
Anne Bernard: Pulsed Electro Magnetic Frequencies in Health

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Speaker 1: Anne Bernard is a naturopath and an acupuncturist, and enjoys working with patients who are eager to take power back and learn about nutrition, cleansing programs, lifestyle changes, weight management, pain management, and hormonal imbalance. She gives her patients the tools to become their own health masters. She uses very affordable laboratory tests, and 3D body imaging, which pinpoints major imbalances. She seeks underlying contributing factors, such as heavy metal toxicity, allergies, organ toxicity and nutritional status. She specializes in pain management; back pain, neck pain, herniated discs, sciatica, old injuries, digestive issues, chronic fatigue, fibromyalgia, depression, insomnia, et cetera, et cetera, et cetera. Go see Anne. She's going to be talking about PEMF: pulsed electromagnetic frequencies. Yes, so please welcome Anne.

Anne: Weird colors. Welcome. Greetings everyone. I am originally from France, so I hope you will understand the accent. If not, raise your hand. I've been here for 20 years. It doesn't look like it, but French people, we have a little problem with English, so I'll do my best. I've been in the health field for over 20 years, and using PEMF, which stands for pulse electromagnetic field device, for the last 12 years in conjunction with acupuncture and naturopathy, and I've had absolutely incredible results. What is a pulse electromagnetic field device? It is the one I use ... It's a mat that you lay on, and it sends a magnetic field that is extremely low. That is lower than the geomagnetic field of the Earth. You know, the human body needs the geomagnetic field of the Earth. We cannot live without it.

For example, if you would take mice, put them in cages, give them everything they need, like water, food, oxygen, light, everything, but the cages are shielded by ... Like, it's a [inaudible 00:02:21] cage, no magnetic field can go through ... The mice will die. They cannot survive. We need the Earth's magnetic field. With these kind of devices, you lay on it eight minutes, twice a day, and it has a specific impact on your blood flow. Specifically your microcirculation. Before I go into it, I'd like to see our overall [inaudible 00:02:48] in the United States. We've had the perfect speaker right before, with Raymond Francis, who did an amazing presentation. As a naturopath, I can back up every single topics that he covered.

I agree 100% with him, and that's the kind of medicine, that's the kind of information that I share with my patients all the time. This is the basis of health. You know that we have a really serious crisis right now in this country. When you have a symptom, the symptom is just the tip of the iceberg. Way before you were aware of the symptom, something was going on physiologically, and I'd like to look at it ... Where was this happening? I think it started right over here at your circulatory level. Your blood is your river of life. If your blood flow is not flowing properly, you have serious problems, because, through the blood, you get delivery of oxygen and nutrients through your cells, and you get a clean-up of all your cells.

If this is not happening properly, there's serious problems, and your cells won't be able to bring energy. If they don't have energy, they cannot function properly, and they cannot detoxify. It's basically, you don't have proper circulation, you don't have proper energy flow, you cannot make energy, and little by little, you start having

symptoms. Your symptoms depends on what's your constitution, what's your genetic, what's your background. For some people it will appear like migraines. Others, digestive issues. Others, all kinds of sorts of inflammation. You're all unique, and it will just go where your weakest spot is.

Like Raymond said, we're designed to be hunters and gatherers. We're designed to cover 20, 30 miles a day, barefoot on the ground. Do you know how much one cover nowadays, average in America? Exactly. About half a miles. This is devastating. That's why we're not moving, we're not exercising, we're not getting oxygen at the cellular level ... This is devastating. What can we do? Well, we can use some specific devices. Here you see different types of positive magnetic field, just a mat that you lay on, and I'm going to show you physiologically when you lay on one of these mat. Basically, the mat ... They have coils in them, and when you run a current through coils perpendicular to the coils, you [inaudible 00:05:32] a magnetic field.

You're basically bathing the body into this magnetic field that is extremely low, below the magnetic field of the Earth, and so low that it's safe. Pregnant women can use it. People with pacemaker can use it, because there's no interaction. It's not a high field. People are concerned about EMF. You know, electro smog. There's no concern with such mat, because it's extremely low and safe. We cannot see this color very well ... I don't know if we could turn the light off a little more, because what you should see here is the tiny capillaries, and the red blood cell are all stuck in. It's not moving through. Then, after a few seconds, two minutes, everything opens up ... All the red blood cells are unstuck together, and they go right through the capillary bed.

This was before, in a second. We really cannot see well here, but this was before. It's all stuck, and just two minutes later, it all opens up. I can send you to a source where you can see that yourself online, because this is not showing properly, the impact. When you can open up your tiniest vessel like this just laying down eight minutes, it's phenomenal the results you get for yourself. Now you're probably familiar with blood flow in general. We have big veins and arteries. We have a heart that's pumping blood all over, but are you familiar with microcirculation? Do you know what that is? Microcirculation is the circulation in your tiniest vessels.

You have the big veins and the arteries, and in between, they're all dividing in tiniest, tiniest, tiniest vessel, and the smallest vessel are your capillary, and they're like ten times thinner than a hair. Only one or two red blood cells can squeeze through it's so small. This part here, this microcirculation, is one of the most important parameter in all your vessels. Do you know why? Because this is where the exchange of oxygen and nutrients happen, and the cleansing of your cells happen. Nothing happens in your veins and arteries. Those are too big. There's no exchange in these vessels. It's only in the tiniest capillaries. If you look at your entire vessel system, you have about 11.5% of arteries, you have 14.5% of veins, and all the rest, you have about 74% of the tiniest, tiniest capillaries.

Why do we have so many tiny, tiny, tiny vessels? Because we have about 80 to 100,000,000,000 cells that need to be reached from head to toe. That needs to be

given food, and need to be cleaned up. That's why, compared to all the vessels, the most important ... The one we have the most is the tiniest vessels where the exchange of nutrients and oxygen and the cleansing happen. If you had to take all these tiniest vessel and lay them on a surface area, it would cover about a football field. Then if you would take them one by one and align them in a tube, you would go about two-and-a-half time around the Earth, and it would be about 75,000 mile long. The human is designed to perfection.

If we're sick, it's because we're not respecting the rule of nature. People were not designed to be sick. We were designed to thrive and be super healthy, but we're so disconnected from what mother nature has wanted us to do and be. Now we have all these miles and miles of vessels, and we have a pump, the heart, the size of a fist, that's supposed to pump about 2,000 gallons of blood every day. If you had to be in a laboratory and have all these miles and miles of tubings, and 2,000 gallons of fluid, and you had to pump with a tiny little pump this size, do you think you would be able to do that? There's no way. Nonetheless, we're standing up, and this is happening.

There is something in our body that makes that possible, and this was discovered not too long ago that we have a cardiac assistance, which is a little right before the capillaries, we have little arterials and venules, and they have little muscles in them. They're smooth muscles, and they're supposed to be pumping on a rhythmic basis in a healthy individual three to five times per minute, and that's how it looks like. These arterials and venules are supposed to expand ... It's like a pumping action. We call it vasomotion. As we're aging, as we're not exercising, as we're eating poorly, as we have poor thoughts in our head ... This process, this rhythmic pumping, is starting to collapse and fail.

For example, in an individual that's suffering from diabetes, or an aging person, instead of having three to five pumping action per minute, they may have one per ten minutes. This is devastating, because if your tiniest arterials and venules are not pumping, that means the blood is not being pushed. It cannot help the heart to pump, and the capillary beds stop opening up as they should. You could be eating the best food and it's not going to be delivered to your cells, and then all the toxins that your cells are creating ... They're not going to be washed out, so you're going to be little by little in a pool of toxic juice, and it's not good.

Now, why am I talking about all this in the context of PEMF? Well, we have a doctor here, Dr. [inaudible 00:12:04]. He works with the Institute of Microcirculation in Berlin, and he has discovered that some PEMF have an incredible impact on the vasomotion, on this pumping action. For example, if one person has one pumping action per ten minutes, suddenly, just laying eight minute on the mat, they may start having one per minute. It's still not three to five times per minute, but much better than one per ten minutes. In my practice, I use [inaudible 00:12:41] microscopy. I take a drop of blood from the fingertip and I look at it under the microscope, just as a research purpose.

Healthy individuals ... That's how their blood looks like. Their red blood cells are separated, open, and the background is dark. That's a really healthy individual. Do you know what red blood cells do? They have on their surface areas four docking stations for oxygen. They carry oxygen around, they deliver it to the cell, and they take in CO₂. Now, in an unhealthy individuals, when I look at their blood, here is what their blood looks like. Their red blood cells are all clumped together, and this is big problem. Why? How are they going to deliver oxygen if their surface area is not showing? The oxygen is trapped in between. Why they become like this is because the voltage on the membrane is not proper, and the red blood cells are collapsing. They don't have the right voltage. Instead of repulsing each other, they start agglutinating.

They just attract each other like magnets, and this is not good. Before I was using PEMF, when I had a patient and their blood looked like that, I would not look at their blood until six weeks later. I would change their diet. They would starting having a good diet, cleansing program, sauna, all of this good things, but it would take at least six weeks to get their blood to come back to something like this. Now I can take a patient ... I take their blood before. I have them on the PEMF eight minutes only, then I check their blood again, and that's what it looks like after eight minutes. I've done this test so many times. Of course, it doesn't last. That would be too easy.

Depending on the type of PEMF you're using, it may last from ten to sixteen hours like this. Gradually they're going to collapse again, so in order to keep it like that, you're going to have to do your homework. You know, eat healthy, exercise, think positively, drink water. Just take the best care of yourself. If you start using a PEMF while you're doing everything, all the goodies that Raymond was talking about, it's like a catalyst that can enhance anything that you're doing. This is one of my patient. This is the blood before ... Let me see something here. Sorry. That was before laying on the mat. Eight minutes later, look what it looked like. Then when you start having your cells open, delivering oxygen, what's happening metabolically, you're starting to allow oxygen to get into your cells, and it helps your body to make energy.

You cannot make energy without oxygen. The molecule for energy, we call it ATP. That stands for adenosine triphosphate. The more oxygen you deliver to your cells, the more energy your body is going to produce. Oxygen is the key. Energy is the key. You know what's the problem between one person that gets sick all the time and another person that never gets sick? The level of energy. Our body is supposed to adapt. We have all kinds of stressors in our environment, but why living in the same environment somebody will get sick and the other one will not? Because when you have energy, your body is able to just fight these stressors. Get rid of toxin. Cleanse the body naturally. When you deprive, and you're so low in energy, it's just an open door to all kinds of disease. You have about two, three seconds reserve of energy in your body.

No more than that. You need about your own body weight of energy a day. It's essential. You know why? Because you have about 500,000,000,000,000 protein molecule being built per second. How do you think your body can build that if you're lacking energy? There's no way. Plus you have about 21,000,000,000,000,000,000

chemical reaction that's happening every seconds. You cannot do that without energy. When you help your body by bringing raw nutrients into your body, avoiding all the toxins possible, and then having a delivery system, your body can do amazing thing. As I said earlier, we are designed to be healthy. The body, once you give the cells what they need, the body knows exactly how to heal itself. I will show you some example here. There is a diabetic patient with ulcer. After three years, it's not healing, and it's about to have an amputation. I'm sorry the colors are really horrible here, but it looks much better on my computer.

Anyway, do you know how many amputation there are per year in America? About 49,000. This is devastating, and this is ramping. Imagine hospital room filled up with limbs. This is terrible. It's totally preventable. After three years, that's what it looks like. We started using a PEMF with it. Look what happened after four weeks, and after eight weeks. Again, I'm so sorry. This is horrible colors, but is it amazing or what? Is it magical? It is not. It is pure logic. What did we do? We just opened up the tiniest capillaries. We allowed the oxygen and nutrients flowing to the cells, allowed the toxins to come out, and the cells are striving. Now they're starting to reproduce, and they can close the room. What's the problem with diabetic? If they have a wound, there is no blood flow to the extremities.

How do you expect the cells to duplicate and close the wound? It's impossible. You can give all the medicine that you want. It won't even reach the area. That's why they have no option than to cut the limb. As terrible as it is, we can do something about it. Change your lifestyle, change your diet, exercise, think well, and use some catalyst if you can help yourself on top of it. Here we have another lady. She's 88 years old, and she has an ulcer on her leg. It's not closing after two years of conventional therapy. Do you know how painful that is? To have this wound that's not closing for two years? Now we're starting using a PEMF. This is after six months, eight months, and nine months, it's finally closed.

You may think, nine months is a long time, but when you're 88-years-old, your cells are not duplicating as fast anymore. At least nine months, it's closed. Before, two years, it was still an open wound. When I look at this, I think of all the patients right now, as we speak, that are resting in hospital bed, can't move, they have bed sores, and they suffer tremendously. If we could help them, just by using this kind of technology to help the little capillary bed to open up, they would not need to suffer like that. Now, psoriasis. Skin condition. What is psoriasis? Super toxic environment. It's a state of inflammation, because the body is screaming. It cannot come out through the stool anymore. It's coming through the pores everywhere. Same thing with acne. Acne is a super toxic state.

Two weeks using a PEMF ... Again, maybe later you can come on my screen and look at my pictures. You'll see the real thing. It's so calmed down. The inflammation is over. What has happened? Again, it's not magical. What we've done is just helping the body going ... Helping every single cells in the body to get what they need, and the body took care of it. Got rid of the inflammation. Herpes Zoster. This is like shingle in the eye. Extremely dangerous. Extremely painful. This is three days later. Look at

how the swelling completely diminished. By the way, if you use this kind of PEMF on somebody that has shingle right away, you will completely prevent the horrible neuralgia that can follow for months afterwards. Acne. Again, that's so terrible we can't see, but this is pustular acne. Six weeks after, it's almost completely healed.

Of course, with this patient I'll have to completely change the diet. That young gentleman was drinking lots of Coca Cola every day, and Rockstars, and all of these horrible drinks. Got him on water, starting drinking just water, and fruits and vegetables, and eliminating all the McDonalds and all this horrible thing, and get his colon to open up, and his skin clears up. I used the PEMF as a catalyst. In six weeks, I get a result that maybe I would have gotten in three months. That was his blood before, and six weeks later. Amazing what we can get just by doing a little adjustment. Mountain bike accident. This was before, and about 11, 12 days later ... Again, sorry that we cannot see on the screen, but you can barely see any scarring after that. Again, this is not magical. You're increasing microcirculation in the area. The body can create more elastin and collagen, and your body takes over.

I've been using a PEMF for 12 years now. I haven't seen a doctor for at least 20 years. I haven't take any medication. No antibiotics, no Tylenol. Nothing. I have two daughters. My daughters are 19 and 20. They've never had a vaccination. They've never had a medication in their life. All I've done with them is everything natural. It works. They've been also on the PEMF for 12 years. I have a dog who's 12-years-old ... She's been on that for 12 years too, and same thing, I've never had to give her any medication or anything like that. People think I'm crazy when they come to my house and they see a little device under my dog, but do you know how much money I've saved by not going to the vet?

I give her real food too. I don't give her dog food. It works. Bones. PEMF is wonderful for bones. It helps the osteoblast, the cell that makes bones, to develop three to five time faster. If you have a fracture that's not healing, here is your chance. Or if you go through surgery and ... Patients that I've had that that have had surgery, like knee surgery, hip replacement, or things like that, they would recover in half of the time just by using this type of technology and doing all the good things on the side. Even the ones that don't do good things on the side, if they use this technology they're kind of cheating, but they still get results. Now hair. Ere you can't see either, but she has lots of empty space. You know she's losing her hair. In a few months later, her hair got darker and much thicker doing nothing else than using the PEMF.

Because her diet was already good. There is hope, gentlemen. No, no. For male baldness, this is ... Forget it. This is not going to happen. This is genetic, but a lot of us, we lose hair or we have very poor quality hair because we're so stressed ad the blood flow in our scalp is impaired. If you get that to be enhanced, you can have miracle. I have a gentleman in [inaudible 00:25:21] ... He has extremely beautiful white hair. Like you, very silver white. He was very proud of his hair. I don't remember how long, quite fast, two, three months after using the PEMF, he started having a stripe of black going through. He was upset. He didn't want his black. Now with certain PEMF, you can sleep on it at night. There is a special cycle that you just have it inside your bed

and it runs where you're sleeping. You have to understand that sleeping at night is important.

At night, your body repair, regenerates and detoxify, and if you disturb that cycle, you digging your grave a little faster every night. People who work during night shift, they completely disturbing their clock. They're preventing this from happening. If you have sleep problems. Like, you're having insomnia, same thing, you're not helping your body to regenerate. At night, we have a certain amount of blood, about four to five liters of blood, but you cannot profuse all your vessel all at once. Your body has to prioritize where your blood is needed. During the day, most of your blood is needed here, into your muscular system, your muscle, your stomach, your brain. Everything that keeps you thinking, moving, and active during the day. At night, most of your blood goes into your internal organ. Your liver, your kidney, your colon, just to be able to help your body repair and regenerate and detoxify. If you use a PEMF while you go to bed, what happens is that it acts as a catalyst and enhances cycle that should happen at night.

I've had patient that have horrible insomnia that are able to sleep amazingly now because they've had this catalyst. Here we're measuring the urine. Before going to sleep, this is a control. Before going to bed, urine pH was 7.2, which is alkaline. Upon rising, it was 7, which is neutral. This is not good. Your first urine in the morning should be acidic, because at night you're getting rid of toxins, so it should show in your urine. All the junk is acidic. If your first urine is alkaline, I bet you still have toxins ... Where do they do? Your body was not able to process them, so they're storing them. Where does it store? It stores in your muscles, and your joints. As you're aging, doesn't it get harder in the morning to get up? Everything start to aches. This is not normal. You should be like Raymond, jumping out of bed feeling like a 20-year-old.

That's what it's supposed to be. That's nature. Now, that same person slept on the cycle on the PEMF. Before going to sleep, I mean, the urine was the same, but look now. Upon rising, the pH drop at 6.1, 6.2, which is acidic. Can you see the benefits of using such device? That you can use at night, enhance the capacity of your body to repair, regenerate and detoxify, get all this toxin ... Flush them outside of your body, and that's why, little by little - this is not a miracle; you lay on the machine, and poof, you feel great, no - but if you get to that every day and every night ... You're going to feel very young. After 12 years, not too bad for 85, huh? If you're saying that this is just a placebo effect ... I have people telling me, "I don't believe in your device. This is just placebo."

My response to them, "Well, let me tell you, this is not a religion. Get your body on it and your body will tell you." We have amazing result with animals. With cows, dogs, cats, horses. They actually react faster than human because their brain is not getting into it. They have no idea. They just respond. Here, this is a dog you cannot really see. There is a big, fluffy dog, and there is a human in between. It didn't grow feet yet. It's laying on the PEMF, and it's in heaven. I have patients who have cat. They say they cannot get the cats off the mats. They're just attracted to it like magnets. We have [inaudible 00:30:22] around the world using PEMF, because they're very smart.

They know that they hurt their body so much. There's super power over ... I mean, abusing their body like crazy, and of course, they hurt themselves very often, and they need to get back because they're in such competition all the time. Using such technology helps them recuperate so much faster if they injure themselves. If they do it before the training, they get more energy built up into their cells so they perform better. Then if they do it upon coming from their training, they help the lactic acid being released from their muscles, so their regenerative phase is shortened, which is highly beneficial to them. I have a chiropractor back in [inaudible 00:31:14]. He was so skeptic about it, but one of his patients kept telling him about it. Says, "Look what happened to me." He was like, "Yeah, it was probably my adjustment that does it."

Anyway, at some point, I said, "Okay, just try it." He's an avid swimmer. First thing in the morning, goes to the gym and he swims ... I don't remember. Maybe, let's say, 50 laps. Then he started using the device. One day he called me, says, "I cannot believe. I've trained like this for years and years. I know my timing. I know how many laps. I know all of that. Now since I'm using this technology, I doubled the number of laps." He said, "You know, the only reason I have to stop ... I have plenty of energy, but I need to get to work." He was convinced, and he got it after that. Now you have to realize we are not healing anything here. All what we're doing ... We're using a technology that has an incredible impact on this pumping action, so we're restimulating something that stopped happening normally.

It helps the capillary beds to open. Remember, the capillary is the most important [component in 00:32:27] your body, because that's how you get nutrients and oxygen to your cells, and it helps your body to detoxify. That's what we're doing. Then your cells are so happy, they get what they need, you know, they start making energy, and the body takes over. Regardless what you have ... Doesn't matter. I don't want to know the name of your disease, and I agree with Raymond 100%, it's all about the cell. The cell is it. Give the cell what it needs, the body takes over. Doesn't matter what you name. Then I have people calling me, asking me, "Oh, is this going to help for this, for this, for that?" What do you think my answer is going to be? Yes. The minute you help the cells, the body can heal whatever.

That's what happened. You're just infusing the cells ... You know, stimulating this pumping action, and the body does the rest. It has an impact on everything, and you probably cannot read this, but it helps on literally everything. Immune system, anti-aging, detoxification, stress, pain, insomnia, hormones, and often fitness, sex, yes ... Because you know why about sex? This specific impulse helps release nitric oxide, which helps dilate vessels. We have so many problems in this country with ED. You know, erectile dysfunction. That's the first sign that you have ED, that you have big problems in your vessels. If it's happening there, it's happening there and here. With this type of technology, you're helping the blood vessels to stay open. Much better than Viagra. I mean, Viagra kills people every day.

I have a neighbor back in the [inaudible 00:34:16] that died after one dose of Viagra of a heart attack. This is no joke. I've had lots of similar experience, stories reported

with PEMF, but never, ever have had heard of anyone dying on this device. What is health in the modern world? Do you know this expression? During the first half of our life, we sacrifice our health in order to earn money. During the second half, we sacrifice the money in order to regain our health. Is that what we want? Is this new? Look where it comes from. Voltaire, in the 18th century. It is time to change this paradigm. We can't get younger, but we can definitely feel better, and feel vibrant.

I don't have any aches and pain. Why do I use this type of technology every day? Because I want to stay like that. I'm on an airplane about twice a month. I go all over the globe. I don't even get a flu or cold anymore. That's not my constitution. My constitution why I got into naturopathy because I had horrible skin. I was covered with pustular acne, and my patient don't believe me, so I have pictures of that in my office. I was so ashamed of it. Covering up with tons of makeup, and what I could do, but that's when I learned that it's all about your gut, it's all about your health, it's the way you eat, it's the way you think, so I started changing all of that. Didn't do any antibiotics, and all the other toxins they want to give you, and I really cured myself from the inside out.

Little by little, I'm so passionate about all of this, and I'm starting to find the PMEF and all kinds of other things. It's my passion. I'm just not talking here. This is my lifestyle. If you come to my house, you can open all the closets. There's no junks in there, because I don't eat that stuff, and I don't miss it. Thank you very much. If you want to reach me, this is my information.

Speaker 1: Okay, we have a little bit of time for a couple of questions. We have to be out of here by 10:00, so about 5 minutes of questions.

Speaker 3: You gave a very good talk, and you got me interested in it. What's the actual device? You didn't explain or show the actual device, or how it's used. Could you do that for me?

Anne: I was told that this is not ... I mean, this is more general. There's so many different devices on the market, from \$100 device to \$20-30,000 devices. There is a range of devices out there. The one I use is \$6,000, and you can rent it. That's what most of my patients do. They start renting it at first for eight weeks, because they're not ready to spend \$6,000 not knowing what the benefits of it. After eight weeks, they're convinced to buy it. For example, if I have a patient with neuropathy that haven't felt their feet for 10, 15 years, and after six weeks of having sensation back in their feet, and the pain ... There's diminishing their medication, they're sold.

Speaker 3: Well, you just answered my first question about peripheral neuropathy. My second question is, does PEMF have any benefit for severe burn victims?

Anne: Severe?

Speaker 4: Severe burn victims.

Anne: Oh, yeah, because they have big troubles at the level of their capillaries that have been burned, and they have problem with circulation all over, so definitely ... Also, certain PEMF have light that they combine with the mats, and local applicators, so very good result with burn, yes.

Speaker 4: Thanks.

Anne: You're welcome.

Speaker 5: This is over here. You're doing a pulse. Can you describe ... What's the shape of the pulse and what's the frequency of the pulse?

Anne: It depends. The one I use, you know, it's a very complex signal, and it has two different frequencies. It's 30 Hertz, and a 10 Hertz frequencies that are pumping at a different timing, and that's how we get the incredible impact on the vasomotion. There are all kinds of PEMF out there. Some, they're extremely high magnetic field, and I choose not to use these ones, because I'm a naturopath. I want to use something that is as close as possible to nature.

Speaker 5: That's good.

Anne: Thank you.

Speaker 6: Is what you're doing Saturday and Sunday in Walnut Creek is to teach us how to use this?

Anne: Yes. This is more specifically for people who are very interested in the device. They want to know how to use it, how to share it, what's the technology, what's the science behind it. It's a training for people really want to get deeper knowledge into it.

Speaker 6: How do we register?

Anne: You can contact me. Get my information, and I can talk to you more one-on-one, if you want.

Speaker 6: Is this a full day? Half a day?

Anne: No, full day. It's two days. It's Saturday, Sunday, all days from 8:00 to 6:00, both states.

Speaker 6: The cost?

Anne: \$200 for the two days.

Speaker 6: This is a mat, it is.

Anne: Yes, it's a full mat, and a control box. You just learn how to ...

Speaker 6: When you say six weeks can wipe out scars on acne, is that every day?

Anne: It depends on how the person is ... What's the lifestyle? The person that I show was six weeks, but that young man completely change his lifestyle while he was using the device.

Speaker 6: Okay, but does that mean every day he [inaudible 00:40:20]

Anne: Oh, yes. Used it every day.

Speaker 6: Ten minutes? An hour? All night?

Anne: Two times a day, eight minutes. Plus was using with ... There's a light applicator, so was using the light on his face three times a day.

Speaker 6: Eight minutes twice a day.

Anne: Eight minutes twice a day. Actually, because he was young, I got him to start the sleep cycle before. Normally the sleep cycle you start at the seven weeks, but he was fit, so he didn't react to the sleep cycle.

Speaker 6: It's a short few minutes a time.

Anne: Eight minutes, yeah. You can do more, but normally it's eight minutes.

Speaker 7: What is the difference between your machine and a Q1000 laser?

Anne: I don't know the Q1000 laser. I mean, it's a laser, and this machine is like two different ... Like comparing apple and oranges. Is it laser is just local applicator ...

Speaker 7: Well, it's with the diodes. The different colored diodes, the red ones. I guess yours has magnetism in with the ...

Anne: It's a positive magnetic field.

Speaker 7: Is it more like a tens unit?

Anne: No. Completely different than a tens unit. It doesn't make your body vibrate or anything like that. You don't sense it, because it's so low. It's so gentle, yes.

Speaker 1: Okay, we have to wrap things up. Let's thank Anne for her talk, and for coming tonight.

Speaker 7: Thank you very much.

Speaker 1: Raymond was up at 4:30 this morning and had an hour-and-a-half drive back up north, so he had to leave early. He apologizes for that, but let's thank Raymond for being here.