

ENERGY4LIFE

Energy4Life Podcast Episode #53 SuperCharged – Full Movie

Harry Massey 0:00

Welcome to the energy for life podcast where we explore the future of health and wellness to help you enhance your energy, health and purpose.

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Various Speakers 0:27

Being supercharged to me means that you have incredible energy. I have a lot more energy to keep up with my kids. The extreme cold is [inaudible]. Now you get supercharged all the people around you start to get supercharged too. Certain kinds of water is not only in good for your health, but I've seen evidence that they can actually reverse irreversible pathologies. This is the future.

Dr. Stephen Sinatra 1:54

We have like 60 million kids and, and young adults. And , and the awesome statistic is this. This could be the first generation that don't outlive their parents. So now instead of longevity going up, now it's going to be going down.

Unknown Speaker 2:14

A lot of us are hobbling, we're not moving the right way, we're carrying extra weight, we're sluggish, we're slow.

Kate Towler 2:22

I was very obese, severely obese, I was over 320 pounds, I was just really unhealthy and very tired and sick all the time.

Harry Massey 2:39

20 years ago, chronic fatigue syndrome was it wasn't really a recognized illness, and especially things like adrenal fatigue, were just, we're just not really heard of that. At that time, I was only 22. And literally, literally, it looked like my life was over. And nobody knew what to do. And I thought to myself, well, probably the best way of getting over this illness is to just climb and do loads of exercise before you know all the fresh air and good food and mountain mountain exercise would heal me. Nothing could have been further from the truth. And obviously if I'd known what I know now that that I was so strong willed, actually just pushing and pushing actually just took me all the way

down to sort of the sort of almost the boss like I had all this willpower to try things and try and get out of it. But but but my body literally didn't didn't have the energy to do anything with it. Once I got back to England and sort of started this, this eight year long journey of full full full on bedbound chronic fatigue.

Lavinia Massey 3:48

It was very difficult to see your son who's a bouncy, a healthy, active person slipping downhill completely. You felt completely helpless. Our conventional doctors here just they said well, you've got this virus and we don't know what to do about it.

Harry Massey 4:24

How I went from sickly sludge to supercharged is firstly I activated my body's healing system using energy medicine. But the second thing I did was learn how to use other sources of energy outside of food.

Sarah Turner 4:41

What I'd like to know is what is the science behind how to use those other sources of energy, because traditional biochemistry doesn't really cover that. So I'd like to speak to some experts in that field. I'm thinking of people like Professor Jerry Pollock.

Prof. Gerald Pollack 4:56

There is so much evidence that water is so central to everything that the body does.

Sarah Turner 5:02

And then also stopped to Stephen Sinatra who's written about grounding or earthing, and how you can get electrons into your body through that way.

Dr. Stephen Sinatra 5:10

What people don't realize is that these vibrations are unseen forces.

Sarah Turner 5:15

And perhaps we can look at other sources of energy like light, movement, those kinds of things.

Harry Massey 5:21

What I'd also like to do is go and meet a number of biohackers, who are taking this idea of how to increase their body's energy to a whole nother level. Because although I've cured myself with chronic fatigue, I'd like to have even more energy so I'm able to achieve more from life. The first person I'd like to go and interview is Dave Asprey of Bulletproof because he was able to go from a beast and having a low amount of energy to now being pretty much a superhuman business machine.

Dave Asprey 5:49

Bottom line is my body is an amazing piece of equipment that is designed to survive in the environment around it.

Harry Massey 5:55

I'd also like to go and meet Wim Hof, who is The Iceman, and is able to climb up Everest just in his underwear, which we would all love to do, I'm sure,

Wim Hof 6:05

they think they are not able to go into ice water, who, and that very mind is crippling them.

Harry Massey 6:14

And also, Abel James who has got an incredible amount of energy and is known as the Fat Burning Man.

Abel James 6:21

In every point in history, the biggest mistake that that societies in general have made is that we know everything right now. And we will move forward based upon all those assumptions.

Harry Massey 6:33

And also Ben Greenfield, who is a athletic machine.

Ben Greenfield 6:39

So when the light bulb went on for me, when when I realized that the way that I was training, the way I was eating, my environment, everything was not allowing me to have the longevity that I wanted.

Sarah Turner 6:53

And then perhaps we should also visit some lay people, some people who are actually putting all of these things into practice, and see how they're getting on.

Harry Massey 7:01

Yeah, I mean, there's some incredible stories like Jeremy who has cystic fibrosis, but you would never know, because he does all of this rock climbing and has a huge amount of energy for like.

Jeremy Thomley 7:13

I was born supercharged, and I want to stay that way.

Harry Massey 7:16

And then there's Kate Towler and her kids who have basically managed to help reverse the autism of her kids.

Kate Towler 7:24

Ryan, our son has autism, which makes the mix a little bit interesting between the weight loss and the autism.

Harry Massey 7:33

And we also have Joe Polish, who was originally a drug addict that has managed to transform his life through movement and exercise, and also through changing his mental habits.

Joe Polish 7:45

And so somehow, I learned that I can create my own internal power, I can learn how to do this.

Sarah Turner 7:53

Okay, so once we've spoken to some of our experts, in our bio hackers, we should have a good idea of how to get energy in the body and how to maintain energy and have that energy for life.

Harry Massey 8:02

Let's go and do it.

Jeremy Thomley 8:17

I have cystic fibrosis. I was diagnosed when I was four months old. So the biggest frustration is whenever they try to compare one patient to another, when there's so many things that are different about us that make up really who we are,

Abel James 8:31

In spite of following this advice from my doctor and traditional media so well, I was at basically in this- in the worst health of my entire life.

Sarah Turner 8:45

Why are people still so sick and tired? Why are people still settling for mediocrity and just being free of symptoms as a way of life rather than sort of living an optimized and supercharged life? A one size fits all approach to health doesn't work. We're all different. We're all genetically different. Why is the medical system so slow to take up this information?

Ben Greenfield 9:10

So the crazy thing is that people will see like, like, let's say, for example, a bodybuilder, right, they'll see a bodybuilder on stage and the person looks good, right? They're there. They're like our society's expectation of what stream manliness or, or, or extreme femininity. But what it takes to get that kind of body, at least the stereotypical approach. Then you take a closer look, and this is what I did to myself. And when you look at what's going on in the inside, you've got somebody who's healthy on the outside, but they're dying on the inside.

Jeremy Thomley 9:44

From a guy that refused to sit in the box. My cubicle was killing me and I knew when I was 16, I took control and I stopped doing everything I was supposed to learn then I can crash the thing if I want to. I started listening to my body. I definitely woke up one day realize this is mine. Nobody knows more about it than I do. I want to be moving, I want

to be working hard and everything about my diseases about momentum. And I'm not willing to give that up. It's always been about staying ahead. I'm not trying to outsmart my doctors or trying to make them feel dumb. But sometimes I feel like the tools that we that we're using the ones that are in bottles and pills and IV bags, maybe that's not maybe that's not the most effective ones.

Harry Massey 10:36

Or the other make medicine is really there to get answers. I mean, they're basically there to keep people taking drugs as long as possible, because that's the only way they can maximize their profits.

Sarah Turner 10:45

I don't know. I mean, I do think there is a place for drugs, and I think it's acute care. But I do think for chronic conditions, it definitely seems to be failing.

Harry Massey 10:54

Oh, yeah, I mean, yeah, for acute care, all good. But most, most illness has nothing to do with acute care.

Wim Hof 11:00

Doctors, the hospitals, pharmacies, pills, medicines, and all kinds of shit, making us not happy, but unhappy, and not healthy, but sick.

Prof. Gerald Pollack 11:19

Most of us are led to believe that our energy comes from food. And, of course, that we know that to be the case, you know, we eat and we feel energized. However, that's not the only source of energy.

Sarah Turner 11:37

So fundamentally, what life comes down to is energy, we need energy for everything we do, we need energy to move, we need energy, for motivation, for passion, for thought. So life is energy. But for me, having a lot of energy means that I can get out there and do everything that I want to do in life, I think a lot of people that I certainly see around me, are sick and tired of being sick and tired all the time. So to have that energy in your life, really, for a lot of people, it just means that they can just do all of the things that they haven't been able to do. Whether that is looking after the children getting further in their career, whether it's just having time at the weekend to do the things they like, instead of just crashing out on the couch after a week at work. So really, you know, having that energy being supercharged, is really such a fundamental thing. And really, it's in everybody's reaches, there are very simple ways to get this energy.

Harry Massey 12:35

Energy is the most important building block for life. And for instance, when you don't have any energy, you can't really do anything, you can't, you can't have a career, you can't be happy, you end up diseased and ill which is what happened to me. And the opposite of that is when you have abundant energy, you have like a super lightning

quick mind, you're much happier, you're able to flourish in your career. And in short, you know that the happiest, most successful people have abundant energy for life.

Sarah Turner 13:06

Everybody knows that we get energy from food. But really, when you think about it, from a fundamental point of view, food is just electrons and movement of electrons. And electrons flowing through a chain that caused the release of energy in the body.

Dave Asprey 13:32

If you think about how food gives you energy, it gives you electrical energy. And a lot of chips, white electricity, like I'm not a battery. Well, parts of you kind of are like that. Because what happens is you eat food and glucose or fat or protein, these things, eventually, we hope unless they're stored as fat or excreted, they turn into ATP, which is the primary thing that the mitochondria in our cells use. So they generate ATP, they use ATP to get an electron that would be electrical. And once they generate that electron that fuels the cell, then they recycle ATP through a process in humans. That's kind of like what most people know what happens in plants with photosynthesis.

Ben Greenfield 14:21

I've been steeped in exercise science and nutrition science for decades and what everybody preaches is the way that you get that ATP is with calories, right? You eat the right protein and carbs and fat ratios. And you know, you get your pre in your post workout nutrition, you make sure that you have your breakfast and that you eat frequently and you keep your metabolism elevated. But what people don't realize is that only accounts for a fraction of the energy that your body is actually able to produce.

Dave Asprey 14:54

The body is neither chemical nor electrical. It's both and if you don't believe me, then Walk into a taser and see what happens. Like we know if you put a strong shock on someone, something happens, we measure the flow of electrons across nerves. It's called a nerve conduction study. So we know where electrical, we just like to think that we're chemical. And that's a broken model, because you can affect electricity with chemicals, and you can affect chemicals with electricity.

Sarah Turner 15:24

And so if we start to think about energy more in terms of electron transfer, then we begin to see that there are other ways that we can get energy into our body.

Harry Massey 15:35

There are all these other ways that you can increase the electron flow in your body. So for instance, just like a plant does photosynthesis, you can use light to create electrons in your body through structured water.

Prof. Gerald Pollack 15:49

There's one source of energy that comes from light, we have direct evidence that the light produces energy.

Ben Greenfield 15:57

If you're not taking into consideration your body's charge, based on the amount of light that you are getting, the amount of light that you aren't getting, or even the type of light that you're getting blue light versus red light versus sunlight, then what that means is that all of your your efforts to eat a healthy diet, they're for naught unless your body is actually charged properly.

Harry Massey 16:23

You can also do things like grounding, where electrons are coming up through the earth and through your feet. But also, of course, your how your biochemistry is, is really, really important for the flow of electrons. Because if you have a healthy internal mineralized See, then you'll get a very healthy flow of electrons through your body.

Sarah Turner 16:52

The most crucial thing for our health and for getting and maintaining energy in the body is being in the correct environment.

Dave Asprey 17:02

When you change the environment around you, or the environment inside you, your biology response, you don't will your biology to do something, you give your biology a signal, and the signal your biology listens to isn't what you want, it listens to what the environment tells it. So I consciously manipulate the inputs to my body so that it will behave itself. And when it does that it unleashes a huge amount of willpower and energy.

Harry Massey 17:26

And from my perspective, the environment is at least as important or perhaps more important than the foods that you actually ingest. And I know in my own case, when I was trying to get better from chronic fatigue, I'd followed a really, really strict super healthy diet for years and years, yet I was still ill. But the moment I actually changed, my environment started changing. My relationships started changing that where I lived, some of the activities that I was doing, making sure those getting out in the sun and like doing activities was connected to us electrons. The moment I started to do that, my energy levels started to soar. And my diet was consistently the same both in the early stages of my illness and when I changed my environment.

Dave Asprey 18:13

I change my diet. And I changed the way I exercise, I changed the temperature of things around me I change the type of light that I'm exposed to the time I sleep, the time I eat time I exercise, those matter greatly. Because bottom line is my body is an amazing piece of equipment that is designed to survive in the environment around it. So it senses and responds to that environment, it doesn't sense and respond to what I want very well. So I'm going to stop using my willpower, wasting it and trying to make my

body do things and instead say, this is the lever, this is the trigger. This is the switch I can throw they'll make my body listen and respond.

Sarah Turner 18:51

Mae-Wan Ho, a hero of mine and someone who wrote extensively on water. She said that water is the medium and the message of life. And what she really meant was, you know, we are water and water is the way that our bodies communicate. And water is the way that we get energy from the environment. So water is crucial in the way that our bodies get energy in the way that we maintain energy.

Harry Massey 19:17

There is no life without water. And just like all the fish need the ocean to live in. In a way our bodies are no different. The earth is 75% water with all the oceans. We're born into water, when you look at our bodies were covered in skin, but inside the skin is like this internal ocean where every single cell and every single bacteria is living in this matrix and medium of water. I mean, there is no life without water. So it's really really important to make sure that your internal sea is full of charge, that it's as clean as it can be and the East surround yourself with the right environment. Because ultimately, it's your environment that will affect the quality of your internal sea. And in turn, that affects the quality of how healthy your cells are.

Ben Greenfield 20:13

Water that's actually vibrating at a specific frequency, specifically frequency would find in nature, right like in water traveling and underground springs. And in the type of form that we might find in water, like tumbling down a mountainside, you know, coming out of the hills, that water vibrates at a frequency that's far, far different than a water that's just like sitting, stagnant, unmoving on type of water that, frankly, most of us drink. And the idea here is that when water is vibrating with that frequency, it's able to carry a lot more energy, it's, it's what's called structured water. And it's able to feed into the cells a lot more easily. And it's a it's a far, far better way to hydrate the body, when you're drinking, that kind of water gets into the cells a lot better, it's able to carry energy a lot better, and it's water is more complex than just H_2O .

Prof. Gerald Pollack 21:08

The fourth phase of water is, well, it's another phase, and we're all taught typically, that that water has three phases is solid, and liquid and vapor. And the fourth phase of water is, is somewhere in between a liquid and the solid. It's a kind of crystallin type of water, and there's a lot of it. So your sales and my sales are filled, not with H_2O , but with easy water. Easy stands for exclusion zone, we call it an exclusion zone, because it excludes, well, almost everything. So exclusion zone - EZ. That's how it got the name, it's synonymous with the fourth phase of water. People who are healthy who are athletes are actually more negatively charged and people who are sick, have less negative charge with the more negative we are healthier we are. And that's manifested in ZE water, because the EZ is negative. You think of the body is very complex organism. And obviously there is complexity. But the body is basically a battery we need recharging of this battery, we need recharging to kind of recharge them that we get is not only from

the food that we eat, but also from the light that's absorbed. That's the energy that builds EZ water and separates charge, it's the separated charge that I believe is the essential part of running our system. This is fuel for our body.

Harry Massey 22:43

Most of us think of water as being this carrying medium for all of the nutrients and oxygen so that our cells can thrive. But that's actually not its only use in the body. It also has this really peculiar property when it's inside cells, is it ends up in this gel like type structure. And when it's in that form, it's actually able to convert heat and light into a source of electrons for your mitochondria to use as a source of energy. In other words, your body acts a little bit like a body battery that is able to be charged through light and heat.

Sarah Turner 23:18

Okay, so pay attention, I'm going to explain the body battery. Just like in a normal battery, where we have a positive and a negative terminal. This is the same as what happens in our body with structured water which forms the negative terminal of the battery. And in the same way that you have to charge a battery, we also have to charge our bodies. And we can do this with energy sources such as from the sun, from ambient heat around the room. And we're also going to be looking at things like how you can charge with cold with movement and with grounding. One of the easiest ways to get structured water into your body is to drink pure spring water, or glacial melt water or water that's come from a natural well. Another way to do it is to drink bottled spring water in a glass bottle or to juice organic vegetables or to expose your water to sunlight. Another way is to drink concentrated structured water.

Harry Massey 24:20

Or you can also do loads of activities. Like for instance, you can just go swimming in the sea or go and sit in a nice cold river or you can go kite surfing or surfing. But all of these ways are a ways of getting in touch with structured water. And there is actually a scientific benefit to this because as soon as you're exposed to water, it makes your skin more conductive. So you're able to get Earth's electrons into your body more easily. And by definition you're already out in nature and being exposed to the sun. So to get the maximum benefit of structured water, drink it but also be out in it play in it and you know, live in it. One of the ways that I tried to get myself better and give myself more energy was homeopathy. Now how homeopathy works is, you take a substance, and then you dilute it millions of times in a solution like water. And then you take that solution, and you drop it onto a sugar pill and end up eating the sugar pill. However, what's curious about homeopathy is what you're actually diluting is intrinsically a negative message. Because, for instance, you take something like Nux vomica. And then the idea is that your body will react to that particular negative message to trigger a healing response to get yourself better. Now with myself, I ended up getting this reaction from homeopathy. But unfortunately, I didn't get myself cured. However, what it did say to me is that there's something in this idea that a substance or a solution can have a memory. And I thought to myself, well, perhaps if you could use positive information instead of in homeopathy negative information. So what I decided to do

was record the information of healthy tissue, and then imprint that information into water and just drink that water. And incredibly, I got my health back. Professor Pollock has been able to show is that water under certain conditions, I when there's lots of minerals present, or when it's next to water loving surfaces, such as that you get an all cellular tissue in the body is that water has a structure or if you like crystalline properties. Now, why that matters is that as soon as you have a structure, you're basically able to record and imprint information into that structure, which is extremely useful when you're trying to transmit information into the body.

Prof. Gerald Pollack 27:01

Now people have questioned the idea of water memory for good reason. The good reason is that is that the studies have shown that h₂O the stuff that's here that the molecules, the molecules are moving around at a very high rate, a femtosecond rate, and so any molecules that are randomly organized and moving around so quickly, it's hard to imagine that it could store any information whatsoever. Okay, but now, we discovered the EZ water. And this EZ water has a crystal like structure is sort of like computer memory, if you think about computer memory. But computer memory is basically silicon silicon dioxide atoms arranged in a regular three dimensional array. This is similar to that. And so there's a possibility that the same principle that's used in computer arrays could be used here. So the possibility exists, that this could store information. When we first started working with with water and discovering this phase of water. We didn't, of course, at first No, no, the structure and the idea of information and water was something that seemed weird and strange. And, you know, maybe possible but but now with each passing year, and seeing information and experimental evidence, clear experimental evidence that it can exist, it has changed my view a lot.

Harry Massey 28:33

So what I decided to do was record the information of healthy tissue, and then in print that information into water and just drink that water. And incredibly, I got my health back.

Prof. Gerald Pollack 28:47

There is so much evidence that water is so central to everything that the body does. This is the future.

Dave Asprey 28:54

There is compelling research that says there's something going on with water, and that the water carries information in it.

Sarah Turner 29:05

So Harry, maybe you can summarize what we've just learned about memory of water, because really, it's what helps you on your healing journey.

Harry Massey 29:12

Yeah, absolutely. Now, one of the great things about structured water is that it's much more easily able to contain a memory. And that memory can either be positive, or it can

be negative. Like for instance, if you're living in a city and drinking a lot of tap water, that water continuously picks up all of the bad memories of all the chemicals and drugs and pharmaceuticals that are in the wall system. Or equally, you could take really clean, fresh spring water that is highly mineralized. And you could add your own positive inflammation to it. Depending on the effect you want, which is exactly what I do at home.

Wim Hof 29:46

We are able to go into cell level and it showed because I instructed people in just four days to be able to go in shorts at Minus 10, beginning in shorts, after four days, and then climbing up a mountain minus 27 Celsius, which is really cold. And the doctors were with us, completely dressed with shoulder gloves, and hats, and all added codes and all that and they were suffering from cold and these guys 12 of them. They were not suffering from cold, they were dancing. We did the Harlem Shake on top of the mountain, after hours, going from minus 10 to minus two to seven.

Harry Massey 30:44

In sports medicine, people have been doing cold thermogenesis for years to treat injuries to lose weight and things like that. But I think we're Wim Hof has taken this to another level, he's been able to prove and show that you can take completely ordinary people from in any type of state have a much energy or have a little energy that they may have, and be able to do cold thermogenesis, and then be able to do things like walk up mountains with very, very little training just in our underwear. No, that's completely incredible.

Jeremy Thomley 31:17

I hate the cold like who like who looks forward to that my breathing treatments right now if I just want to play. And then I realize I can play better if I breathe better. And if I get used to the cold, then every time the weather changes 30 degrees in one day in Mississippi that I won't get sick, I've reached the threshold. The shiver has shut off. Now I can stand here all day.

Dave Asprey 31:57

And after about three minutes of resistance, the nervous system just melts and it stops resisting. And all of a sudden what was a really painfully cold ice bath becomes like a blissful experience. Your body generates a huge amount of endorphins, basically onboard opiates, that make you feel really good, but also helps to regulate inflammation. So then you get out of this before you start shivering and believe it or not, you don't shiver for the first few minutes. And then you're a little cooler for hours and hours and to get warm your body burns hundreds more calories, it melts white fat and it adds brown fat which is this energy dense kind of fat that you want to have

Wim Hof 32:36

Absolutely within the possibilities. But slowly, listen to each other go with each other give each other all this energy existent. And let's go do this.

Last year after after we did a study comparative study with the doctors because they saw I could influence deeply into the autonomic nervous system, that what is not under our will it's out of our will we are not able to influence therein.

Peter Pickkers 33:31

[speaking in Dutch]

Wim Hof 33:43

And now it shows that this ice man is able to influence into the autonomic nervous system. Not a little big time. Whoa, but he's an exception. He's The Iceman man. So no, no way that exception confirms the rule once again. I told him no, anybody can do this. And four days later, they had to go into an endotoxin experiment in the university, which is injecting bacteria which normally people have no control over. It's a reaction on the immune system. And you become really and have a severe headache, uncontrolled shivering. All over agony. Just like [groans] because you have no control that because of our comfort in our society, we lost control over the depth of our physiology.

Dave Asprey 34:39

We are animals at a certain level and our biology expects there to be a summer, a fall, winter, and a spring. We like to think that we're sort of separate from those cycles but we're not when you use cold to tell your body Oh, it's nighttime you sleep better when you use cold to tell your body, burn fat. It will do that.

Kate Towler 35:04

Well, we started out with face dunking. And, and that was alright, that wasn't too bad. Going into the compression shirts with the ice on the chest that was a little bit more difficult. And then I said, Well, you know what, I'm just going to jump in with two feet and take a cold shower. And which eventually turned into a cold bath. And then I kind of realized, why don't I just go sit in this now.

Wim Hof 35:40

Strong belief is able, like this mother, who sees her child under the car, it lifts the car. You see, that's focus, that's the capability of our brain, but we do not know how to tap into it. We have a right now we know. So, you use this belief, belief is nothing more than the mind concentrated within which is a neurotransmitter in the electrical signal, you just do it. You get to this level and you use breathing to become alkaline, because it is neuro[inaudible] a transmitter is an induction of the neurotransmitter in an alkaline body is very fast. So it listens. And then you are able to confide and to trust your body again, to be able to resist for example, a bacteria or stress or an adventure or a challenge or any goal fulfillment.

Commentator 36:43

Remarkable finding that I would like to share with you is that he increases his metabolism, he can heat up his his body,

Wim Hof 36:51

They think they are not able to go into ice water, who and that very mind is crippling them. But what I see now, anybody who comes to me, like 50 or 500 or 600 or 1000 people in one afternoon, they are all in to ice water, regardless of age, or having a disease or doesn't matter doesn't matter they all go in they just need a bathing [inaudible] because they feel so good.

The cold is merciless, direct, righteous, and it brings you right down in the depth of your physiology, if you just go beyond the conditioning, if you do that, then the physiology and the depth of our prehistoric you know build up developed mechanisms they open up and when they open up, they you know and understand from within the sounds of life itself.

Commentator 38:09

Here he comes, fantastic!

Sarah Turner 38:16

So some people might think that that last section on cold thermogenesis was a bit hardcore.

Harry Massey 38:21

Well, the thing is, Sarah cold really activates eating like it helps to correct all your hormone levels. It helps to generate internal heat to charge your body's battery increases libido, corrects fibroid issues, and generally it's really good for you.

Sarah Turner 38:37

And really, it doesn't have to be that difficult. You can start with something as simple as just dunking your face in cold water for a few minutes at a time.

Harry Massey 38:45

You can also just go and have cold showers or if you're really hardcore, but you need to work up to this. What do you do, Sarah?

Sarah Turner 38:52

Well, well, what I do because I live near the Pacific Ocean is I just do sea swimming for 10 minutes three times a day.

Harry Massey 39:00

But I think if you want to go all the way like Wim Hof does, he does loads of deep breathing, so he super upsets himself and calms down his nervous system. And then he jumps in the ice.

Sarah Turner 39:10

Yeah, so basically, you don't have to be climbing up mountains with just your underwear on to do cold thermogenesis and get the benefits.

Dr. Stephen Sinatra 39:18

Over the computerized age, especially into the 1960s and 70s. There's been a sea of non harmonious chaotic waves around the earth. And it comes from cell phone towers and computers and baby monitors and Bluetooth.

Sarah Turner 39:36

If you think about modern life, we're now almost completely disconnected from nature. You know, we go from heated homes, into our cars into heated artificially lit offices and back again, it's a completely different lifestyle to the one that our ancestors would have led to being more connected to the ground. Sleeping on the ground, being in tune with natural day and night cycles. So from the point of view of the life that we live now, it is a completely different life, you know, we are much more connected to technology to our phones, which are emitting blue light, it's in effect, it's an artificial sun that we're looking at, you know, sometimes from early in the morning till late at night. So really, what we need to do is get back to a more connected way of life back to a more natural way of living where we're more in tune with our natural cycles.

Joe Polish 40:31

We're the most addicted culture, and we are more connected electronically than ever before in history, and it's not going to get, that's not going to let up, it's actually going to get worse, but we're the most disconnected from other people from ourselves than we ever have been as a culture. So I think if you don't manage modern life, it will manage you.

Dr. Stephen Sinatra 40:52

Now, with the computer generation, we're increasing our technology, we're doubling every two to three years. It's kind of scary.

Wim Hof 41:00

And we think we can control we are the technology, we are Wow, so much above animals, but we cannot control our happiness.

Dave Asprey 41:13

And I do realize that when I was obese, I would sit in a room with 1000 watts of bright house and light late at night studying and reading and doing work and things like that, which is something that contributes to obesity that no one talks about.

Wim Hof 41:30

You know, that the biggest nuclear plant is the sun itself, but it's the right resonance and right energy. And we, we copied it, and we copied it artificially. And we are using it in a way that our physiology, the melatonin serotonin balance is dis-balanced. And we just need to learn to balance again.

Dr. Stephen Sinatra 41:56

What people don't realize is that these vibrations are unseen forces. We can't see them, taste them, smell them, hear them. But they're insidiously breaking down our cells in

our body. And it's relentless. And the younger the child in utero is the worst infant, this is the head, but the younger the child, the worse the effect.

Harry Massey 42:22

What Kate's managed to be able to do have a family is really helped our kids to become in tune with the circadian rhythms. And she's really done this through changing their environment and their relationship to technology. And what's really incredible about this is, we're all used to thinking of autism is either something is incurable, possibly caused by vaccines, or perhaps having a genetic disposition. But what Kate's family story has been able to show is that just through simply changing your environment, getting more in tune your circadian rhythms and having a balance with technology, she's been able to help her children to overcome symptoms of autism, and that's really quite incredible.

Kate Towler 43:10

He had a ton of repetitive behaviors that he, he just was not able to focus or, or stay put for more than three seconds at a time. And, of course, socially, he was in his own little worlds. We went to the schools and they said, Well, we have a preschool program that has a wide range of kids in there between autism and Down syndrome. Autism is it's an energy shortage. You know, the brain is trying to process all of these sensory things. And it just sorry, I don't have enough energy to process all these things. So when we started to manipulate his environment with the lights and the grounding and turning off the Wi Fi and all these things, you know, he was able to create more energy pathways and reconnect them or connect them for the first time. And that's where we really started to see the growth and Ryan.

You like school? What do you like about school, resource, curse recess, we hardwired all of our computers. We got rid of that iPad that had the Wi Fi. We actually for a while it got rid of our TV. And then we ended up re buying a TV but it's not a smart TV. It does not have Wi Fi. There's nothing special about it. And then yeah, we changed all of the lightbulbs and we had red for the night lights and then Um, the majority of our house is either amber or orange. That's kind of a huge thing, especially in the realm of the autism stuff. Yeah, they started sleeping through the night and they started to calm way down. I kid you not. Eight o'clock rolls around, and my kids are like, it's bedtime. And they put themselves to bed. The changes that we made by fall, when he went back, the school was floored. And, well, the school called us. And they said, So how's Ryan doing at home? And I said, Well, he comes home and he's he's got this big grin on his face. There's something different. We don't know what it is. We don't know what you're doing differently. But we need to know what you're doing. I said, Well, I don't know if this is a good phone call, like, is he disruptive? Is this is this a good or bad kind of phone call? And they're like, No, no, no, no, no, we mainstreamed him. And I took three seconds to myself thinking You didn't? You did what you mainstream my kid. And not too long after that. They called back and said, Oh, we got to change his goals again.

Ben Greenfield 46:41

But I fight the damage. I try and marry a modern life to an ancestral life. How do I do that, I have things like dirty electricity filters installed in each room in my home. So I'm limiting the amount of electrical surges that are occurring in my home. I use the internet but I use metal shielded Ethernet cable in each room of the house. And rather than having the Wi Fi router on, I plug into the wall outlets, just about everything in my home that runs on electricity has some kind of an EMF blocker attached to it.

Abel James 47:16

The ways that I like to reduce exposure to blue light are by number one, to the extent that I can being away from technology after the sun goes down. If I can't do that, I'll wear blue blocking glasses, which can be really helpful. And also, there are so many cool apps and pieces of software coming out today that allow you to pull the blue light out automatically of your electronics after the sun goes down.

Harry Massey 47:39

But just to summarize, technology is rising at such an exponential rate. But along with the rise in technology that unfortunately, it doesn't have the greatest effect on our own biology. But there are ways to minimize it. How do you do that, Sarah?

Sarah Turner 47:53

Well, we can do simple things like on our laptops, we can hardwire them in using an Ethernet, we can turn off the Wi Fi when we're not using it, we can not have it on our laps, we can use grounding mats when we're on technology.

Harry Massey 48:06

Yeah, and also after dark, we can limit our exposure to blue light. Two ways of doing that is to use orange glasses. Or you can also use these filters on your computer screens and on your phones.

Sarah Turner 48:17

Really, it's just about striking a balance between the world we live in, which is a technology world and getting out in nature. Exactly. Well, good idea to come for a walk Harry, I'm starting to feel a bit more charged.

Harry Massey 48:29

I just love being out in nature, you can just feel some on the back of your head and the electrons coming up through your feet.

Abel James 48:36

There's a reason that you feel good when you go out in the sun, your body's actually using that sun to create nutrients for your body to thrive on. And so many of us today are just kind of stuck in cubicles, or stuck in cars and dodging the sunlight because we've been brainwashed to think that it's going to give us cancer immediately. Or if we do go out in the sun. We're slathering all these other toxic chemicals onto our body to make sure that we don't get even a little bit of sun. But if you want to optimize your health, Sun is an essential nutrient for your body and a source of energy.

Harry Massey 49:14

Our bodies are naturally adapted to living within circadian rhythms. And what we mean by that is, if you took all of our technology and modern lifestyle away, we would wake up from the sun, the sky would go blue, and that strong blue light stimulate cortisol. So we would get this nice rise in energy we would go out and hunt for food and do quite active things during the day. And then as we get towards the end of the day, the sun begins to set starts to go, it starts to go orange and it starts to produce melatonin or cortisol level goes down our melatonin goes up and we end up in this nice natural state so we get a really, really good night's sleep.

Sarah Turner 50:02

And then towards the end of the day when things start winding down and the sun starts going down, this is a time when we want to do things like not looking at technology, trying to have more sort of peaceful, orange light in our houses. So that we are, again, we're mimicking what's going on outside. All of these things help our bodies to stay in tune with that natural cycle. And that's going to have huge benefits for our physiology.

Abel James 50:28

Your body really needs to get those visual cues to know when it's dark when it's light, so that it can release the natural hormones it needs to to help you sleep and stay asleep all night long. That's one of the reasons that we're so stressed. And so sleep deprived now is that we're not in touch with those rhythms at all.

Harry Massey 50:52

Look at you, Sarah. What you reading?

Sarah Turner 50:54

I'm actually reading about the photoelectric effect, Harry, I think we really are missing a trick with this.

Harry Massey 50:59

I think you might be missing a trick that it's actually all out here. It's not in the book, Sarah, that's how about just experiencing it. You can see how it works in physics, but why wouldn't it work in biology? I've got the rope tied in. I'm putting on my shoes. I'm gonna go climbing. I'll leave you cfao Electric effect. Yeah, you crack on Harry, I'm just gonna finish reading this chapter. All right, well, by the time I'm back, I expect to know all about it.

Dr. Stephen Sinatra 51:24

It's all about balance. I mean, you don't want to lay in the sun for an hour, and you don't want to get a lot of actinic damage. But 20 minutes, once a day, it's not gonna hurt you.

Sarah Turner 51:33

So the take home message from that was really nature knows best.

Harry Massey 51:36

Now, sunlight is just as important to nutrient as any vitamin, mineral, or even food itself.

Sarah Turner 51:42

And to get that nutrient you need to expose yourself to sunlight, especially in the morning when the sun's not at its strongest.

Harry Massey 51:51

Really To summarize, all you need to do is be in harmony with the sun's day and night cycles. So during the day, get out in sunlight, let it charge your body's battery. And at night, just calm yourself down, get an early night, and don't stay up watching blue screens all night.

Jeremy Thomley 52:10

Everybody's gonna die. I just happen to have a heads up and know that I need to care for this certain thing.

Harry Massey 52:25

Jeremy was born with cystic fibrosis, which means the energy stack is unfortunately against him, where with every breath, he needs to get as much oxygen and energy in as he can.

Jeremy Thomley 52:38

To tune out the noise and really pay attention to what's going to feed me is important. I've been through all kinds of stages of not taking medicine and total rebellion and some of it was punk rock music, but it was mainly inconvenience. I didn't want to do all that job just to survive. And then I started to see "how can you not?" my life is too fantastic. The people around me made it so obvious. I love love love climbing and adventure and all that stuff.

Harry Massey 53:18

His main activity is rock climbing, where he's putting his hands on the rock. Constantly absorbing as much electrons as he can from the earth to help support his body's energy. And he's also very careful to use technology to an absolute minimum so that it doesn't rob him of any essential energy that he needs for his life.

Jeremy Thomley 53:45

I tend to run out of breath - everything's affected but do I have the energy to put into this and can I allow my body to experience this will it be healthy literally for me? It impacts and shapes everything.

I feel like my body is being is harvesting electrons or in this case, or happy thoughts or whatever that feels like but I just know that I'm I'm tuned in level to to utilize the world around me and no longer is it something that's holding me back from optimal. This is something that that I was born into. I don't have to fight it for once I can just fall right into it and and let my body be at home. So yeah, I can tell you that my heart is a cathode

or that it's a, it's a super magnet, and then I'm. And then when I do CT that I feel like I'm strengthened to the magnetism of my body, and I'm pulling the most beautiful things in this planet to me. And that is what I've taught myself. When I feel like I'm doing everything that I can do, I feel empowered. And often when I'm when I'm grounding, for example, are climbing, I literally feel charged, feel feel supercharged.

Harry Massey 55:35

A way that I've been able to increase my energy through my healing journey, is my relationship to my outdoor activities are two of my favorite things are one kiteboarding, which I do on the ocean. So I'm constantly in touch with the electrons straight from the ocean. And then the second thing is rock climbing, where I'm able to put my hands on the rock and spend all day outside and totally be in tune with Earth's magnetism and grounding electrons.

Prof. Gerald Pollack 56:05

When I was a kid, growing up in New York City, we had the ocean right near the beach, and we go every weekend in the summer. And I remember an experience of getting buried in the sand. I mean, most of us know about walking barefoot, on the beach, we feel good, but we don't really understand why we feel good. And I think the reason we feel good is we're touching the earth and gaining negativity. But I was buried up up to here, my friends buried me and we buried them. And it was fun. And I remember so distinctly feeling so good, that I just didn't want to get unburied. I remember I had no clue at the time what that might have meant, but I remembered it because because it was such a significant feeling that and now I understand I'm connecting myself My whole body, not just my my feet to the earth. And receiving that negativity negative charge is is what we need to be healthiest.

Wim Hof 57:01

Just go simply barefoot, running and and walking, because the ground is electricity.

Dr. Stephen Sinatra 57:22

So in earthing, what we showed is not only that you thin the blood, but you balance the autonomic nervous system. But what's the mechanism? I mean, how does that happen? What you're doing is you're absorbing electrons from the Earth's surface. But when the electrons come from, well, they come from solar rays. They come from, you know, sunspots, but they come from lightning. People don't realize it, but the earth is struck by lightning 1000s of times a minute, especially around the equator. And the earth is charged with all these electrons. And the beauty is they're free! We put our bare feet on the ground. And we take in that Schumann energy, that 7.83 hertz. What that does, and in an experimental work that I've done on it shows that we improve the blood viscosity. In other words, we make the blood thinner. And whenever you make the blood thinner, make it more like red wine, you're enhancing the health of the organism. So when people go on vacations, when they're walking on the beach, water is going over their feet, and it touching the minerals that are found in the sand, willows, seashells have minerals in it. And that K1 point, the soul of a foot is a crucial point, because it's actually the master point for the meridians, the energy processes of the

body. So when you walk barefoot on the ocean, or on grass or on concrete, you're absorbing these the energy of the earth and the energy of the earth, Mother Earth is healing and the bottom line, it's quenches the fires of inflammation. That's the bottom line with earthing.

Prof. Gerald Pollack 58:54

So merely by walking barefoot or, or sitting in a mud bath, you can achieve that increase of negative charge.

Harry Massey 59:04

Now the last section was all about negative charge and the need to ground ourselves. However, I'm always trying to tell Sarah to be a bit more positive.

Sarah Turner 59:13

Well, when we're talking about going barefoot, we're actually talking about being more negative. Because when we put our bare feet on the ground, we're actually drawing up negatively charged electrons into our body, and other strangers It may sound that's what we need to power our bodies battery, that negative charge

Harry Massey 59:30

And Dr. Steve Sinatra. He's done a number of really interesting experiments, but he took a load of his patients. He measured their blood, looking at their inflammation markers, but also the clumping of their red blood cells. And what he found is when those patients were grounded, inflammation went down, and the energy of the red blood cells went up.

Sarah Turner 59:51

And there are a number of ways you can use the ground. The simplest way is obviously to put your bare feet on the ground on grass or on murder on concrete not on word. You might don't actually want to do it if you're in a city because you might get more pollution into yourself. And also, if you're in a place where you can't get out into the ground, there are various bio hacks you can use like grounding sheets and grounding mats under your desk, which also allow you to quickly connect to ground.

Abel James 1:00:16

One of the biggest things that we're missing today in our own circadian biology is movement. Now, a lot of us exercise, and then we go to being sedentary all day and all night. And then we go back to exercising again, most of us need to exercise less and move more, just as part of our daily habit.

Harry Massey 1:00:39

Joe's an amazing character, because he was able to overcome his addiction problems, simply by going to the gym doing more movement and changing the state of his mind.

Joe Polish 1:00:53

When I was like, in my worst state, really skinny, I mean, I had no energy, I was tired, I would actually do drugs to actually get energy, I would wake up to get high, and I would get high to go to bed. I mean, it was like, there was such, so much of my life was built around the consumption of drugs, everything that I did, I had to deal drugs in order to, you know, support my habit problem was I was, you know, destroying my body, I was deteriorating my mind in the in the process. I completely removed myself from all my friends, all my relationships, everything related to drugs, so I didn't have access to it. And that gave me a period of time where I literally could could stop. I started working out I got a job at a gym, I started selling health club memberships, and I completely changed my my lifestyle. And I started exercising, and it was painful. And I was sore. And it took a while to kind of learn what to do and how to do it. But I was there. And I kept doing it. And all of a sudden, I started feeling better, I started feeling more energetic. And I was like, wow, I like the way that I feel. And I love that. And so I totally got into exercise and I transformed myself physically. I you know, I was never like this big guy. But I became very muscular. And I became very strong, and what it did for my mind and how I felt and I was like wow, through exercise, you could actually reproduce, you know, chemistry in your brain. You know, sometimes a gym membership will do more for someone's mental state thing, you know, going to a therapist. There's there's a Indian proverb, which is He who has their health has 1000 dreams, you does not have their health has only one and having been so close to death.

By my own behavior of doing drugs, I think I had a great contrast of man, here's what it looks like and feels like to be incredibly guilty to be incredibly out of it. And here I am feeling strong. I want more of that. I'm an entrepreneur, I'm the founder of the Genius Network. What I realized, though, is that even if you truly are victim, even if you've had bad things happen to you and in who has right at different levels for different people, you just don't get any power out of it. And so somehow, I learned that I can create my own internal power.

Harry Massey 1:03:19

One of the reasons movement is so critical to increasing your overall energy in the body is without movement, you don't get proper energy flow. And it's actually that energy flow that makes you feel like you've got a lot of energy and that you can think quickly and coherently.

Sarah Turner 1:03:37

Movement is really important for us as humans, because really, we've evolved moving, we are adapted to do functional movement. And by functional movement, I mean movement that our ancestors would have done, like running to catch prey or long walks over plains. So any of that kind of movement that mimics you know, the movement that we've evolved to is going to be hugely beneficial.

Ben Greenfield 1:04:04

A lot of people think of exercise, as this pill that they take at the beginning of the day, or at the end of the day. That's not the way that I live my life. I hack my environment so that I can engage in low level physical activity all day long. What do I mean by that? I use

a standing workstation that will go up and down. So I can stand, I can kneel, I can lunge. I can lie on my stomach, I can get up on my knees. I use a treadmill workstation so that when I'm doing phone consults, and when I'm on phone calls, or when I'm typing, I can walk three to five miles every single day. By the time I get to the end of the day. Exercise is not a necessity. It's an option.

A lot of people think that to get fit You have to exercise for a really long time, especially if you want to do things like build stamina, and build endurance. But what research has shown is that you can simply expose the body to really brief bouts of high intensity interval training. To build fitness just as fast, it's a lot better than a two hour run is one of the things that I'll do on a bicycle or swimming, or lifting or running is simply three firsts.

Harry Massey 1:05:48

Now, really, one of the most important things to do is just keep moving around all day. And that includes lifting people like Sarah wants to do, really anything

Sarah Turner 1:05:58

that's natural to the body. So natural functional movement, standing, more climbing, lifting, heavy things, walking. And really,

Harry Massey 1:06:07

this is all about just doing quite gentle functional movement, because it's not overly stressing the body like pounding yourself in the gym or running for an hour on concrete. But if you really want to enhance performance, you should mix this functional movement in with really intense bursts of exercise. So really, what we're saying is move more

Jeremy Thomley 1:06:25

always been about staying ahead. I'm not trying to outsmart my doctors or trying to make them feel dumb. Sometimes I wish we'd stop trying to chase down a cure, and just try to be the cure.

I was born supercharged, and I want to stay that way. If something beats me down to a punch bug, then I'll take it. But I won't go easy. The doctors and they don't always get along because I think I can do it. And I think I've done enough. I woke clarity from a trial, I don't want to just be just submissive and die quietly, it's gonna be a fight.

Kate Towler 1:07:19

I feel fantastic. And really, when you think about it, it's a never ending journey. You don't just lose all the weight and you're like, Hey, I'm tired. You know, there's always things that can be improved.

Joe Polish 1:07:31

If you think of yourself as a battery in your drained where you have no charge, then you want to charge your batteries. And so charge your batteries, sleep, exercise, nutrition,

those sorts of things. But if you want to be supercharged, if you want to go to a whole nother level, you look at things like what I look at as meditation, floating exercise, flexibility, in a great environment that keeps me supercharged. I feel like champion,

Harry Massey 1:07:57

I just want to keep going. I want to see how far you can take the sort of biohacking and supercharged and yeah, I mean, for me, my life has always been about learning about healing and health. And I just want to continue that to see really, really what what is possible in the human body.

Sarah Turner 1:08:14

This is one of the most fascinating things to me is despite learning all the science behind what it used to be supercharged. Ultimately, what it's all about is getting back to nature, and charging the water in our body batteries.

Abel James 1:08:27

So I love to see people go from being kind of Fat, Sick and sluggish. To all of a sudden being obese, in their day to day lives,

all of a sudden, they're making tons of money, you're finally taking that vacation with their family, they're doing things that they've always wanted to do, because they experience being supercharged. And once you do, there's no turning back.

Ben Greenfield 1:08:48

So we're living in this charge, connected environment. Now, if you get supercharged by optimizing your air, your light, your water, your electricity, your emotions, and all the people around, you start to get supercharged to then all of a sudden, we bring up and we optimize the physical, the mental, and even the spiritual performance of the entire planet. And I find that incredibly exciting.

Harry Massey 1:09:21

As you start to get supercharged, and use all of these alternative sources of energy outside of food, your body ends up like this living matrix of energy, where you feel like you have abundant energy for life.

Wim Hof 1:09:34

That's supercharged. That's more than the normal. And that should be normal to be supercharged.

Harry Massey 1:09:44

Thanks for listening to the energy for life podcast. If you enjoyed the show, please take the time to rate review and of course share. Thank you and see you again soon.