



Releasing The Innate Power To Heal Yourself

Riz Lakhani, L. Ac., M. Ac interviewing
Sean Dillon



Riz Lakhani, L. Ac., M. Ac

Hi, this is Riz Lakhani from the DrPawluk.com team. And I'm here today with Mr. Sean Dillon. Sean is a PEMF practitioner for more than a decade now in British Columbia, Canada. He's been working with magnetic fields to help people for that time. Sean's story is very interesting because he comes from a background of initially using PEMFs to help individuals with particular issues. And has since then more recently become involved with exposing PEMFs to practitioners and helping folks that want to use it in a more clinical setting to help individuals. So now he's more of a teacher to other practitioners. So, Sean, thank you very much for joining us for this interview. This is gonna be an awesome talk. And I'd love to have you go ahead and tell us more about yourself and how you got started with all this.

Sean Dillon

Awesome. Thanks for having me. I'm excited and honored to have been invited to this panel. PEMF came to me through my family, my aunt and my mother brought it into our family, into our household. And just the advantage of fate, I guess, my mom was an RN at the time, she did triage in the emergency ward in a busy hospital. So I was fortunate enough to watch both of them help people heal themselves. But with my mom's experience on the medical side of things, we had a, I guess, good teacher of what medicine is, what disease is, what the symptoms are, what organs those are all related to. So I had a good influencer of the anatomy of disease and the human body. Then just through my understanding of science and physics at that time, I was able to implement and use PEMF with that knowledge. So that's how I was able to gain my knowledge base. And now I just rely on experience, just the time that I've put in with individuals and helping them change their situations.



Riz Lakhani, L. Ac., M. Ac

Very cool. So it's not very often that I hear somebody learned about PEMF therapy through a parent. Do you recall how your mother was exposed to this and how she learned about it at all?

Sean Dillon

Yeah, it came through my aunt, so her sister. It's a long story, but just great coincidences. She was caretaking for family friend who was ill and he had a stroke. They were able to bring in a hyperbaric chamber into his house and noticed great gains. So, of course, that piqued her curiosity and she went to a SOPMed meeting down in the state years ago. And that's when she found the PEMF-120 and was able to bring that back to help that family member or family friend heal. And of course the results are instantly noticeable. So my mom was able to get one right away and then that merge or that fusion of knowledge came to me in my home.

Riz Lakhani, L. Ac., M. Ac

So that's very interesting. So the PEMF-120, so that would be a high intensity PEMF device. I think a lot of folks initially learn about PEMF therapy by being exposed to more low intensity devices. So it sounds like from the get go, you were exposed to more of the therapy and the results with a high intensity machine. Of course, Dr. Pawluk talks a lot about how intensity matters with PEMF therapy. So that's a big variable with how these devices can help people.

Sean Dillon

Yes.

Riz Lakhani, L. Ac., M. Ac

So could you tell me a little bit about how you view PEMF therapy as being beneficial for people?

Sean Dillon

Yes. So I view it and I explain it as natural supplementation. Our earth has a natural magnetic field around it. And because of the vanity of humanity, we don't sense it, we can't see it, we can't touch it, we don't feel it, we don't smell it, you don't go outside and be like, "Oh wow, the magnetic field's from the North today." We don't view it as weather, so unfortunately it's out of sight and out of mind. But there's three main aspects to Earth's magnetic field that we humans are no longer a part of and/or pay attention to. One being is that it is a very powerful force. So you



can see that in the use of a compass, you don't have to put a battery in a compass for it to work. So every compass on this planet, thousands and thousands of little pieces of metal of pounds are being moved 24/7 by this force. Then again, going back to our compasses, they show us that Earth's magnetic field is everywhere all the time. You bring the compass inside, it works, you bring it on the mountain, in a cave, down to South America, Earth's magnetic field is everywhere all the time, just like air is. But the third and most important aspect is that it's pulsing at a very specific and unchanging frequency. And that's where PEMF therapy comes to importance for humanity. Is that there is a baseline, a natural element out there. We live on a PEMF generator, our earth pulses it at 7.83 hertz. And that's what every device is mimicking, and that's what makes it natural supplementation. Is that we have to bring that natural element that we're no longer a part of into our homes and into our lifestyles. That's how I view PEMF therapy, is that it's supplementation.

Riz Lakhani, L. Ac., M. Ac

I think that that's a very great point. We have certainly lost our ability to be in contact with this natural magnetic field. Whether it's because we are in buildings most of the day or we wear shoes and don't have that direct contact with the earth or our cars are using rubber tires, so we lose that connection and that groundedness. So that's one of the marvels of PEMF therapy, to me is that we can actually replicate and fine tune and then deliver this to ourselves using technology.

Sean Dillon

Exactly. And that's where the high intensity comes in. As I relate it a lot to people, we understand we have to replace vitamins and minerals because our farming practices aren't keeping our foods healthy. So everyone understands that you have to add minerals, magnesium, zincs, and everything. So just like food supplementation, it depends on your health goal, whether you want to do it naturally and just eat an organic carrot today or if you want to wait till you get sick and then take high doses of vitamin C. So that's where the spectrum of these technologies come in. And that's where I like to guide people into their venture into PEMF, is establishing what their goal is and then suggesting how to add that to their lifestyle. Again, that's exactly why there's such a spectrum of devices is it's just based on your goal and how fast you want these results to occur.



Riz Lakhani, L. Ac., M. Ac

So in your experience, what are some of the interesting cases that you've come across or maybe something that stands out to you in terms of interesting story, a patient recovery, or along those lines?

Sean Dillon

Well, unfortunately I've become a little stagnant to the amazing miracles that I get to see every hour. I'm definitely desensitized. I expect results every time, especially with high intensity machines. But, of course, the trendy diseases are all reversible. So to answer that question, I'd say just to blow people's minds or to excite people about it is cancer is a really easy one, is very responsive disease. By the time the human body develops a tumor or other forms of cancer, it's in such dire need that any introduction of a PEMF field really turns them around. Then I'd say my next disease, I don't like calling them diseases, but is arthritis or any pain management. anything that's inflammation based is a really quick turnaround to any of the symptoms that they're experiencing.

Riz Lakhani, L. Ac., M. Ac

So that's interesting. So there's that common thread of inflammation, but there's also another common thread that these are chronic conditions. So how many people do we know that have all kinds of various chronic conditions and may have had to resort to medication or surgeries and procedures, which often have more detrimental effects, so then it continues to draw down on that person's reserves. So there's hope for these chronic conditions, where we can introduce a positive stimulus. And I've seen some of the cases in my own clinic and with working with Dr. Pawluk of folks that have had various kinds of cancers, some of them even late stage and many folks respond well when we start to do the PEMF therapy. I think a big part of that is the fact that it helps to create and sustain a more oxygen rich environment in the body. So you're providing the stimulation that allows for the terrain to improve, and then you can better be equipped to deal with the inflammation, with the problems and the symptoms that occur with the disease process. So that's really interesting.

Sean Dillon

Placebos obviously are part of it, a part of healing. Science has been having to double test placebos for a while, so that's what I do with my clients one-on-one. Is I like to explain to them



and change their paradigm of what disease is. So if we speak quickly about all our trendy diseases that we have in humanity, and I'll just quickly riddle some of the trendiest ones I see at work is cancer, arthritis, diabetes, obesity injuries, or lack of ability to recover fully from injuries or surgeries that aren't necessary. We've got psoriasis, insomnia, balding, aging, cavities, the list goes on and on and on and on. So what I like to explain to everybody, just to help their placebo change and to give them the confidence that they can heal themselves within these fields, is that there's three things that we have in common within these trendy diseases. Is one being that they are global epidemics, so there's not too many human cultures left out on this planet that aren't dealing with any or all of these problems. The second and most important aspect of these diseases is that they are all 100% non-contagious.

You can't catch cancer from someone, you don't keep the grandkids away from grandma cuz they're gonna catch arthritis. You've never had to put on a mask or gloves to be near someone with psoriasis. So what that makes me think is, well, how do all of these diseases become global epidemics when we're not passing them onto each other? Then the third aspect they all have in common is that there's 8.4 million other species on this planet that aren't demonstrating any of our problems. Giraffes have the longest spines in the world and they don't develop osteoporosis, they don't show signs of pain with arthritis, they don't age to the point, like humans do, where they're incapable of bending over and drinking their own water. Hummingbird drink sugar all day, every day and they're not obese, they're not diabetic, they don't get cavities, they don't have teeth, that was a joke. So if you list all of human diseases that are non-contagious, it's way bigger than the contagious column. And none of those non-contagious problems are exhibited in 8.4 million other species that live right outside that window of ours.

So once people understand that they develop this problem, they're not a victim to a viral bacteria or a bacterial attack, then they have the understanding and confidence that these fields are gonna release that potential that are within their cellular functions and then they can heal themselves. And that's what I love about my job as a therapist, is that I'm able to bring people hope. And that is exactly why medicine fails everybody, is because you can't cure something that's not an illness. And that's why there are no cures for anything chronic cancer, arthritis, diabetes, psoriasis, simple things like pain. There's no cure because everybody is looking at it the wrong way. Medicine came to a high point when humanity was dealing with viral and bacterial infections. Like when we developed steroids or antibiotics, those were plagues and leprosy, those



were terrible things. And medicine's like, "Hey look, we got this little white pill and it works for everybody." And they're still in that paradigm, they're still looking for that great white pill that's gonna change everything. But everything humans are dealing with are no longer diseases, they're poor cellular functions because we live in a poor environment. And that's where PEMF comes in and is able to help everything. Is that if you look, again, if you look outside at 8.4 million other species prevention is the best medicine. Those animals are living in the proper environment in order for their cellular functions to be operating at their full potential, and they're staying healthy. And that's the best way to deal with illness is just not to get sick.

Riz Lakhani, L. Ac., M. Ac

Which is harder now than ever, it seems.

Sean Dillon

Than ever. And that's another thing that animals are not doing. They still walk on the planet barefoot, they sleep on the planet, and they eat food directly from the planet. So they're showing us what life looks like in that 7.83 hertz environment. Another thing that they're not doing that we are is that they're not changing their magnetic environment through electronic equipment. And just like you said, that's why it's harder and harder for us to filter and stay in this proper environment, is because we've become dependent on electronic equipment. And I love my electronic equipment, I love my fridge, I love my freezer, I love using the phone as a great tool of information. I'm not willing to give that up, I'm not willing to turn my lights off just like 7 billion people are not. So we have to start the conversation of how do we filter this invisible environment and how do we supplement it in order to allow these bodies to thrive and stay healthy instead of treating chronic symptoms.

Riz Lakhani, L. Ac., M. Ac

It almost seems like the convenience has taken the precedence over everything. So we are using our capabilities to make life as easy and convenient as possible in the short term, but then that affects us in the long term. And that's what allows, I think, a lot of these chronic disease processes to build. Of course, we don't always notice things in the beginning, we are often able to take a symptom or we often get good at ignoring symptoms. So then it takes that barrage of symptoms for us to finally realize, whoa, hold on something's not right here. And it's not, like you said, something you can take a pill for or get a prescription for, you actually have to make



changes. So a lot of that of course is action taking. But PEMF therapy I think is a very easy to integrate way to help support that.

Sean Dillon

Well, it's easy and it's the most fundamental. It's the only thing that we are doing different than 8.4 million other species. Humans love numbers and they love stats and percentiles and stuff. And if you think about it, we're the only sick animals out of 8.4 million. We should be looking outside and asking ourselves these questions, like, why isn't the squirrel limping? Why doesn't that tree have disease? Look at it, it lives so long and it thrives right till the day it dies. It's confusing to me that humans haven't turned to those questions yet, especially if they're in pain every day or not getting to sleep every night. I'd be asking a lot more questions, why those pills and those procedures aren't working for me.

Riz Lakhani, L. Ac., M. Ac

This reminds me a lot of some of my training in acupuncture, where a lot of the techniques and the treatments that come out of the world of acupuncture are because of the observations of how man exists in nature. And when things are balanced in nature, when we're getting enough movement and enough air and exercise and the proper nutrients, it doesn't allow for an environment where disease can become established. So it's almost like we knew this a long time ago and we have unlearned it somehow and now we need to relearn.

Sean Dillon

Exactly.

Riz Lakhani, L. Ac., M. Ac

But it's so fascinating though that PEMF therapy can be that blend. We are still leveraging technology, but we're wanting to help it deliver some of the benefits of nature. And it also helps that a lot of times you can just lay down and do this PEMF therapy and maybe get some meditation or get some relaxation. Chronic stress ever since I was a child, has been known as the invisible killer, and that hasn't really changed much. PEMF therapy in the way that it's delivered to the body can help to reduce that stress response. So one of the things I've appreciated about it and why I love it so much is because it does so many things in the body, for the body. But that's because it's working at the cellular level, so it affects all tissues.



Sean Dillon

Exactly. And that's what's different about other therapies, is that they work on systems. Acupuncture works on the nervous system, masseuses work on muscle systems, chiropractors work on the vertebrae. But what we get to do with PEMF is that all those systems are built of cells. So we're affecting and directing the structures that build these systems for us, and that's why it's able to deal with everything. Again, we're going back to that, prevention's the best medicine. Our DNA already has all of the information in order to keep these bodies perfect. Again, it just comes down to environmental pressures, and again, that's what's different than us and these other animals. As humans, is that our environment are extremely stressful, whether it's stress about money, about what the news is telling you, what the bad news is telling you, what the EMFs around us are emitting.

And the way I relate that to people and get them to change their mind again about disease, change that placebo, change that paradigm of why they are ill is a house plant. We know that we've taken that plant out of nature, so we know we have to recreate its happy environment. We have to find the right spot in the room where it gets enough sun too much or not enough, we have to make sure it has the right minerals in the soil, you can overwater it, underwater it. Once you learn what environment that plant likes, it thrives. So this is where the human aspect of disease is within, is within this example. Is if you take this house plant that is now thriving and you put it in the closet and you open that closet five days later, what's happening to that plant? It's dying. But does that mean that plant is sick? No, that plant is not sick in the closet, it did not catch a disease. It is just an environment that's not allowing it to thrive.

So if we're like, "Oh, sorry little plant, you don't like it in the closet." I'm acting dumb obviously. Then we take it back out and we put it back in the spot in the room where we knew it thrived, what happens to that plant five days after you move it back into that right environment? It starts to heal itself. But does that mean you cured it? No, you did not cure it because it was not sick. And that's why medicine is failing humanity, is because they're looking at everything as a sickness, and that's why nothing's being cured. Is it has nothing to do with an illness, it has everything to do with your environment. And that's again, where PEMF comes in, is we're surrounding those cells in the proper environment to allow them to heal themselves and thrive. And just like a plant, based on the DNA that's in those individual cells, that's what gives it its individual look, its individual flowers, its color of beliefs, and what environment it needs.



Fortunately, like you said, science knows what the human body needs now. And that's where these devices come in, is that we're able to use this technology, replicate and amplify the environment that allows this cellular landscape to thrive. So every time I look at a human who is sick, especially with a non-contagious disease, I just look at them like a plant in the closet. And I'm just like, "Okay, what do they need? What cells in particular need an environmental change in order to catch up with the tasks that it's not doing in the stressful environment that humans live in?" Whether we talk about the EMF, the emotional stresses that we live in, that's the closet that we're putting ourselves in, and that's how those changes. And that's what we rely on. Again, it comes down to that DNA programming, everything's already within us, and these pulsing magnetic fields allows that to be released.

Riz Lakhani, L. Ac., M. Ac

That's so empowering. I wish that we had more medical professionals thinking and speaking like this because, as you mentioned, not only does it give hope, but it actually empowers the patient to know that something can be done, that more can be done. I think I might have to use that line about thinking of my own patients as just being in the closet and let's bring them out of the closet and put them in the right place where they can thrive because it's certainly possible. You and I have both seen it and read about it and observed it ourselves, where people in even the most dire of situations have the possibility and the potential to improve and feel better.

Sean Dillon

And you don't have to be a scientist or a doctor to understand it with that analogy. Everyone knows that when you put a plant in the closet, it dies and it's not sick.

Riz Lakhani, L. Ac., M. Ac

Yeah, exactly, exactly. And had somebody not known that it had just been in the closet, they might look at it and think that it's sick, but that still doesn't mean that it is.

Sean Dillon

Exactly.



Riz Lakhani, L. Ac., M. Ac

So if you're going about the wrong way, then you may not be able to make a change. So you mentioned several times about prevention being the best medicine. Of course, we know that concept well. I like to use PEMF therapy frequently on myself. I try to do it daily, but sometimes that doesn't always work out. But several times a week, I am doing PEMF therapy on myself preventatively without working on a specific issue or problem. Is that something that you also do in your own life?

Sean Dillon

100%. And that's where these differ, when people hear low and high intensity devices, that's what I like to, excuse me, guide people into, is understanding how to apply it to their lifestyle. And again, we're just mimicking nature. So we speak of magnetic strengths in gauss. And just to give everyone a baseline, Earth's natural magnetic field is emitting about 0.5 gauss. You don't have to understand what that means, that just basically means the size of the magnetic measurements. So just like any natural supplement, if you introduce it to yourself naturally, that's the best way. So Earth's magnetic field is emitting its magnetic field 24/7. So the best way to add it to your lifestyle is to be 24/7. But, of course, we don't wanna live like that, you'd have to go out into the forest and live in a cave. So I personally use the flex balls, it's the best one to add to the lifestyle in order to mimic nature. It's the only portable one. And its intensity is low enough so you can be on it all the time. So you can literally put it on your belt, you can go to the bank, go on a car trip, go to work, sit on it. So that's the best way to introduce PEMF, is mimicking nature.

There's a saying in the PEMF world, low and slow or time is your intensity. So that's the perspective, that's the baseline. Then just like I mentioned before, adding minerals or vitamins, most people wait till they get sick before they add vitamin C to their life. And that's why we have those nice little emergency packages or people that are just chewing on chewables all day when they get sick. So that's where the high intensity PEMF comes in and that's why I use the PEMF-120. Is people have led a lifestyle that got them sick and now they need a high dose to change that situation around. So I'm fortunate enough that in my practice I work four days a week, so I'm near the high intensity all the time. But my wife and I still do sleep every night with the FlexPulse on, I call it the nature channel, it emits 7.83 hertz. So we're tricking our bodies into thinking that we're living like the 8.4 million other species. So we just keep it on really low, but for



that eight hour span, we're allowing our body, like you mentioned, to relax, to get into that natural environment and do its natural functions. So that's how I use it in my lifestyle personally.

Riz Lakhani, L. Ac., M. Ac

So the FlexPulse is also a device that I like a lot and I use it with myself and with patients. The portable nature of it makes it very versatile. So you can apply it to different areas of the body, particularly the brain. A lot of times, we'll use it for treating the head and the brain. Also the other thing that's very versatile about it is the various programs. So you can certainly use the 7.8, which is wonderful, but you can also use other settings on it to tune the brain to become more focused. If you need to work on a particular task or if somebody's dealing with insomnia, you can use it to help relax the brain and go into delta wave production. So you can encourage deep rest or put the brain into a state of wanting to be in deep rest. So I think that FlexPulse is a magnificent device in that regard. Very cool. Now, do you ever do any full body PEMF on yourself?

Sean Dillon

Yeah, the PEMF-120 has a full body mat. And that's if I do... I've had time off recently, so I'm not in my practice all the time. So when I do use the high intensity at home, I use mainly the full body mat. It just creates a bigger field and gets more of my cells activated. I fortunately don't even know what pain is anymore, I'm a very active person, so I don't have to focus on my body parts. So again, that low and slow getting all those cells that make those systems going, active is how I use it personally the most. But if I do throw my back out or twist a knee or whatever, I'm able to use the attachments and focus directly on those body parts.

Riz Lakhani, L. Ac., M. Ac

How did you make the decision to transition from working more hands on with patients and clients to then working more with practitioners and helping them get set up with PEMF therapy? What sparked that change?

Sean Dillon

Again, empowerment, just giving people the power. I've always been an entrepreneur, I've never worked a 9:00 to 5:00, I don't like command, I don't like being told what I like. And that's, again, part of my environmental change, is I want to lead my life. And that's what I love giving to people, it's this package of self-employment, where they can be their own bosses, make their



own times, and have the confidence. Everybody wants to help everybody, so it just gives them the ability to instantly help their neighbors. Well, first of all, they help their family, friends, neighbors, towns. Again, the way I understand PEMF, and I've been able to briefly explain it, that nature has environment and you look outside and every other animal is okay. So that has led me to believe and understand that PEMF is for every human. I don't know every human and I also don't have time to treat every human. So that's where I like to set up these businesses, is to make high intensity PEMF more available to people and normalize it and get this conversation going. So I like to train my PEMF therapists with a few of these analogies that I've shared. Again, it just changes that placebo, it's a game of telephone, the message will just spread and spread through the 7 billion people that live here. And eventually it will be normalized and all people will benefit from the knowledge that we are sick because of our environment. And this is that filter, it is that environmental change to end pain and non-contagious disease.

Riz Lakhani, L. Ac., M. Ac

So it's all about making more impact it sounds like.

Sean Dillon

Yeah, I'm motivated to. It's hard to have this knowledge and have these experiences behind private doors and not want to go up to strangers in the grocery store, and shake them and be like, "Hey, I could help you. You just need this, that's all you need."

Riz Lakhani, L. Ac., M. Ac

I had a way to do that, I can totally relate. I have a clinic that I'm actually speaking to you from, and we have a nice window out in the front that we can see the parking lot. I can't tell you how many times I see somebody walking with a limp or I see somebody who looks like they could benefit and I almost have to tell myself like, "Nope, not the appropriate time to approach and whatnot." But it's so exciting, we have... I've certainly thought about this, but I've never put it in spoken words the way you did. But yes, this literally can help every human.

Sean Dillon

It's for every human.



Riz Lakhani, L. Ac., M. Ac

The traditional contraindications, even we used to not be able to use it with people with pacemakers or other implanted electronics. And now even that's changing, now a lot of those devices are becoming compatible to be able to use with magnetic fields. So it's so exciting that previous limitations are gradually reducing one by one.

Sean Dillon

Again, it just comes down to that supplementation. Magnetic fields are the second most important element to life on this planet. And this is what leads me to believing and understanding that it is for everyone. We've been taught that air is the most important, the human body can't go more than 30 seconds or a minute and a half without it before damage occurs. But then we're taught water is the next most important. But we know that the human body can go five days, six, seven days without water before damage starts. And then fire, earth, or food is the next most important. But it's common knowledge that we could easily go 30 days without food. So where magnetic fields comes in is the second most important element.

Riz Lakhani, L. Ac., M. Ac

These invisible things that are working behind the scenes that we're not aware of can actually be harnessed to help us heal and recover from modern day problems that we've created for ourselves. This lack of healthy environment, good terrain, lack of connection with nature, even lack of communication with ourselves. We're in an increasingly isolated world and we have our own magnetic fields and when they can be close together, we can reap some benefit from that, and we're missing out on that too. So it's such an exciting time to take this PEMF therapy and educate the public about how they can use it for themselves. Like you said, you don't have to be anybody special or fancy or a doctor, anyone can use this stuff. We just need to spread awareness and learn about it and educate. So thank you for doing all the work that you do in that regard. We gotta keep getting that message out there. You might even know this, but Tony Robbins just published a new book, and in it, there's a section on PEMF therapy. So I think that's all the more signal that the time is right now for the public to really learn, hear about this. I still run into many people who have never even heard about PEMF therapy, and it's exciting to educate them about it. But it's gonna be even more exciting when people are like, "Oh yeah, I know exactly what you're talking about. Yeah, I've tried that before." Or, "I know somebody who's done that."



Sean Dillon

It has to become common knowledge.

Riz Lakhani, L. Ac., M. Ac

Right.

Sean Dillon

Again, you look outside that window, it's harmonized, it's perfect, and it's disease and pain free.

Riz Lakhani, L. Ac., M. Ac

You've given me some really interesting concepts to really ponder about. Even though I've been working with PEMF therapy for the past four or five years, these are some really new and interesting ways to think about this. So thanks very much for sharing that way of contextualizing all this.

Sean Dillon

That's my pleasure. I'm glad I was given this microphone.

Riz Lakhani, L. Ac., M. Ac

So before we close, are there any other things you'd like to mention about PEMF therapy or the work that you do or anything else that's on your mind?

Sean Dillon

Well, no. Just to reiterate that, for lack of a better word, God's given you everything inside those cells, you are powerful enough to change your situation. You're not a victim of anything that you're dealing with right now. There's a mechanism-

Riz Lakhani, L. Ac., M. Ac

Even if you are a victim, suppose you suffer an injury or suppose something happens to you that is not because of the environment or the terrain, you can still use this stuff to help you. It'll still help you heal faster because it'll work on improving those cells.



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Sean Dillon

Exactly. It's innately inside you. It's just magnetic fields. Cells use magnetic fields to communicate and function, and that's how this releases that potential from within.

Riz Lakhani, L. Ac., M. Ac

Well, thank you very much again. It was such a pleasure to talk with you and learn some new ways to think about some of these things. And thanks again for all the work that you do. And we'll hopefully keep spreading the lovely messaging about all this.