



MYCOTOXINS AND CHRONIC ILLNESS SUMMIT

Harnessing the Healing Power of the Sun's Infrared Energy

Dr. Eric Gordon, M.D. interviewing
Robby Besner, PSc.D,



Eric D. Gordon, M.D.

Well, welcome. This is another addition of Mycotoxins and Chronic Illness. And as always, we're here to learn more about how we can each really take care of ourselves and support our health. And today, I have Dr. Robby Besner with me and I'm really excited. Because if you've listened to these, you know how much I love all the interventions we can do, but when it comes down to it, it is the detox. That's the heart of the matter. I really wanna go and treat you, but if we don't get the detox done, I might make you sicker. So, today we're gonna go into a few areas that help detox. And also if they're not addressed, contribute to toxicity. So, without further ado, let me introduce you to Dr. Besner or Robby as he likes to be called. And so, tell me a little bit... First off, tell me about you and the devices that you've helped create and how you got started in it?

Robby Besner, PSc.D,

Okay, thank you by the way for having me on your summit and offering me the opportunity to share some of my own experiences. And hopefully through that enlighten, educate, elevate people's awareness as to the possibilities and the ways to kinda get your health back, from a primal foundational all the way to sustainable. So,

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the backdrop really, I guess I'd like to start the story with my daughter, who contracted Lyme disease, Chronic Lyme. We are thinking probably in her early teens, 12 to 15, somewhere around there. And this was close to 25 years ago. So, back then, Lyme wasn't quite as recognized, everyone thought it was geocentric to Lyme, Connecticut and the Tri-State area around Connecticut and so forth as it was from ground zero. But because it's a tick-borne disease, at least initially, it was believed that way. Or at least people would get exposed to it that way. It seemed to have been for whatever reason, everyone felt it was just around those three state areas--

Eric D. Gordon, M.D.

Just a quick aside, at that time I was practicing or actually in the '80s, I was in Upstate New York, around the Albany area. And we were told there was no Lyme, it stopped at the Catskill's. Okay, so just to give you an idea how crazy it was. And we were really, that was the teaching. And to this day, there are doctors in California, who really don't believe we have Lyme, even though, I mean, we've got a ton of data. We know that it is, even the California Public Health knows it. I mean, there's signs up all over the place, but still there are physicians who feel that way. So, you had probably quite a time with diagnosis, I would imagine.

Robby Besner, PSc.D,

Yeah, we actually found out in a very abstract way because we were living in South Florida and it wasn't really prevalent here.

Eric D. Gordon, M.D.

Right.

Robby Besner, PSc.D,

And Lyme is misdiagnosed often because it mimics many other, at least the symptoms mimic many other diseases, neurological diseases, many other chronic ailments. And so, the general M.D. allopathic approach to infectious disease at that time was they, you went down your list of symptoms and then if it fit like eight outta 10, then you got a diagnosis. And then that diagnosis followed that patient all the way from doctor to doctor, to doctor. And Lyme, wasn't really on one of the



categories. So, and the testing, the earlier testing was not very conclusive or it wasn't as dialed in as the stuff that we had to these days. So, it was just the beginning. The way I look at it, even though I'm sure Lyme was around for a lot longer than that. So what happened, basically, my daughter was experiencing female challenges, it's called endometriosis. And we went to go treat that. And then when she didn't recover in a normal pattern, we dove a little deeper. And then we discovered that 95% of the women that don't recover right away have Lyme disease. And we didn't even know what Lyme was by definition at that point. So, then we had her clinically tested and she did demonstrate positive testing. So, then we just took the course of that she has it in some form and what do we do about it? So, we had means at that point, financial means. And so, we just thought what we thought, who we thought was the top Lyme literate doctor in the country, probably in the world at that moment. A gentleman by the name Burrascano, Joe Burrascano who's practice was on Long Island and we were living in South Florida. That meant that we had to go up to New York and then go out to Long Island, get an update or fine tune my daughter Julia's prescription or protocol. And come down and align ourselves with a local practitioner. So, Dr. Joe was the quarterback and then we had a halfback that was in Florida, so that they could communicate and we could get the medicines we needed and all that stuff.

And then some things started to evolve, which was, you start to realize when you have a child or a family member that has a chronic ailment. That yes, you go to see your doctor and your specialist, whether he's in your hometown or you have to travel, but 99.9% of the activity, in terms of healthcare or treatment is really family based. It was me and my wife and any kind of outside help that we could bring in to support her challenge and her journey until we sort of got things under control, more or less. While having a medical background, I became my daughter's nurse. And so, I was changing. She had picked Lymes in and I was changing her dressings. And we didn't really bring in anybody outside it. I felt that I could do it a little better and it was more personal. And also, in a strange way, it gave me an opportunity to bond with my daughter in a different way than maybe parents would that outsource that stuff in. And then I realized that it goes deeper than that. And so, what I felt was, again, as a practitioner having a medical background, I just kinda looked at her symptoms and I



thought, okay, Dr. Joe is managing, the Lyme piece, but there's other things going on. And maybe there could be more that I could do to support her. And so when I looked at the way she was presenting herself in terms of symptoms, she had high levels, what I perceived to be high levels of toxicity, inflammation, she had body pain and she had cognitive challenges. And so, when I looked at those categories, somehow I honed in on toxicity. And then I started to investigate, research, what the best methods for detoxing were. And at those times it was invasive forms like, chelation, sorry, like dialysis and doing things, which that would involve hospital time or clinic time. Then there were noninvasive chelators that would help with that. And then, I discovered that there are actually wavelengths, the infrared spectrum that are wavelengths of sun energy, that actually will mobilize all the toxins in your body. Well, that's amazing, but I figured I'm there, I arrived, but actually it was kind of like in device development. And that's what I do. I'm the Chief Science Officer for Therasage, our company and I do all the device development and I also do all the health protocols. So, as a company, we believe mission statement wise that it's not just good enough to make a really great device, but we have to deliver a full system. So, get it to the patient or the customer and also train them or teach them, fine tune, how they can use that device to optimize their health.

So, for maybe the first 15 years, we focused on chronic disease sort of selfishly because the part of the mission statement of Therasage, was to develop devices. And then also, and again, we were very focused on Lyme and then hopefully meet Lyme literate doctors, either through the work that we were doing on our own. And/or just in our own path about, who's the greatest guy now out there and what are the new advents or approaches that would be interesting? So, Therasage was to develop unique devices and applications and also attract doctors that could give me hints as to the best ways. That we could actually as a family or my daughter could treat herself to elevate her own health in her own health journey. So, that's kind of... And it is actually, I don't know whether you know this or not, Dr. Gordon, but my daughter passed away a few years ago, five years ago from Lyme. And so-- Yeah, so, we went through that whole journey and she, for the last 10 years of her life, she was like the healthiest, the most vibrant, the most connected. She dedicated her life to Lyme adolescents, other kids that were like her that were going through that struggle and



their families. And frankly, we thought Therasage was gonna be her legacy in a way that she would just take the company and go with it and so forth. And unfortunately it didn't kinda work, our God had a different plan for her, but meanwhile, the day that we discovered her passing, we thought that our purpose shifted in terms of our company and that we lost our purpose because it was all about her. And then within an hour or two of us discovering her, we got a call from an adolescent Lyme patient crying on the phone that just said we saved her life. Because the devices we made were so instrumental in making her feel better and getting her back on track. And so, my wife and I, we owned our company and we didn't do the traditional thing. We didn't get venture capital and business plan.

We kind of grew our company even as it is today, kind of organically. And I believe that it's a divine design and we're just the vessel. It became very clear, particularly after Julia passed that our purpose had shifted, but it's really just to help everyone cast that big net. And that's really where we are now in our company. And we just have evolved greatly, the first 15 years, we solely focused on infectious diseases, all chronic infectious diseases, but zeroed in particularly on Lyme and was very passionate to that. And so, we discovered that there are wavelengths of sun frequencies that actually mobilized toxins, but the paradox was that at that time... Again, I'm going back 28 years or so, the only people using the only medical applications for infrared frequencies were sports medicine doctors that were using apparatus to help the players lower their pain thresholds and recover from injuries to get back on the field faster. Well, certainly from the pain aspect that worked in terms of our profile for our daughter. But it did present a challenge because the infrared frequency devices wasn't mainstream, it was kind of kept, it wasn't the best kept secret. I still think it is now by the way--

Eric D. Gordon, M.D.

Yeah it was, right. It was basically physical therapy in sports medicine or where it lives.



Robby Besner, PSc.D,

Yeah. And so, what I did was, I organized a trip to Asia, China. I saw 65 factories over a four and a half week period, had a particular... My intention was to build my own devices, so build devices to help my daughter. And so, I went to Asia and I interviewed, went all over the country and in China and interviewed a whole bunch of factories and found one that I started with and started just developing devices or a device. And then from there a second device, an application, and basically my daughter was getting incredibly well, stable. And her practitioners, Lyme literate practitioners, who now are probably considered some of the greatest ones in the whole Lyme area in Lyme research and applications, clinical applications. So, they saw Julia's improvements and they just asked us to develop these devices for them and their practice. Because like Joe Burrascano, at that time, he had more than 10,000 patients that he had treated with antibiotics and different cocktails of things. And so, he had the most data, clinical data available. And so that gave us a lot of information for us to make certain judgements and so forth. And so, that was kind of it and we're still on that role. It's much more advanced from back then, but it really has been quite a journey and it's very exciting for us.

Eric D. Gordon, M.D.

So, tell me a little bit about the infrared devices that I know you have the sauna units, but tell me about how do you integrate all this, the different devices? I mean, do you have separate devices other than the saunas or?

Robby Besner, PSc.D,

Yeah, our two main applications, it's all about infrared or at least the way I look at it. It's sort of like a wagon wheel and the hub of the wagon wheel is infrared frequencies or infrared technology and how that responds with the body. And the spokes of the wagon wheel. And this is just maybe more modernly in the last five to eight years. We've developed synergistic kinds of interventions, other devices that will actually work to enhance the sauna experience or the infrared experience. If we have time today, we can actually talk a little bit about that. So, the two main ways that our devices, one is an infrared sauna and the other one is what we call a healing



pad, using the same technology, full spectrum infrared. But one is, I guess, the best way to describe it, the sauna is like a floodlight, meaning we get in the sauna and you're bathing in frequency. So, it's all around you. But generally that's a half hour or to an hour somewhere in their treatment. The healing pad is more like a spotlight, where you can bring it right to a localized area, where you can pain or you need to heal or we actually talk about giving yourself self love. Where you feel you need that love, is where you put that pad. And so, they're kind of brother, sister, kinds of technologies. It's another approach. One is just more specific. So, they kinda work pretty well together.

Eric D. Gordon, M.D.

Yeah, yeah 'cause one of the important things that in my practice is because I said, we generally work with people who are very, they wind up with us because they fail things. They fail things 'cause they are sensitive. And so, we have to go slow, very slow with them. So, what I like about the infrared saunas, is that you can kind of titrate the time and still be effective. So, begin to be effective. But one of the things I'm always fascinated by light and I always get confused 'cause I think a lot of like the red light and as a... So tell me a little bit, what's the difference between the infrareds, the whole, I mean it's part of the whole, infrared, it gives you the whole spectrum, but some people are using just red lights. Can you just tell me a little bit about what

Robby Besner, PSc.D,

I'm so happy that you actually went there with that question because there is a range now. Anybody that's viewing this interview or has researched infrared, they'll see there's this sort of like battle between the near frequencies and the far frequencies. And like you mentioned, the red light and which one's better and I'm better and the greatest. And frankly, part of my background and even my own research, we have a laboratory, we do our own research. As I mentioned, we develop our own devices, that's everything, from inception to creating it and distributing. So, I study nature and I study ancient cultures and what medicinal applications of these cultures in history of the world. Actually, enlightened countries like the Eastern Aerobic approach to medicine was really intriguing. And the Eastern, like the Asian block countries in their non-invasive acupuncture. And ways that they diagnose



without what we call modern medicine approaches that has lasted 8,000 years. I mean, next to the Bible, what has ever lasted that long? I mean and still is in practice today? So, that stuff kind of intrigued me and drew me in. So, our approach is really a page outta play playbook from nature. The sun delivers what's called a electromagnetic range and that's everything from gamma rays, all the way to the most benign, which is radio waves. And these are all frequencies. What people, when they look think about sunlight, the average person, they're just looking at the rainbow and what we see in natural light. What we can see that's that RGB, the red, blue, yellow, green, that's the stuff that people know. But that's such a small sliver of the full range of wavelengths that come from sun. Most of them are invisible. The infrared spectrum is invisible to the naked eye. The red light that you mentioned earlier is just before the infrared spectrum. And that's why you can see red and blue and yellow and purple and all that, those wavelengths, you can and see those with our eyes. But that doesn't mean that it doesn't have its own place at the table in terms of what those frequencies do to enhance and help healing. And so, some of the research guys like NiKola Tesla and Albert Einstein.

Einstein studied in the 40s, he did a thesis on analyzing sun thermals, which is the heat in the sun like that comes from the sun. And came out with statements like without infrared spectrum, without these wavelengths, there'd be no life on the planet. Either the plant kingdom or the animal kingdom as we know it. So, that's how powerful these wavelengths are. And so, why we chose to be full spectrum was because basically, if nature delivered it, then we need it. Now, your body and your pathology and the way you present, your body or you might actually be more deficient in the near frequencies than the mid of the far. But when we deliver a full spectrum, your body takes what it needs. And like some of the other vitamins we know like vitamin C, you can take an abundance of vitamin C and what you don't absorb or you need, you just let go. Same thing with this form of sun energy, your body would absorb it. And then if you got overexposed or absorbed as much as you need it, then basically it would just let it go. And there's a term homeostasis, which is the balance, internal balances and there's different kinds of balances. Well, one is temperature. How do you keep a core temperature at 97.8 and so forth?



Eric D. Gordon, M.D.

Okay, yeah.

Robby Besner, PSc.D,

Letting go of heat and how you do that. So, we take that approach full spectrum. What I did as an analyst was, NASA actually publishes the wavelengths that are delivered from the sun. And so, I took a look at one year's of data, took the first and second standard deviation. And so, our initial device actually mimicked the same cocktail that nature brings to the planet every day. And I thought that that was good enough until about three years ago. By the way, I don't use the word good enough in my generally very often because we're always inventing and raising the bar. And we are a family owned company, we do have a board, but they're mostly advisory,nnnnnnnnnnnnnnnn but when it comes to research and devices, it's sort of our little... And so, we put things into our devices that we don't charge for years. We're doing things now even that we don't talk about, but we do it because it's the right thing to do based on our research. And we just, some of our applications, inventions and ways that we do things, maybe in some ways, the world isn't quite ready to embrace it.

Eric D. Gordon, M.D.

Well, that's actually, one of the things I heard about your device was the... Some of the trace metals or some of the minerals that you put in there, which I think is really exciting. 'Cause I've seen this type of technology, just using the energy, the frequency of nature, have amazing effects, especially... And the thing is on our patients because the thing that people have to understand and I've said this to those who listen to these things many times. What differentiates most chronic patients from healthy patients is actually something very good. That's gone awry. And that's their sensitivities, they're connected, they really feel deeply, just that, like in a way, your daughter probably has some of your gifts because your ability to connect and to see connections and to feel, that makes you sensitive. Which if you're healthy is great, but when you get sick, can make you a little harder to get well because it also means that your body perceives threats, sometimes too well. And that's another long story,



but anyway, but the fact that you have bothered to use these trace elements and minerals, I just think it's wonderful. And so, hopefully we can throw that in there and you can talk a little bit about that.

Robby Besner, PSc.D,

Okay well segue there whenever you're ready--

Eric D. Gordon, M.D.

Yeah, yeah, wel--

Robby Besner, PSc.D,

But referencing-- Go ahead.

Eric D. Gordon, M.D.

Well, you just got me inspired when you started to talk about how you put stuff in there and I realize, aha, that's what it is. I mean that's the love of creation. And I really appreciate that. So, but just to tie, I guess, before we go through, tying up a little bit more about the light sources is that, by giving the full spectrum, so you really are allowing the body to choose. Which is in the sort of the basic wisdom of natural medicine, don't use a hammer, suggestion is a much more useful way of approaching healing. But just about the light. I'm one of those people who've never been, even though I've always loved physics, I've always been terrible with it. There's something about my imagination, doesn't quite understand. So, it never stops going, I know this. So, the red light from my understanding, so that that's like the 600, is that the 600 area or 640 or something like that? And so, we started that as helping the mitochondria, are there other frequencies that when you're talking about detox that you think are more... I know that it's the whole pattern, but again, there's the old fashioned, the alopathic doctor in me wanting to know. Okay, well, are there particular points along the way that you think are especially powerful?

Robby Besner, PSc.D,

Yeah, definitely. And we've expressed that in some of the device development that we've done. So, we start with the full blanket and infrared will go from the mid 600s,



like you mentioned, these are measurements in what's called nanometers. And then when it gets to a thousand, it's called the micron, or it still could be nanometer. So, the full spectrum is 600 nanometers all the way out to almost 20,000 or 20 microns.

Eric D. Gordon, M.D.

Right.

Robby Besner, PSc.D,

And so, our devices travel from that mid 600 all the way to around 14 to 16,000, not quite all the way out. But we don't need to go all the way out, for various different physiological reasons. And these different wavelengths, the nanometers, it's almost like a radio station. So, it's like 107.5, you get disco and if you go to 107.8, you'll get country. And so, it's that close. I mean and just like a radio station, sound waves are super important in the healing process as well. All these wavelengths, they all do different things. And really, I mean, to take the mystery out of what you pointed out before we discovered and that's been our cathartic movement, that we make discoveries along the way. And we have the ability to test the discoveries. And we have developed an internal proprietary heart rate variability program that allows us to tap into your nervous system, your autonomic nervous system. Which is kinda like a lie detector that actually will tell us that we're moving you or from a sympathetic dominance to parasympathetic, from stressful to a calm state. And so, we have intention in all of the applications we make. And then we do all the testing to make sure that it's doing what it is. And then the real test, honestly, Dr. Gordon it's with you, like when you get our device and we hear from you. So, as a company we're really active listeners and we have intentions, like I mentioned, but I learn more from our patients and customers than even what I'm doing in my lab. If you kinda get that.

Eric D. Gordon, M.D.

Totally, totally, that's where the real information is.

Robby Besner, PSc.D,

I think so, I think so. So, it's not ego. I leave that kinda outside. It's really just kind of just having one, real bigger mission, which is really to help educate and help raise



awareness to general health and wellbeing. So, the near frequencies and the red light, are very instrumental in basically anything skin level to around three centimeters deep. And then, if you're in the near frequency as long enough, now we're talking about cellular influencing. And that would be more like, what you mentioned about mitochondria. It also, the near frequencies will produce a transient gas that called nitric oxide, it's one of the three gases the body makes. And nitric oxide is really cool because it creates what's called vasodilation. So, it expands the small and bigger arteries that increases blood flow. And when we increase blood flow, now we're delivering more, in the blood is healing properties, nutrition and oxygen. And so, if we can do anything to improve your primal health, deliver more blood, if you're eating well, if you're taking medications or if you're even taking good supplementation. You're gonna get more of that exposure to your tissues and ultimately to your cells. And we have theories. And one of them is that we basically get sick on a cell level and we heal on a cell level. So, we can do things on a fundamental basis that support cell health than chronic or not, you're building the strong foundation for the body to do what it's designed to do, live out it's full range as healthy or as vital as it can be. And then along the road earlier, you talked about some of the natural gemstones and things that we put into our devices, we make discoveries.

And one of them we discovered was that, there's actually elements that generate frequencies by themselves, just like sun is part of nature. So, a perfect example of that for people that may think that's an abstract concept, is like a radioactive stone. It's not plugged into a wall, but if you brought a Geiger counter over to it. It starts beeping pretty actively when you got close to it, it's generating a radiation or a wavelength. And so, we've discovered various different stones, earth elements on the planet. And I've dedicated a fair amount of time traveling around finding first discovering which stones or which elements generate the frequencies I'm interested in. And then finding the best places on earth to find them. And then after that, like what do I do now that I found it? How do I deliver it? And so, we've found rose granite is one in particular, that's the stone that the Egyptians use to actually face the great pyramids, for instance. There are many elements in rose granite that are amazing. So, we'd find the rose granite. And we would go to a quarry and this is pretty interesting.



We would muscle test, which is kinesiology, the energy, the way the body responds to an element. And we'd find in a quarry there might be three of the four corners of the quarry that won't test strong, is the term, in terms of the muscle testing. But the fourth one will. And then I would instruct my group to farm all of our earth stones from that corner that tested energetically well. And so really, ultimately what I'm trying to do is bring a lot of nature back into the body. Because as advanced as we are in many ways in our culture and technology, computers, Bluetooth, wireless, Tesla, battery cars, all that stuff, that's great on one direction. And the other direction is I feel, that in that process we've departed greatly from the way nature intended us to be. Which I believe explains why we have these rocket soaring, chronic ailments, the trends on these diseases are off the chart.

Eric D. Gordon, M.D.

Yeah, I mean, that's why, and they're happening in sensitive people because these are the people who first will notice that things are changing. I mean, they're old fashion canaries in the coal mine. I mean, I tell people there are folks that you can walk up to and you push them and they get whiplash. And those are the people you can hit in the head with a two by four and they just look at you. And unfortunately this connection to nature, is so critical for sensitive people. They thrive in nature. And unfortunately our current lifestyle, is more and more cut off and poisoning us with the EMFs that we... I mean, as I said that I am bathing in right at the moment. I'm like sitting here, I go, the router's a little close and I haven't quite fixed up this room yet. And it's like, my God and it is--

Robby Besner, PSc.D,

We have solutions for that.

Eric D. Gordon, M.D.

Well, tell me a little bit, I'm gonna come back to the stone 'cause the stones just fascinate me, but I wanna hear... I have a few things that I'm putting together in my brain, but tell me about the EMFs 'cause I think that is another area that has dogged me, is really how best to live in this world. Because I won't use Bluetooth, I mean not my in ear anyway, but I love the usefulness in the house. So, tell me how?



Robby Besner, PSc.D,

Everybody does. Everybody loves the convenience of this technology, but you know, if you really looked at, let's just say the cell phone industry. There are basically two agencies that control wireless devices, the FTC, the trade commission and the FCC, the communication commission. There, I would ask the rhetorical question to you. How many health minded people sit on the boards of these agencies that actually make the determination as to how powerful and what frequencies are gonna go on the air? Like 3G, 5G, 7G, 10G, where does it stop? And just because we don't have that much time, simply there aren't any. And so, the devices have their own life and it's all about money, like what's the fastest gaming and the fastest communication and the easiest way without considering the effects on health. And so, again earlier I talked about being divinely driven and so, oftentimes I call them downloads. I get these messages. And I act on them. I learned at an early age that generally the messages and however they're being delivered to me, are way more right than wrong. Like almost 100% right. And generally when I don't listen is when I make the mistake. But I think that is just part of being fallible and being human.

And maybe if anybody listens, start listening to that inner voice, what I call my inner doctor or my guidances. And so, I had this dream and in the dream, we make these devices an EMF, which is a manmade frequency electromagnetic field. It's an exogenous frequency, it's sets outside of nature. So, in nature there aren't EMFs. So, if we date back to Moses, Jesus and Buddha, we weren't using electricity. Things weren't plugged in. We didn't have any of that. So, mother invention, we now have it. And so again, that's going that way without necessarily concerns about how it might be affecting our health. And so, our devices plug in and some of them are battery operated. And so I had this conflict, which was, I want to deliver pure energy just as nature delivers it to the planet, this infrared spectrum. But yet my devices plug into a wall that generates an EMF, there's a conflict. And in my dream and in my mind, I thought, well, if the brain and the body is on survival, that wants to survive, like any organism or animal. It has to choose, is it gonna to choose to protect itself? And I didn't know then, I'm talking 17 years ago. I didn't know then that EMF would be cell phones, would be as big and--



Eric D. Gordon, M.D.

Yeah.

Robby Besner, PSc.D,

All that stuff. I wasn't thinking that far ahead. I was just thinking just about today, if your body had to choose about protecting itself from EMF or receiving the beauty of nature in the infrared spectrum, we're delivering on devices, what would it do? I didn't know.

Eric D. Gordon, M.D.

Yeah.

Robby Besner, PSc.D,

So, I thought, well, let's just take the EMF off the table, so that your body wouldn't be conflicted and wouldn't have to choose protect or receive. So, we self taught ourselves, how to remediate electromagnetic fields. And generally back then it was by shielding and blocking technology. To screen out the EMF so that we could deliver the full spectrum infrared. Now, the latest opus, which is what I'm working on now and have been the last three year is what's called harmonizing. And so, the challenge with shielding and blocking is that it's always reactive. Meaning it comes out with 3G we dial in. 3G, we fix it, by the time we get that integrated into your home, they've come out with 4G. Now we've gotta dial everything up again then they come out with 5G. Again, 'cause the money is in the development of the technology and they're not sending me a memo saying, hey, we're gonna go 5G tomorrow. So, get yourself ready. And so I thought, there's gotta be a better way. Let's look into some technology that would actually be proactive and that's harmonizing. And so essentially doc, we have a field of energy around us. In the 60s, it was called an aura. Today, it's called a biofield, and essentially it's this energy net. And when we're children that energy net or that field of energy, the body will... And people can relate to the energy healers like qigong masters and all these guys. That's what we're talking about. That's the energy healing that we're talking about. So, as a child, your range might be five to 700 feet and as an adult, we'd be lucky if that field, that net,



safety net of energy can go as far as our fingertips, that's three feet. So, essentially as we get older and as we're pounded that with all these exogenous frequencies around us. And the problem with this discussion, or just talking about in general, is that that EMF or ELF, which is the new, that's gonna be the latest stuff coming out. If you're not aware of that, that's sturdy electricity, low frequencies. You can't see them, you can't hear them, you can't taste them. You can't, like all of your senses don't sense it, but like you said earlier, if you got a chronic ailment then all of a sudden. Just like you would have an allergy or allergic reaction to a food and/or a chemical let's say on your skin or something you eat. Hypersensitivity also includes now a new stressor, which are these exogenous frequencies. And the problem with today is the topic of epigenetics, which we could probably spend another, at least five more hours on, but it's our choices, our actual genetics we're born with. And then an environment around us that affects our insights and actually can bring out genetic proclivities that we may never have had ever come out before. But now because of glyphosates in our atmosphere and chemtrails and exogenous frequencies. I mean, they keep throwing more and more of these stressors, all this stuff is coming out. And I know it makes your challenge as a practitioner in clinic and ours as well, very challenging to try to keep ahead of all that. So, we are now doing imprinting and working on, we've integrated a full range of harmonizing. So, we're now shielding blocking and harmonizing. And so, we feel that we actually have the most advanced approaches to remediating these exogenous frequencies. Again, self serving to deliver a full spectrum, so the body can receive it in its wholesome entirety.

Eric D. Gordon, M.D.

Yeah, no, the idea of reducing the stress in the... I mean, protection, self protection is what is survival, but chronic illness is self protection gone awry. I mean, it's that simple, I mean like the chronic illness is no longer about the insult. I mean, the insult can still be there making noise and hurting you. But usually, like I said, usually it's your body's ongoing response occasionally with mold and mycotoxins. Yes, if you're still living in that environment or if they're still growing royally in your body, then they are making noise. But many times we get rid of that and there's still lots of residual and that's the response that you've learned, self-protection. And that doesn't let good things in that doesn't let the love in from the people around you. And it doesn't



let the self-healing and the same thing, if there's a lot of EMF, that wonderful light, is not gonna maybe give you all it could. So, I'm just so excited that you've actually thought this all through, but... And as far as the harmonizing, I mean, I've seen that tried before, but I mean, are you using... I mean, you're trying to get to like basic earth frequencies--

Robby Besner, PSc.D,
Yeah.

Eric D. Gordon, M.D.
Okay, so.

Robby Besner, PSc.D,
Very good.

Eric D. Gordon, M.D.
You're trying to get the whole thing just to vibrate a little bit differently. So, you have a different frequency.

Robby Besner, PSc.D,
Yeah, we're beyond trying--

Eric D. Gordon, M.D.
Okay.

Robby Besner, PSc.D,
The trying part was like Edison, a million experiments to find the one. But we learn more from our mistakes and that the experimenting part kind of than just the successors that they take care of themselves. But it comes from the premise and kind of, again, like back to our original talk, I kinda look at nature and see how we respond. And I look at ancient cultures, see how we respond. I set my intentions and then I develop the devices. And then really, I look for the feedback to see what kind of responses I'm getting from the full range. Because everybody's very individualistic



and we take a systematic approach to healing, we're not trying to carve out and compartmentalize. We look at the body as a symphony of different systems and that interact with one another. And if one is failing, it's going to kinda bleed over to another area that's gonna cause that to fail. And eventually, you have enough systems failing and then you become symptomatic. And end in end as you know. I'm glad you kinda brought the mold piece in because the mycotoxin is really one of the interesting ones for me. And that's why I really wanted to participate on your--

Eric D. Gordon, M.D.

So, tell me more 'cause to be honest, I've always focused mycotoxin and chronic illness because to me mycotoxin is one of the noises and one of the final insults, if you will. 'Cause I kind of feel that mycotoxins for most people are not a chronic issue. Unless they have an underlying, something that upset their immune system to begin with. Because if it's just the mycotoxin, you get out of exposure then you're better. And that's not what happens to many, many, many, many people. But anyway, so tell me how you see the full spectrum light affecting mycotoxins?

Robby Besner, PSc.D,

Well, first off we have another epidemic, it's mold. And initially I kind of looked at it from and research would indicate that the concentrations are in the coastal cities, but it's not just there anymore, it's everywhere.

Eric D. Gordon, M.D.

Everywhere.

Robby Besner, PSc.D,

And the question is about sensitivity and so, I'm gonna go back to Lyme because when we can manage and you may have seen this in your own experience. You can manage... We have Lyme patients that are managing their challenge very well. And then as soon as they get exposed to mold, bam! they go from manageable to bedridden almost overnight.



Eric D. Gordon, M.D.

Yep.

Robby Besner, PSc.D,

And that really intrigued me because what's the relationship? I mean, these are all microorganisms. What's the relationship between why does, when you bring mold into the question or the discussion that things get out of control? That's the big why for me. And as a researcher, I really wanted to dive deep into that one. Again, self-serving because of our dedication to Lyme research and Lyme advancements. And knowing that it's a challenge and when those two guys meet up, the Lyme and the co-infections and the mold, then you got a really, very ignitable challenge. In a compromised platform to start with because that Lyme patient already is getting toxic burden. And so again, you might agree and see this too, that we believe that toxicity and inflammation, they travel together. And that any chronic ailment is really about, the symptom is really about inflammation and/or toxicity and so, here we go back to my world. We are a company that makes... Is a solution company, a solution site. And so, I didn't sit down and think this through and say, my God, like I've got the answer to Lyme or to mold toxicity or mycotoxins and so forth. I wasn't ever and still aren't looking at it that way.

I'm kind of looking at the natural orientation of how these organisms work. And we are friends with a guy named Dr. Zach Bush. And so, he has created a whole thesis about understanding the microbiome, the interaction of all the microorganisms that live in harmony in our bodies that we use in our digestive tracts and so forth. And then the outside environment and how that interacts to create who we are. So, from the toxicity point of view, we have these mycotoxins and I cannot, and maybe you have a better answer. But from our perspective, it's really hard to get somebody better, when they're continually being exposed to mold, mold and Lyme or just mold. So, there's a process where you have to discover that mold is a challenge. We can do that because you can take a simple blood test and understand the level of that toxicity in the blood. And then now we have to find the root cause, wherever that mold is coming from, get it out or leave that premise, if that be the case. And you



probably know extreme cases of people that have been exposed to mold, that they burn their clothes. I mean, they get rid of everything, including their books, like everything.

Eric D. Gordon, M.D.

Well, books, especially sometimes.

Robby Besner, PSc.D,

Yeah, I know, it saddens me because some of that stuff you can't get back, but the point is, is back to health. It's really about the toxicity. And now these organisms, everybody says they're the bad guys, but really in many ways, it's just another part of function of nature. And they want to survive too, inside you or outside of you. And so what do they do? They do three things. Their main focus in their whole lives is just to replicate, that's all they wanna do. And they wanna find a nice cozy home and good environment to do that in, that's our bodies, the host. And so, they exhaust us from our minerals and our life vital source. They replicate, that's their number one job and they poop. Or they die off and the die off becomes a toxin, so, their poop is a toxin. That's the mycotoxin and the biofilms around them, those are toxin. And then when their carcasses, when they move on, that's a toxin. So, you get enough of that in your body, at some point, what happens from a systematic point of view, particularly the organs designed to filter out and screen out. Where certainly we have our immune system, so, that one is to keep the population in check. So, if that's not compromised yet, then we're just dealing with toxicity and inflammation. And there, I don't know, maybe you have it out in California. But I haven't found anybody in Florida that has a little meter they were born with on the side of their belly that shows them their toxic levels.

Eric D. Gordon, M.D.

Not yet.

Robby Besner, PSc.D,

So, the only way we know is through a symptom. And we talk about that when we talk about detox pathways and certainly the sauna has been really just amazingly



great as a vehicle for detoxing. Sweating is one of the best detox pathways, but there... Yeah, so, there's a lot more going on in that sauna, like, the frequencies that are from earth stones and the full spectrum infrared.

Eric D. Gordon, M.D.

So, you're doing that 'cause that's what I want you to maybe take apart a little bit because yeah, sauna as... I forgot who it was, it was Walter, I think Walter Krinium put it, he goes, a hot box, it doesn't matter. Sweating is probably the cheapest, best, simplest detox you can start with. I mean, but that being said, when you start now getting past that, not just so there's the sweating. You can do that in the dark and just hot, but you're adding a whole other level. And that's what I wanna understand more about, what that's contributing. Multiple levels.

Robby Besner, PSc.D,

Well, we're doing what nature would do, if we had time to actually embrace nature, but we don't anymore in our modern world. And so, what I've done is built up sort of a better, bigger, or better mouse trap. So, I can treat you in our infrared sauna and actually bring in some of these hacks or different stacks, the synergistic kinds of modalities or intervention. I can bring them into that sauna experience to really elevate in a half hour, your home wellness plan. And unfortunately, we're in this toxic world that we're living in, particularly if you're living in an urban, major city, it's even more concentrated with cell towers and pollution So, that's where I feel that, having a daily routine of doing infrared sauna every day, will certainly get rid of the toxins that the environment gave you from the day before. But then starts pecking away at the ones that your body has accumulated over the years. So, let me see, I can personalize this. So many years ago, I'm a Dr. Jekyll and Hyde guy. So, before I give it to you, I have to have it, it has to pass me, pass through me. And so, I decided, I did some research on hydrocolon therapy, they called it a hycolon back then. And so, I was really nervous, but I wanted to go try it. And in that process, you're just basically cleansing your large intestine. And so, I'm on the table and I had a very gentle therapist working with me. And again, wasn't as advanced that kinda therapy, this was 25 years ago or more. And they had this opaque mirror and they had this, like, they put a tube, they insert a tube into your butts, sorry and we can get more technical if you



want. And then there's a part of that tube that's clear. And then there's this mirror and I'm watching, I'm able... They pump you with water and some different solutions and then you evacuate. And then you can see through the tube in the mirror, over my shoulder, I could see the things evacuating and everything looked fine. It was that color that I expected and I'll let everyone's imaginations go there. And then all of a sudden it turned like this bright red and I got really alarmed. I thought, my God, like, what did I do? They punctured a vessel and now I'm hemorrhaging inside. And like, my God. So, I started to like sweat. And then I asked the therapist can you explain that? And she said to me, well, let me ask you something. Did you ever eat, did you like M&M's candy when you were a kid? I said, yeah. She goes, what was your favorite color? I said, red, wasn't that everybody's favorite color? Well, she gently said to me that was number two red dye that was still sitting, which is very carcinogenic sitting on the lining of my large intestine. I mean, at that time I was probably in my '30s. So, 25 years of this carcinogenic dye was sitting in my body and my body couldn't figure out how to eliminate it.

This is a problem. Now that's just a very small example and I have nothing against M&M's, by the way. And red is still my color, although I don't eat them anymore. But the body in today's world is not equipped to manage the stressors and the toxins that were dealt with every single day. And so, for that reason, something as simple as doing an infrared sauna for a half an hour in the morning is more preferred in terms of getting the best out of it. I think almost should be in everybody's home. There are cultures Dr. Gordon, like the Baltic States, the Ukrainian area that there's a sauna in every home, there's community saunas, in the Indian culture, Native American culture or their sweat lodges. I mean, sweating and this isn't a new concept, but it's probably more important now than it was for our grandparents and the generations before that, simply because of the world that we're living in.

Eric D. Gordon, M.D.

Yeah, and I think just the aside, I mean like the sweats or the skulls, these sweats, they move not just out of our body, but out of the multiple levels of our world. I mean, like they really speak to the energetic body and that's why I said, I found the fact that you were using some of these stones, so interesting. 'Cause I think that also



will help tune us, we are so out of tune. But just a few things that I just love. I mean, 'cause what I love about how you think, is that I've often found many of the people I learned from there are people who can remember to go back to first principles. I mean, it's surprisingly difficult to do that. You know, we know so much, we forget to get simple.

Robby Besner, PSc.D,

I couldn't agree with you more.

Eric D. Gordon, M.D.

And just again for people to understand how important, I mean, a lot of people talk about structured water and things of that sort. It's all about the sun. It is the energy from the sun that's getting activated in all of us and in all things. And if you can, I mean, we still should be out in the sunlight that would be better for us. But at least getting the energy, that's not coming through the polluted skies, is probably really helpful, on so many levels. I'm really excited about the work that you're doing and the fact that you're really taking both worlds, you're really doing the science, but at the same time you're leaving open what we don't know. Because the thing you mentioned about like the FTC and all the organizations that are supposed to protect us, the problem is it's a little bit like the flat worlders, I mean like, 400 years ago, common sense said the world was flat. It took science to tell us that it was round, but if you just look, it looks flat to me.

Well, if we're in that same place, when it comes to the things that we can't measure easily, the toxicity, the EMFs, but the chemicals we're in the same world. If you don't die from it, we can't see it quickly. So, in our flat world view, it doesn't exist. They're not willing to look with the scientific ability that we have to see where it can interfere with the organism. And it's a bankruptcy of our system. And I don't think the people are bad, who are involved with this. I mean, there might be one or two who really know that, my God, we're gonna make a killing by letting all these people die. But most of these folks are good people. They're just still using their eyes, when they have to use more subtle equipment and they're not willing to. You don't die underneath the cell tower quickly, so--



Robby Besner, PSc.D,

Great, but you know, like you inspire me in so many ways and you bring up things that, again, these topics we can go on. But I mean, years ago, I remember when my wife and I moved down to Florida, we were looking for residencies. There was a house that we absolutely loved. But as soon as we looked up, we saw that it was under these major electrical towers, and like a grid. And so, back then there wasn't a real science on this, but we said, hey, may not be the greatest thing to be living under like a electric grid. Some people that might be viewing have no choice and we were just looking to get started down in Florida. So, we said, okay, do we go to this house that we really like, but it's under electrical grid or do we go to this house that we don't like as much, but it's not? So, we chose that one. That's the direction we went. We just said, it may not be the best thing, but there wasn't any hard science on it. And the guy that built a house next to the grid, or maybe he had built a house and the grid came later. It still is a conscious choice as to which direction you're gonna go when you make these choices. And so, that's why I love these venues and I love talking to you because you we're raising awareness. We're bringing out topics and just provoking some thinking like, wait a minute, maybe I should stop for a second. And actually think I really want that technology. I really wanna drive the Tesla car and I might be the best car on the planet, but I'm sitting on top of these big batteries and they're generating frequencies. And gee, maybe I don't spend that much time in the car, so it won't hurt my body. Or like you say, it isn't like too noble where there's a radioactive explosion that's gonna hit me right away and knock me out. These are subtle energies that over time they just have to wear your body down or affect your immune system, so that you're more vulnerable to pathologies and various different innovators.

Eric D. Gordon, M.D.

Immune system goes into overdrive. I mean, that is the essential thing, I keep, people who have listened to this to know. We often mention Robert Naviaux's work with the cell danger response and it's just lens to look at how the body works. And basically it's self protection. It's not designed to do bad, but if you don't... It's meant to turn off and quiet down. I mean, COVID is the perfect example. The reason it kills you, is



because your immune system keeps activated. The bug is usually gone. In fact, it's almost always gone, a little bit of protein, but anyway, but it's just that inability to modulate the immune system. And when you don't modulate your immune system, you begin to get deaf on all levels. And as you were saying, when you learn to listen to that inner voice, you make a little better choices sometimes, sometimes. And it's one of the things that as a doctor that's very, sometimes humbling and frustrating as hell to me, when I have the answer for the patient and they come in and they go. I really have a feeling that it's... And again, as a doctor, you wanna go, you have a feeling well, I know, but I've learned, listen. 'Cause what I know and what they feel, often what they feel is more accurate in this situation. I'm still right, but later.

Robby Besner, PSc.D,

if you listen to your patient long enough, they'll actually tell you what the diagnosis is.

Eric D. Gordon, M.D.

I'm not sure if it was, but whoever it is, that is a basic tenant of good medicine. It's not always easy to do because--

Robby Besner, PSc.D,

And then what I've heard is him saying that if you listen even longer, they'll actually tell you the cure.

Eric D. Gordon, M.D.

Yeah, yeah. Well, that's with many, yeah, many, many, many, many, many things that I have learnt what to do have come from very smart patients. It's an incredible world out there, but I mean, the depressing and exciting at the same time, is we have so many bright people, whose lives have been interrupted by chronic illness. But at the same time, so many of them are putting a lot of effort into getting well and into teaching their doctors and me, like what else to do and how to move forward. And what I'm amazed about is, how long I've been doing this and I've been using saunas for a long time. And again, I've briefly looked at them, and this is the problem of knowledge today, there's so much information. It's often hard to get to what we like to the best or the better. And I'm very excited not just by your technology, but the



heart and soul that you've put into this work, and that's the special thing, is falling... When you meet people who fall in love with what they do, that's exciting and fun.

Robby Besner, PSc.D,

Well, it's not really work and I said earlier, I'm really divinely driven. And I believe I'm kind of just the vessel. I'm just the go between from something that's coming from, like I called it downloads, getting my downloads, manifesting the creation. And then, I have the ability to actually bring it to the world and hopefully, influence people's lives, the individual and then their kids and their kids, kids. And so, we kinda changed the course of the direction of general health and wellbeing, so that people actually live out, find their bliss and live a fulfilled life with the vital force. And don't kinda fall into the marle's of just knowing, well, my grandparent lived till 80 or 85. I'll probably get there, but will I be sick between 60 and 85? So, the golden years when I'm supposed to, I'm working so hard to enjoy, I'm not really going to because they'll be going from clinic to clinic or hospital to hospital and managing all that. And I mean, I'm living in South Florida and that's one of the retirement areas.

So, it's very pervasive here that people are just into that mode and that's what they think is acceptable. I think it's not the way I want to be living. And so I'm more working hard to try to a little bit change that course and educate. And hopefully influence young families and their kids and their kids. And I mean, our portable sauna is so fun we have this little Instagram account and for me, like, I get joy out of doing what I'm doing every single day. And it is troublesome and it wears on you. And you get all the emotional piece, when your heart is open with a family that's struggling. But then I'd have this Instagram account, where people get in the sauna and they're bringing their dogs in and their kids in and they're jumping around and they're joyful. And they, they just can't wait to get in it. And it changes them. And they're communicating that joy and love to their kids, who are gonna grow up thinking, gee, everybody should have an infrared sauna in their home. And maybe that's part of the toolbox that we all need in our modern world in order for us to maintain some kind of good health and vitality all the way through.



Eric D. Gordon, M.D.

Yep, no, I took the words outta my mouth. I was thinking how important it is to have something 'cause that is also so comfortable to use for people. I personally like, I'm an old fashioned guy, like hot sweat suffer, a guy called conscious suffering. You know, that's why I... But there's still something, but again, but that's difficult for people who are ill. I mean, 'cause for them, stress does not, like harsh exercise. It's a big stress and it leads to more vitality, but if you're ill, it doesn't lead to more vitality. It leads to getting wiped out, not helpful. And that's the beauty I think of the infrared saunas, is that they support you at the level that you can tolerate it. You can go in for literally one minute to five minutes and get your body slowly attuned because it is a stress, healing is stress. The question is can we do it in small enough steps that even the most sensitive can benefit. And I just look forward to like the point that it's something for the whole family, because that, I mean, if the kids today, I worry... I mean, I see a lot of them and it concerns me and how they're just being overwhelmed. And even the ones who don't supposedly live on devices, still school is devices these days. So, anyway enough of my pontificating about it we should go back to the horse and buggy.

Robby Besner, PSc.D,

I dunno about that. I'm not suggesting I am a hacker from way back--

Eric D. Gordon, M.D.

Yeah.

Robby Besner, PSc.D,

I've been collecting toys and inventing and putting things together and seeing how they work and understanding how my body responds to it. And I mean for, I don't know, as far as back as I can remember, frankly, I've been on that little road. And I think that that's kind of what helps me in my day today, is I'm able to draw on all of those life experiences and put it into the things that we're doing. And not being restricted with certain, like corporate regulations and big--



Eric D. Gordon, M.D.

Profit.

Robby Besner, PSc.D,

Infrastructures that prevent oftentimes you from really making the application that you might want to make, we don't have a lot of that. So, we're actually able to continue to keep raising the bar in everything that we're doing based on our research and--

Eric D. Gordon, M.D.

Yeah, no, absolutely. I don't think that the healing stones, would've made it anywhere because, you know, unless you could mark it up a whole lot, you know, I mean, I applaud you, that is the wonder of having your own shop, where you can still be creative. And so thank you, really, and thank you for what you do. And we'll talk again. And I'd like to, this time we've kinda went all, you know, all over the world. And one of these days, what I'm planning to do, is I'd like to do some deep dives on energy, on different aspects of the healing, of the healing technologies. Because what happens is that certain people, can really resonate with some, I have a saying that everything works sometimes. I mean the more basic it is like light, the more people it's gonna help, but then we get into there's some esoteric things that only help sometimes. And I just think all need to be explored because in this day and age healing is about the individual and anyway, Rob, thank you so much.

Robby Besner, PSc.D,

We've touched thousands of people's lives and families. We haven't had one circumstance, where somebody actually didn't love the energy or the warmth of sun, sun energy. And back to that primal healing concept, good water, good food, good sunlight, good air, these are like the foundations of life and health and coming to a close 'cause we've gone probably way longer than you probably anticipated on this interview. There are real answers here. This isn't an expensive technology. I'm not suggesting you should certainly by our devices, there are other competitors that make good devices too, but it's not just good enough to own a sauna. The sauna, it



mobilizes the toxin, the infrared sauna mobilizes it, but we use a binder protocol. A binder's like a sponge, a bio sponge, we call it. And so, like for me to stir up the mycotoxin in your body eventually, because it's a very small, I call it silt actually. Eventually what happens, it's kind of like, maybe you probably had one of these in your earlier days. Those paper weights that you shake up and they'd have snow and then they settle back down and then you shake it up again 'cause it's fun to look at. Well, that's kind of the body like when you stir up the pond and you don't have a vehicle, a good active detox vehicle, a pathway to get them out. They wind up settling back down, either in the same place or a different place. And so, you are back to sort of a zero sum game. So, our goal is to stir it up and get it out. And so, the sauna stirs it up, but using the binder, particularly if your immune system, if you're symptomatic and your immune system's compromised. And maybe your detox pathways like your lymphatic system or you have an inability to have a bowel movement every day or things like that. And/ or sweating, many times people have trouble sweating.

Eric D. Gordon, M.D.

They can't sweat.

Robby Besner, PSc.D,

The number one reason why people have trouble sweating, is because they're dehydrated. And yet we're a country that drinks a whole bunch of water, but you touched on that earlier, you said that structured water. And it turns out that infrared frequencies, actually structure the water inside your body. That's Dr. Gerald Pollack's work, "The Fourth Phase of Water", but we drink bottled water. Sometimes we think it's a good bottled water for whatever reason, but that generally passes through us. It doesn't cellular hydrate. That's the key, cell activity, like you mentioned, mitochondria cell energy.

Eric D. Gordon, M.D.

Yep.



Robby Besner, PSc.D,

Water is a transport system to get minerals and nutrient into the cell and also allow the cell to get to export all the waste products. Without good water in the body that isn't happening. Your cell's not methylating, your body starts to break down eventually, slowly, but eventually. So, tomorrow anybody listening that has Lyme and/or has a mycotoxin, they can use infrared sauna or not, they have to consider how are they gonna mobilize that toxin, wherever it's stored. And then how are they gonna help the body get that toxin out? Because until you can remove yourself from the mold environment, you still have this imbalance in your body inside, internally, that's creating a toxic event. And symptoms, inflammation and so forth. So, sauna's great. Infrared sauna's amazing. The other saunas like hot rock sauna steam room, that'll pull out toxins that are suspended in your serum and in your blood. But what's unique about infrared, is it actually will break the bonds with the heavy metals and the biofilms, the silt, the mycotoxins, where they're stored inside the tissues and the joints that are deeply in the body.

So, we have a format that will mobilize everything and now let's get a binder or our sponge to soak it up. And if you're symptomatic, that probably means your liver is probably compromised. And so, if you could bind everything up with a little like activated charcoal or a zeolite derivative, like silica zeolite derivative. These are gonna grab the mycotoxins. They're gonna bind them up and make 'em bigger and make it easier and less stressful on the organs that are already under stress. Big again, because you're symptomatic. Of course, we're talking about the chronic patient, but this applies to someone that's optimally healthy. Healthy that's young now, let's keep them healthy, so they don't have to get behind the eight ball. I think that, in fact, every year we dedicate here in our company, a topic to research and 2021 we're in '22, but '21 was optimal health. Because probably like you you've seen in clinic yourself, it's kind of relatively easy. It sounds funny, but it's easy to make a person with chronic ailment, kinda feel a little better. But it's a lot different to take an Olympic athlete and make them feel better. They're already at the top of their game. How do we keep them there and actually elevated even higher? That's a challenge. And I took that challenge last year and I'm continuing because I absolutely think that that as much



as I love helping people that are under, behind the eight ball, I like the new generation. I like to keep them healthy and vibrant. So, they don't have to get behind the eight ball.

Eric D. Gordon, M.D.

Yeah, no, I think that this is a whole other... We should go another time because we have so much to talk about. 'Cause yeah, I mean, the sauna is step one, you're right. the reason people are sick, is because they can't get rid of what they mobilize. These are people who they get in the massage and they feel terrible the next day or that evening. I mean, 'cause mobilization is nice, but without excretion, it's the natural passe, the so, all the ways out of the body have to be opened up and things have to be chaperoned many times to get there. So, that's something love to chat with you about that and how it all comes together. But really, so thank you so much. It was really such a pleasure and look forward to using your products and really seeing lives change. So, thank you.

Robby Besner, PSc.D,

You're very welcome. And thank you so much for offering me the opportunity to talk with, meet you, meet your clan and certainly divulge and bring out some of the things that we've talked about today.

Eric D. Gordon, M.D.

Okay, take good care, buh-bye.

Robby Besner, PSc.D,

Bye.