a full array of wavelengths. The ones that all of us are familiar with are basically the rainbow, that's visible light. Infrared frequencies, infrared light is actually not a visible light to the human eye. But there are three wavelengths within the full spectrum, the near, the



mid and the far and for all those people that are tuning in, you can Google this and you can study and research. And there's a big rage now by the purveyors, they are companies that make near-frequency devices and far frequencies devices suggesting that one is better than the other. For us, because my background, I study nature and I also study ancient cultures and the way that they've used nature and also plants, animals, and so forth, in medicinal aspects to support health, different forms of health. I take that eclectic approach to what we put into the pillars or the foundational elements of each of the devices that we make at our company. And so harnessing full spectrum really is addressing the way that nature is delivering and the sun is delivering infrared frequencies to the planet. And so near, mid and far are all these wavelengths that basically every single plant and animal on earth can benefit from. And just like in other ways in our body, like for instance, your body might be deficient in calcium or vitamin D. So you take a supplement for that. And there are supplements that are like the one-a-day that has a little bit of everything. And so your body will take what it needs and what it doesn't need it just evacuates. So it works the same way with light energy. Even though we are delivering full spectrum, your particular body at this particular time might need a little bit more near frequency than it needs far frequency in order for it to heal. And that's why we've taken the approach that we have in terms of full spectrum. Now, one of the things that you just brought to light was the ability for infrared frequencies to help you detox. And that's kind of a great topic because, well, how does it do that? How does light energy help you detox? Well, it's a wavelength and it's an energy. And when it comes into the body, it actually resonates.

It causes a vibration that breaks apart all these bonds between the toxins and where they're stored in the body and the tissues in the bodies, in the cell in the body. And so it's really actually the most efficient way to chelate poisons out of the body is through natural sunlight. Well, just think about it. Like in today's world, we've got nutraceuticals, pharmaceuticals. We have dialysis, we have a lot of things that man has made to help get poisons out of the body. But what about what nature has made? What mechanisms the body has and what nature has provided as that natural chelator? Well, one of them is sunlight and we've built an entire business and body of work and research around the ways that infrared frequencies can help the body heal. One of them, big one, is detoxing and what we've noticed, and this applied to my daughter's experience, toxicity and inflammation, they sort of travel on the same highway together, Tom. And so if I can create a protocol harnessing infrared frequencies, that'll help the body detox at the same time that I'm detoxing you from the environmental toxins that we're experiencing these days, I'm also lowering inflammation at the same time. And both of those aspects, inflammation and toxicity is probably 95% of the reason why people have symptoms at all.



**Tom McCarthy**

Not just for Lyme, but for chronic diseases.

**Robby Besner PSc.D**

Yeah, almost full scale across the board, it has to those two categories. And so for Lyme disease, it's a funny topic because Lyme mimics many different kinds of diseases, but getting away from the symptoms itself, if I could lower your toxicity, lower your inflammation and lower the symptoms you're having, it gives the person more of their life back to start with, that has chronic ailment, that's an ailment that might exist for more than a year or so, and it also gives the practitioner or a team of practitioners, a hell of a lot more time to actually discover or get at the root cause of what caused the toxicity and inflammation to start with because patient or the individual is already getting part of their life back. And right when you suffer from chronic ailments for years on years on end, it's so frustrating. You get depressed, there's no way out, you've lost all your money. Every doctor you see says they've got the fix and it's a very, very difficult road and rabbit hole people go down.

**Tom McCarthy**

And I know a lot of people probably listening to this, they just experienced what you talked about, the next doctor is gonna solve it. And it does lead to, mentally, just a hard time just staying in the game and believing you can get healthy again. Hey, toxicities, what kind of toxicities does the full spectrum infrared help to get out of the body? Like what are the things in there that are causing a lot of these chronic illnesses?

**Robby Besner PSc.D**

Well, I wanna start with the big one, that's the planet that we're living on these days. It's a credible toxic environment that we're in, detoxing is almost like peeling the layers of an onion. And about 70% of the toxins that the body holds actually are stored in a fat molecule and the fat molecules that are the most intense are the ones, in terms of toxicity, are the ones that are the layer of fat that just sit right under our skin. So basically about 70 or more percent of our toxins are brought into our body through the air, the water and the food that we take in every day. And we're dealing with things like the chem trails where they're dumping aluminum into our atmosphere. It goes down to the ground. It's now coming back up and it's in our food. Glyphosate has been tons, hundreds of thousands of tons of this chemical has been sprayed onto our fields, with the premise that it was killing bacterias



or various different bugs and insects and so forth so our crops would be stronger, but what's happened really in the outcome is the farmers are spraying the insecticide onto their crops. They water the crops, the crops themselves are getting this glyphosate into it. So now we're eating the corn or we're eating the wheat or whatever we're eating the animal that ate all the vegetables and so forth and so the food chain is passing this glyphosate into our body. And then the water tables, like now they spray the fields, they irrigate the fields, the glyphosate goes into the ground table, the water table under the ground, it then evaporates up into the air and now it rains back down into our atmosphere. So we're getting trace amounts of glyphosate in our water, in our air and certainly in our food. Now today isn't about glyphosate, but it's just one of the chemicals that is causing havoc and people that experience chronic diseases like leaky gut, autoimmune diseases, we're just discovering the tip of the iceberg of what these chemicals and these toxins are doing to us. But back to the story at hand, these chemicals get stored in our fat and people out there that are listening, they may experience this. If you've ever had a massage before or if you've ever gone on some kind of a diet, oftentimes what accompanies that diet is a feeling of an uneasiness. It's a toxic response. Essentially, when you go on a diet, you're shrinking that fat molecule, you're losing weight.

And so you're actually shedding part of that fat but you're also shedding the toxins that that fat is holding and it's dumping into your bloodstream, hence you get a detox response, or you went to get massage. That masseuse as they're working the tension out of your muscles, they're also pushing the toxins that are stored in your tissues into your bloodstream again creating a toxic response. And so your blood is a closed system and eventually all these toxins that are dumping into your blood, however, it gets there goes up to your brain and the brain gets disoriented. You get hazy, you get brain fog, you get like lightheaded or dizzy or nauseous, these are all toxic responses. And so what we discovered is that with very simple protocols, I mean, sauna is a big part of it and we developed what I consider a better mouse trap and using an infrared sauna will mobilize these toxins, but combining a sauna with a stack or a synergistic type of approach, which one of them is using a binder, binder is like a little sponge, Tom. So you take this binder, you have it sitting in your blood, waiting for the toxin to come into your bloodstream. It gobbles it up like a sponge and it takes the burden off of a lot of your filtering organs to help get these poisons out of you.



**Tom McCarthy**

That's really important too, yeah. 'Cause I had wasn't Lyme disease, but I think I told you, I had some virus that led to chronic fatigue back in 2015. And so I had the opportunity to do the infrared massages, not massages, but saunas but having a binder, like you said, to soak that up and get it out is critical too. I didn't think of that, that's really, really great.

**Robby Besner PSc.D**

Well, yeah, so it's sort of, not to me, we look, as you said a little earlier, we are what I call a solution site.

**Tom McCarthy**

Yeah.

**Robby Besner PSc.D**

So we've created answers for some of the challenges that people are experiencing today. And we do it in a, again, part of my experience with my daughter, her medical bills, her traveling, the expense just for the medications alone we're in the tens of thousands some months.

**Tom McCarthy**

Sure, in months, that's a month.

**Robby Besner PSc.D**

In a month.

**Tom McCarthy**

Wow!

**Robby Besner PSc.D**

Many of the Americans out there listening today, they've been heard pretty much. Their family dynamic has been hurt, as well as financial they've been hurt just trying to stay



healthy. And so part of what we do at our company through our own journey and experience is to make devices that are affordable, make them easy to use and basically so that almost everyone in their house can get this experience and take a little bit more responsibility of their own health care rather than depending on the Western healthcare model or their local practitioner. I'm not ever suggesting that they should not see a practitioner. I'm just suggesting that really, for it to work, people have to have their own role in making sure that they heal and they do better.

### **Tom McCarthy**

Yeah, no, absolutely. I think the old days when I was growing up, you went to a doctor and the doctor was supposed to fix you and we literally put the doctor, I mean, look, they're amazing human beings, but we put them up on these big pedestals and we said, I'm broken, you fix me. And I love your way of thinking is what we're trying to move people to take some responsibility on your own and then go for guidance. But don't go for the whole solution because we're part of the solution. The other thing I just wanna say about you, Robby, is that you do have a business and obviously we hope people will come in and look at all the great things you do but truly you are a person who leads with your heart. A lot of business people say I'm doing it because I really wanna help people, you really are doing it because you wanna help people. Your business is about serving people and it's funny. I was talking with your wife and she was saying, "He's just always in the laboratory coming up with one more way to help people. And sometimes I have to say, Robby, stop, stop. We've got enough on our plate right now." But you are just driven to help people, which I absolutely love about you.

### **Robby Besner PSc.D**

Thank you, thank you very much. We're unique in some ways because of our own journey, but we don't really have to go through a whole bunch committees and board of directors to make a change. When we do our research and everything that we do because our frontline is basically the medical practitioners. So our medical model has been to teach the doctor and then through the doctor's flow in their practice, then we get actually to touch you or touch the individual in their home. And so taking that approach, we've done all the high credentialing, with FDA credentialing and United Laboratories and independent testing, but we actually take a higher standard than even FDA takes. But more importantly, we've just taken what we feel that's in terms of recruiting, the people to be involved is that we want to impart the information. We're not looking to have a codependent relationship with the individual. We wanna give you the tools and the information so that you can actually,



manage your own health and manage your life and hopefully that'll be good for you. And then you can pass that onto your next generation and their generation. So the new world, as we see it, will be children that were born into environments where they can manage their own healthcare, that they have tools like the infrared sauna. They could take a look at nature, they could be grounded, all the things that you all about with your summit, harnessing energy, harnessing life, harnessing nature, this is the way we see the world of the future.

**Tom McCarthy**

What a beautiful vision, what a beautiful vision. I love that, Robby, that is so cool. Hey Robby, I've got a couple more questions, but I know people are like, okay, where can I see these great things that Robby's come up with? Where can people go to? And it's not, I mean, you have a full spectrum infrared, but I've been on your site, you have so many other great solutions that I know people can benefit from. Where can they find this information and these great solutions?

**Robby Besner PSc.D**

Well, the simplest is probably our website, which is [www.therasage.com](http://www.therasage.com), spelled T-H-E-R-A-S-A-G-E.com. We have an 800 number 888-416-4441. Or you can email us at info, I-N-F-O, @therasage.com. We also have a "Healthy Hotline" which is a YouTube channel that we have inspirational videos and interviews that I've done with other practitioners that we've a family of practitioners that we've managed to, they've managed to like me and me like them over the years so we combine our efforts and our research together and so there's lots of great information to find there. Plus you could learn about us more and learn about the pillars of what makes Therasage and also about our devices, the things that we're doing and why to use them.

**Tom McCarthy**

Yeah, you've got a lot of fans. I know that, I going on your site, all different ambassadors and people that are championing your product, celebrities, physicians, a lot of credibility there. So a couple more questions, 'cause this is really good. So what are some things that people can do today, tomorrow to support their health and wellness? You've researched this topic so much. Give us all a couple of tips. What are a couple of things we can do?



### **Robby Besner PSc.D**

Well, probably the simplest thing is to go out and get grounded. I mean, you're in Southern California. Today I speak from Michigan so it's a little bit cold to kick my shoes off and run off in the corn field but basically if you and I'm not being corny about this, I know my wife is probably gonna hear this afterwards and say, oh my God, Robby, I hug trees. I actually get out like, things that are grounded into the earth will really make a difference in your own body energy. And unfortunately these days we walk on the earth, we wear rubber-soled shoes. We touch the earth, but we're not really touching the earth. We're not grounded anymore and why that's important is because all of our cells are like little batteries and we have a positive and negative charge. And in order for the neurological system in our body and many of our other systems in our body to work, we have to actually have a neutral charge in our body and we don't have that anymore. We've lost that because we're not getting the earth charge. We're not actually communing with nature. We're too busy with our electric cars and our Bluetooth devices and just our busy lifestyles. As you get more remote, when you go to the foreign islands like Tahiti or Bali or even Hawaii, when you get away from the metropolitan areas and you actually look at the cultures, you see people are way more, life is a little bit slower. People are generally healthier and they're way more in touch with nature. And I think that that's probably the first thing I would tell everybody is if you can, when you can kick your shoes off and just walk in the grass or walk in the sand and get more grounded. And that also-

### **Tom McCarthy**

So simple but so powerful, right? You just made me think, gosh, darn it. I haven't done that in a while either, just going out. The other thing you said, hugging trees, which back in the day, I was like, oh, there's a tree hugger. It meant kind of you're a little loopy or what, I used to hug trees when I was a kid, but I haven't done that a long time. And just the energy of that tree because when you interact with anything else, there's a combination of energy, energy gets transferred, but I'm gonna start doing that, Robby. Thank you for reminding me of that, that is so cool.

### **Robby Besner PSc.D**

No worry, no worry. And then a close friend of ours, Dr. Zach Bush, created a whole thesis about the biomes, the relationship of your internal organs and your internal chemistry and how that connects with nature and the external chemistry. So you have your microbiome, which is all the bacterias and the various different organisms that work in harmony inside of our bodies and how that reacts with the environment outside. And so, like he says, you



really do need to be outside to get those various little different organisms and create a balance and what we have today when we're not outside, when we're not communing with nature, in a sense, and again, I don't wanna be too corny about this, Tom, but if you dial back the clock, eight to 10,000 years ago, we were walking on the land, we were living in caves, we were living in tents, we were a part of nature. And now if you look at us, we're advanced in so many ways with computers and electric cars and the things, the niceties in life but we have also departed greatly from nature. The other things are the food sources, like when, and I have nothing against Twinkies, by the way, but when you can buy a food source at a local gas station or whatever that's got a shelf life of 500 years, know that there's something not exactly right about that. I remember my grandmother, her refrigerator, wasn't even plugged in, wasn't electric. She had an ice block on top. There weren't leftovers. They weren't chemicals and carcinogens that are used in foods, in the food service industry to maintain certain integrities of foods, so they have shelf lives, that wasn't part of the dialogue years ago. And I think what's happened is when you start to add up all these things like exogenous frequencies, like EMF and ELF which is extreme low, like dirty electricity and you look at the food sources these days, and then you look at the air quality, when you add up all of these different elements, which are just natural elements, it explains a lot of the reasons why the chronic elements are the way they are and people aren't really living out what I consider their fulfilled purpose or their bliss. They're just managing, staying out of hospital or staying out of clinic and of course, we can talk about this pandemic for days, but that's dialed up all of the things that are very prevalent or out there, just making it a much more visible. So back to primal healing, address the water sources, make sure it's clean water, make sure you got clean air and make sure you get good sleep, make sure you get natural sunlight. That's the area that I spend most of my time with 'cause these are the things that we do or look at in our research and now honing into sunlight and infrared, we've created a whole family of packs or stacks or complimentary modalities or interventions that you can do when you're in infrared sauna, that will also dial up your health journey or your experience like meditation, aromatherapy, breathing techniques, ozone therapy. These are all things you can add into your infrared sauna so when you're there for 30 minutes, you're getting all these other great attributes. When you walk out of that sauna, my God, after 30 minutes, it's transforming.

**Tom McCarthy**

And then also it helps slow or reverse the aging process too, right?



**Robby Besner PSc.D**

Oh, that's correct and there are ways to measure that. And we actually have developed proprietary heart rate variability technology that can test give you your true biological age, which is very different than your physical age. And so it works both ways. Sometimes we age prematurely. And so you actually, your biological age can be older than what your physical age is. When you go to anti aging, the techniques that we use, we can actually measure and see with our HRV that we're actually bringing your age down. So you might be in your sixties, but your body thinks it's in its forties.

**Tom McCarthy**

That's what I want. I'm 60 right now. I want my body to think it's in its thirties. I'm a little greedy, Robby .

**Robby Besner PSc.D**

No problem, we'll do another whole interview just on that alone, Tom.

**Tom McCarthy**

Yeah, that would be amazing. Hey, you're always inventing, you're always researching. I know you've got a wide spectrum of things you've already brought to help so many people. What's got your curiosity now, what are you working on? What are you in the lab tinkering with? What's going on, Robby?

**Robby Besner PSc.D**

What happens for me is I make a breakthrough discovery and then I start to think, wow, how many ways, and in different ways, can I apply this discovery in ways that people can utilize it in their daily lives? It's kind of like my little mantra.

**Tom McCarthy**

Yeah, love it.



**Robby Besner PSc.D**

So about 18 months ago, I took a look at the way light is delivered and LED is a very popular format, a light emitting diode is a format, but generally what's generally accepted in LED production is a monochromatic bulb, meaning there's a light bulb or a diode that's just putting out one frequency. When I took a look at that and I said, why is that? There's no physics reason why, it was just an adapted industry thing. And so I actually developed a light emitting diode, or an LED that has three frequencies in each diode. And so it can deliver three times the amount of light energy into the body, than the single diode can do. And so that was something we discovered and now we've integrated it into our saunas, our Tri Lite systems. And we're gonna be rolling out a whole series of great applications for that, ones that'll help your hair grow and ones that'll-

**Tom McCarthy**

I need that, I need that one, the hair growth, I need that one, Robby, that's a good one.

**Robby Besner PSc.D**

We'll do all this together, absolutely.

**Tom McCarthy**

Wow! Amazing.

**Robby Besner PSc.D**

It helps with neuroplasticity, that's for people that have traumatic brain injuries, concussions and have come out of a coma or a stroke, that helps with that. These are the light frequencies. The other opus that we're working on is something that I'm real passionate about. About 20 years ago, I had this vision about electromagnetic fields. So any EMF is basically a man-made frequency, doesn't happen in nature. It oscillates about 80 times higher than the frequency of our own bodies, that's part of the reason why it's not healthy for us. But the problem with EMF is that anything that plugs into a wall that gets alternating current or is battery operated will generate these frequencies. Now, how does the body respond to that? So my thought then was, well, I'm making an infrared sauna. I'm making an infrared healing pad, I'm making other devices that plug in. So I'm generating really healthy frequencies, but I'm also generating not so healthy frequencies.



And so at that point, I really didn't know what would take precedent, will the body protect against EMF and not get the full spectrum infrared or will infrared win over and you know what? I really didn't know, Tom, then and I thought to myself the best thing to do is let's not even contemplate the conflict. Let's just take EMF off the table and then you're just getting all the beautiful sun frequencies as they are delivered by the sun directly to the earth. And so we learned 17 years ago how to shield and how to block EMF from a device. But that's a very pro, sorry, a very reactive kind of response meaning they come out with 3G, we dial in, we are able to remediate for 3G. As soon as I get that integrated in a device and get it out to the public, then they come out with 4G, got to dial again. Then they come out with 5, 6, 7. If you think that there's just 5G towers, that's not accurate. The government is actually using seven and 10G. And those transmitters are sitting on the same cell towers as the five and the four and the 3Gs that we're using for our devices too. So those frequencies that are actually pretty harmful for us, they're all around us and so I had this quandary. So I figured out how to block and shield, but again, that was reacting. I was always a step behind and the money is in the faster surfing, faster gaming and all that, what I wanted to do and what I've discovered is a technique to actually stay ahead of the curve and it's called harmonizing. And when you harmonize, you're basically building your own body's shield, natural energy shield to protect yourself against these frequencies. And that's what we're doing now. We're actually putting harmonizing, shielding and blocking technology.

### **Tom McCarthy**

Wow! That is awesome, yeah. It's people like you that have a big heart and care about humanity that are coming up with these incredible solutions. And you really are one of a kind though. I mean, the way that you think is so far beyond the way that most people think get one product and stick with it forever and your wife told me he's always tinkering. He's always like, 'cause you're just trying to make it better. You're trying to serve at a higher level. It's been so awesome talking with you, Robby, and everybody [www.therasage.com](http://www.therasage.com), check out some of these incredibly cool innovations that Robby has brought out to the world because I know they can help you. I'm so excited about all the people that will be helped by you and even just the natural things that you told them to do right away, like going out into nature and getting that vibration back in you from the ground and from trees and just the naturalness of nature that when I'm stuck in an office like I am today, I'm not getting, so thank you so much, Robby. Any final words you have for everybody?



**Robby Besner PSc.D**

Wow, we're living in kind of a strange time now, really a time of disconnect, we're into the holidays at this point. And it actually, makes me feel sad that many families aren't able to be with one another for various different reasons. And so from a health aspect, there is ways out of this. We have just in nature, there's been many cycles, just like what we're experiencing now. It doesn't feel good because we're in the middle of it but when we look back, historically, we've always managed to come out of it, for one reason or another, one way or another. And so don't lose hope and be inspired. It doesn't have to be expensive to maintain your health. And there are simple solutions. You just have to search for them. And we've discovered some ourselves and one tip I just wanna give to the mothers out there. Many of the kids, they're not reading books anymore. Everything's on a tablet, everything is done through Bluetooth technology and so forth. And what we think is a healthy way to approach that is spend your time on your computer, spend your time on your tablet, but also spend some time away from that and get grounded, understand that it's just important an hour on the books an hour with a tablet and then a half an hour out at the playground or touching the earth again, get that grounded, get that balance back. And the kids are gonna grow up healthier. Families will be healthier. Everyone will be happier and ultimately we'll be able to live out our dream.

**Tom McCarthy**

Beautiful, thank you so much, Robby, really appreciate you. Lots of love and look forward to seeing you again and again. Thank you so much, Robby.

**Robby Besner PSc.D**

Thanks for having me, Tom. Appreciate being here.