



Transcript: #463 Top 10 Benefits of Healing Infrared Pads with Robby Besner

Dr. Wendy Myers:

Hello everyone. I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast. On the show today, we have my very good colleague, Robby Besner, on the show, and he's going to be talking about the benefits of infrared pads. These are these amazing pads, and the one that he made has a lot of really interesting benefits and details we're going to talk about. But mainly, we'll talk about the benefits of regular heating pads versus infrared, full-spectrum infrared heating pads. We'll also talk about the benefits of the jade stone frequencies in the healing pads. All the different benefits and how infrared pads help to reduce pain, reduce inflammation, how they can help to reduce stress, lower your heart rate variability, help to improve sleep and get you a deeper sleep, and also improve circulation. These are key if you have acute injuries, old injuries, chronic pain, or so many different benefits to these infrared healing pads that we're going to talk about today on the show.

I know you guys listening to the show are interested in detoxing your body, so naturally, you want to know what your body's burden of toxins is. I created a quiz based on some lifestyle factors that can indicate whether you have low, medium, or high levels of toxins based on your lifestyle habits. You can take the quiz at heavymetalsquiz.com. After you take that quiz, you get a free video series. It answers a lot of your frequently asked questions about how to detox your body. So go take it. It only takes two seconds at heavymetalsquiz.com.

Our guest today, Robby Besner, is a PsyD, and he's the CEO and Chief Science Officer of Therasage.com. He's always been an advocate of natural health and wellness. After graduating from Boston University with pre-med, engineering, psychology, and business, he continued post-graduate work at Case Western Medical School in Holistic Medicine.

After many years of illness, Mr. Besner's daughter was diagnosed with Lyme disease, and this began his mission to find alternative, holistic, and homeopathic avenues of treatment. He discovered the natural healing effects of infrared

frequencies and began developing specialized devices and applications to help his daughter with her health challenges. When he saw the positive results, he felt compelled to share what he discovered and formed Therasage.com, recognized as the leader in integrated infrared technology. Therasage has built a reputation with the healthcare community and with the mainstream public by educating and creating special cutting-edge applications and protocols.

Robby is a professor for the World Federation of Chinese Medicine Societies. He's also an annual contributor at the World Committee on Infrared, and he's a member of the education committee of the Hippocrates Health Institute, and a presenter at many medical, integrative, and anti-aging health conferences. He's a contributor on podcasts, online summits, and radio and TV shows around the world. He's also a bestselling author and considered a leading scientist in the field of integrated infrared technology. He continues to research and develop new applications to bring the power of healing with nature to the world. You can learn more about Robby and all the products that he has developed and invented at Therasage.com. Robby, thank you so much for joining us.

Robby Besner: Wow, thanks, Wendy. Thank you so much for having me. As usual, I really appreciate the opportunity to highlight one of the great inventions that we do here at Therasage.

Dr. Wendy Myers: Yeah, so I want to talk to you about infrared technology and all the benefits of infrared. Can you talk about how infrared can benefit our health?

Robby Besner: Oh, sure. Well, for people just tuning in, infrared is a segment or a small part of all the energies that come from the sun and happen in nature. The way that it's set up is that these beautiful rays of sunlight, when they hit the earth, basically allow all of nature, both the plant and animal kingdom, to flourish from these particular wave lights. And so what we've done in our scientific journey, we've discovered that there are certain wavelengths, and that's the infrared spectrum, and then what we've done is actually taken a page out of the playbook of nature, and we actually capture the full spectrum. That would be both the near, mid, and far wavelengths, then we put them into various devices. The one that we're talking about today is our healing pad series, which is pretty exciting.

Dr. Wendy Myers: People use heating pads, and those give you benefits, but there are so many more benefits to using an infrared pad, a full spectrum pad that produces heat. I actually gave one of these to my stepdad. He had shoulder surgery, and he used the small pad that you can use, like a Velcro strap, and he dramatically reduced his pain. Can you talk about why that reduced his pain and some of the benefits, like what kind of situations people can use an infrared pad?

Robby Besner: Right. Well, first, I'd love to address the difference between the infrared pad and the traditional heating pad because one is an expense difference. You can go to a Walgreens or CVS, and you can buy a traditional heating pad for maybe \$35 or \$40. Then the healing pads or the infrared pads, not just our equipment, but

even other vendors that make healing pads, infrared pads, they cost a little bit more, maybe twice as much as the regular traditional one.

So, why is there a difference? What is the difference? Well, in the traditional pads, they have copper wires that actually go into the pad, and the copper wire, technically speaking, there's a greater resistance, or the electricity takes longer to go through that copper wire, so the wire actually starts to heat up, and that's what generates the heat. That's what's called convection heat. It generates really high levels of electromagnetic fields, which, as we are studying now in science, it's becoming way more obvious that EMFs, or electromagnetic fields, are really very dangerous for your health. If it was just the heating pad, we probably wouldn't have much to talk about, but it's cell phones, and it's electric cars and bikes, and Bluetooth and wireless, everything, so we're bombarded with these EMFs, so to speak.

Now differently, the infrared pad has absolutely no EMF or very little, and so it's extraction sunlight. In nature, the sun's not plugged into an electric socket, and so those wavelengths come down to the earth, and infrared is actually responsible for heating more than 82% of the surface of the whole planet. Now, as that heat comes into our bodies through what's called radiant heat, which is different than convection, now it's penetrating seamlessly through an insulating layer of fat under our skin because infrared actually vibrates, resonates at the same frequency as the water inside of us, which 72% of our fat cells are water.

So now these beautiful sun rays come into our body, they start resonating or vibrating, and that liberates heat because they harbor in the most dense parts of our bodies, which is our organ mass or our muscle mass, either one. Those areas are vascular, and so when that vibration comes in, it starts to liberate warmth, it warms up those vessels, and the vessels expand, so we improve circulation, which improves mostly the healing properties. Besides lowering pain and evacuating the swelling and the edema that's usually associated with an acute or even a chronic injury of some sort, it actually lowers your pain threshold, it brings that warmth, so now the joint is way more mobilized where that pain might be from the injury, and it improves circulation. We're bringing more oxygen, and we're bringing more DNA and RNA, we're bringing more nutrition in all of that blood that's rushing to that area where you put the pad, and that lowers pain and also heals you, oh, something like 30 times faster than normal.

Dr. Wendy Myers:

Yeah, I mean, my stepdad was really surprised because he's kind of a skeptic about a lot of stuff that I talk about. But he is; he's opening up to things. But he put this pad on, and he was really surprised by how much less pain he had. I work out a lot, so I work out almost every single day and deal with lower back injuries or old injuries and stuff like scar tissue and things like that, and the pads are really helpful to help me to recover faster and reduce pain, so I'm good to go the next day or without any kind of interruptions in my workout. Can you talk about some of the other benefits that people may experience when using these pads and some of the uses that people can use them for?

Robby Besner:

Sure. Well, we are listed with the FDA, so we've gone through a lot of the scrutiny that you need to go through in order to get qualified as a medical device with the FDA. We're cleared by the FDA to talk about three main things: improving circulation, which I just mentioned, helping your pain, lowering pain thresholds, and also creating more relaxation and more rest and relaxation, taking the stress off. That's the three things that we are cleared to talk about officially by the FDA.

But there are more than four legal pages of things that infrared will help to improve in the body. We talked about improved circulation, we talked about lowering pain, de-stressing and relaxation are really important and big. I mentioned earlier we have done scientific clinical studies that show using heart rate variability and different other kinds of techniques to actually prove that your brain waves actually move from that beta, which is that fight and flight that anxious feeling, to the alpha state, which is more of that relaxed parasympathetic place, so that's one of the things that we go for in all the devices we make here at the Therasage, but particularly the healing pads. They do it really quickly. Within minutes you're getting relief from pain, and you're also getting that rest and relaxation, so that's super important.

Now other things that will help do this are more on the anti-aging side; it helps with improving the production of collagen, for instance. As we start to age, we make less of that, and so now that we don't need Botox and fillers, you don't need that anyway, Wendy.

Dr. Wendy Myers:

Oh, bless you.

Robby Besner:

Guys generally don't care that much about smile lines because they all want to be like James Bond when they grow up with that really, very hard look about them. But it will produce collagen, and as we get older, we start making less of that, so it's really important for us to have another supplement somehow or bring it in another way, and the pad is proven to actually produce collagen. It will also break up cellulite, and so oftentimes, what happens is because our body energies we're not really balanced energetically, and we don't touch the earth that much anymore. I know that doesn't apply to you because you're about nature, and you go out there, and you take your shoes off, and you hug the beautiful trees that are planted into the ground, so you get a lot of that earth energy. But most of the people that are tuning in don't really get a chance to do that either because of lifestyle or whatever, and the pads will actually bring that earth energy into your body and give you that grounding and earthing effect, which is super important.

We calm you down, and we help you get better sleep at night. There's also a detoxification component to it. We've designed a full series of these healing pads, and they come in different sizes based on either your size or your goals. The very small one and I have a sample of one right here. It kind of looks like

this. This is the smallest; we call it mini. But many of the attributes of this pad we have in all of the sizes. It's a soft and flexible format. What you see here are natural jade stones. What they do is they generate good frequencies anyway, healing frequencies, but inside, behind the jade stone, are the infrared elements, and that infrared frequency comes through the pad and through the jade stone, so it drives the jade stone energy, plus the full spectrum infrared frequencies into the body.

There's also a unique strapping system behind it, so you can strap it on the back of your chair or your car seat when you're driving for your lower back to take the stress out, or you can reverse the strap like this. Wow, I feel like Mr. Rogers here, show and tell. Now, you can actually bring it onto your elbow or a joint, and you can strap it down, so now it's actually holding onto your body. It comes with a 14-foot cord. I don't even understand why some of these heat pads that you buy have three-foot cords. Are you really supposed to be tethered that close to the wall? It makes no sense to me whatsoever. This has 14 feet, so you really kind of can move around a little bit.

It comes with digital thermal control, which is brand new. From the heat from your fingers, you can actually just touch the buttons and negotiate around increasing the time and the temperature, and they'll go up to 138 degrees Fahrenheit, as well as you can time it so that it can last for six hours. Many people with chronic back pain can have this pad at a lower temperature on their lower back while they're sleeping at night and get all the therapy while they're sleeping. It's really kind of cool.

If you've got chest pain or any kind of pain or you're recovering from a virus, maybe even Covid, you can bring the healing energies of sunlight, warm up your chest, warm up that area, and improve circulation. That also brings oxygen, healing properties, and nutrition to that area. But most of the viruses and bacteria that invade our bodies, these pathogens are anaerobic in nature, so they don't like oxygen, and they don't like heat. We can raise the core temperature of the area that's got an infection or where you might have a virus or even a parasite. We can actually create a situation where these energies will actually help your body thrive but will sort of subtly attack all these invaders and rebalance your internal terrain. There are so many great benefits from this simple pad that I go on and on. I mean, we can talk for days on this topic, but it's really quite amazing.

Dr. Wendy Myers: I love how you designed them so that you can take them and you can strap them around an injury or an old injury or a pulled muscle or what have you. For me, that's just really important because when you have an injury, it's really good to do heat and then cold and heat and cold, and this is a great way to do that.

Robby Besner: This is a better form of heat than what most people know about, like the ocular packs if you're at your physical therapist or hot water bottle, and again against the traditional pads. Again, they might be a little less money, but this guy, this is

a medical device. You're not just getting science and nature at its finest, but you're getting all the quality kinds of heat that you would need in order for your body to really thrive on many levels. There's also a detox component because all infrared will mobilize toxins in your body, so when you're using the pad, you're not only cleaning and cleansing an organ because we do this for organ cleansing. We've got a protocol for mud packing and a protocol for castor oil packing that's over 200 years old that you can use the pad with, and it's amazing. But there are a lot of benefits that we can go on and on about. But it's super cool.

Dr. Wendy Myers: Yeah, that's key. Because a lot of people, at least those that follow me, do castor oil packs to help their liver health and detoxification, digestion, whatever. You need some heat to drive that castor oil, and the infrared's even better to get the maximum benefits from doing castor oil packs or the clay mud packs and things like that.

Robby Besner: Many women use them. In fact, I've gotten calls from their boyfriends and best friends and husbands that we've saved their marriages because when they menstruate when they have their monthly cycle, they're usually in so much pain and so forth. This is the convenient size for that because it's only eight inches by 10 inches, and you just put it on your lower abdomen, and it increases flow, and lowers pain.

Dr. Wendy Myers: Yeah, I mean, so many people deal with chronic pain. So many people are dealing with back pain and knee pain and neck pain, and things like that. This little pad goes a long way to help to reduce that pain, and you've shown that in clinical trials, as well. I also love that you have different sizes. You have a full-body pad that you can lay on. You have a medium size one that people may want to cover a bigger area. Then you have the small one that you were holding up.

Robby Besner: Well, this one is actually the mini. There's one size that we call small. This one is eight inches by 10, and then the small would be 14 by 20. It's almost twice the size of this and has more than 60 great jade stones on it. Then the medium is 21 by 30, so it's twice as big as the small. Then as you mentioned, the full body is the size of a massage table or treatment table.

Dr. Wendy Myers: Oh, that's nice, so if you do that type of work, you could put it underneath the table, right?

Robby Besner: Exactly. We have physical therapists and massage therapists who, along with their tables, carry our pads and set the patient up. Many chiropractors use them to warm up the patient before they come in so that they can adjust them easily. They're not fighting the stress of their muscle tension or their acute injury, so warming up their structural system by using the infrared deep penetrating heat then now can warm up their connective tissues, their tendons, their ligaments, and their soft tissue. The chiropractor can actually get in there and make a better adjustment and do better bodywork. The patient is not only benefiting

but what we've heard from the doctors is that their treatments are actually holding longer because their body's way is more relaxed because they're getting warmed up beforehand.

Dr. Wendy Myers: That's so key because I don't think I've been to a chiropractor before where they're warming me up, so that makes total sense. I've been in a machine where they're kind of vibrating your spine a little bit, but it makes sense to warm up the muscles. That's really the main resistance there to getting an adjustment.

Robby Besner: Exactly. Well, again, more than 30% of Americans have complained about some kind of back pain, chronic back pain. That's 120 million people. That's a lot. I don't know if you've heard of this, but you know Teeter Hang Ups, the inversion tables? If you have anybody listening that has one of those, and they warm up their bodies before they get on that, that's a segmental adjustment. When they reverse gravity by doing the inversion table and their structural systems are warmed up by using the pad underneath them, now their joints and everything are a lot more adjustable, so your body can decompress. Your back can decompress, and it's really super effective for helping with pain, lowering pain, as well as helping the body recenter and get readjusted, in a sense.

Dr. Wendy Myers: Can you talk about the de-stress components? Because I think for so many people, one of the biggest challenges that people have is relaxing their body, lowering their heart rate, and de-stressing physically and mentally. That's one of the biggest roadblocks to healing. Whatever people are trying to heal or overcome or address, they have to reduce stress, or their body's not going to be able to heal, and they also need to de-stress to sleep, as well. Can you talk a little bit about that and also about how heart rate variability is one of the main measures of stress?

Robby Besner: Right. Heart rate variability is the differential in someone's heart's ability to go from an excited state to a calm state; that's a variable function. For instance, an example would be if you got scared or were nervous, your heart would fluctuate and beat at a higher rate. That would be like your resting heart rate. Most adults' resting heart rates are around 70 to 80 or between 60 and 80 beats per minute. When you're excited, or you're nervous, it could be a hundred or 110 beats per minute. Then you go from that excited state to a calmer state, back to what's normal. Your heart's ability to go from an excited to a calm state is what's measured by heart rate variability.

Now, it's already been proven in clinical trials and studies that almost every kind of medical or health intervention is improved when your body is in a calm state. If we were to prioritize or sequence some kind of intervention or protocol, I would always look to try to get your body into a parasympathetic or a calm state first before I would do whatever intervention I'm doing, whether it's nutritional or structural; it doesn't matter. When you're calm, everything does better. It lasts longer, it gets into the body, it's received by your body in a much more wholesome way, and embraced by your body. It's been proven that, in fact,

infrared frequencies and the delivery system or the platform by using a heating pad is a great way to deliver this kind of tension-relieving therapy directly to the area where you need it.

For instance, a lot of women hold their stress between their shoulder blades, right under their neck, and so they're working all day, whatever they're doing, and it starts to mount up, so by the end of the day they're tight, and they've got less motion and things like that. You put this on that area of your body, and within minutes, I'm saying within minutes, five minutes, eight minutes, you can almost feel that tension sort of just being released and almost being peeled away. Then you're looking around, and you're going, "Wow." Your shoulders aren't like this anymore, they're like that, and you're able to sort of settle in, and you just moor yourself, I guess that's the best way to put it. We've been in this area for more than 22 years, both science and developing this technology, so we've got tens and tens of thousands of customers and patients and doctors that are our customers and their patients that have just reported to us what a difference this kind of technology has made in their lives, their quality of life.

Dr. Wendy Myers:

Yeah, I mean, I love my pads, as well. I mean, I lend them out to friends, I lend them out to patients. I mean, there are so many different uses for these. My boyfriend actually broke his arm. He had to have surgery, and these have been really instrumental in helping to reduce inflammation and reduce pain and foster faster healing, as well as faster recovery. But you also can track improvements in your sleep with an Oura ring. Can you talk a little bit about that as well, and how it can improve your sleep as well?

Robby Besner:

Yeah, and we've studied that too, and it's an important one to understand because your brain has certain wavelengths, and in the hierarchy, it goes beta, which is that sympathetic state. Then alpha, which is the calmest state, then theta, which is more like a hypnotic state, and then REM or delta, there's also gamma, but the delta is really what everyone's trying to achieve, that quality of delta sleep, which usually happens between 12 and four in the morning. If you get into that, now your body and your brain are in reparative mode. That's super important because there are certain hormones and enzymes like growth hormone, for instance, which is a big repair hormone that will only happen when your brain is in the delta.

People that are tuning in that have chronic ailments, sometimes their ailments like Lyme disease prevent them from getting into the delta, so they wake up, they sleep for 14 hours, but they wake up tired. How could that be? Because they're not getting into that deep restorative sleep that they need to in order for their body to regenerate. That's their goal. Now there are, like you say, the Oura ring and RHRV, and there are other technologies that you can actually study and see how many times you toss and turn through the night, which correlates to getting into that deep sleep or something that's sort of light, very light. Maybe people listening have a similar experience. My daughter had this challenge, she had two little cats that lived with her, and if it was one in the morning and the

cat just ran across the end of her bed, it would wake her up, and she'd be up for the rest of the night from one o'clock until sunrise. It really affected her circadian rhythm even.

Now, if you did a protocol or you just have the healing pad with you, and you slept with it at night between your shoulder blades. Generally, I sleep with one every night. When I travel, I travel with it wherever I go in my hotel room. It's fantastic. Now that we're coming into winter months, oh my goodness, it's even more important to have these around. I usually start with it on my lower back, and then somehow, when I wake up in the morning, it's on my chest, so I've turned through the night, and I've actually moved it to where intuitively my body says I need this restorative technology. There are parts of this that are intellectual Wendy, where you actually know, I've got a pain in my tummy, or I have an acute injury, so you put it there. Then there are parts of this that are actually just innate in us. These are nature's frequencies. These are nature's healing frequencies that we've just made in a format or a platform in the heating pads that you can bring nature right into your own home, right into your body, and address the challenges that you need.

For sleep, doing your affirmations, calming down, turning off your blue lights, getting rid of the light in your room, making sure that your bedroom is EMF proof or free of EMF, so you don't have all these other frequencies waving around you. Then bring something like natural sun energy into your body while you're sleeping and relaxing. Oh, my goodness. When I use this, I usually wake up in the morning with a pool of drool on my pillow because I'm just so deeply asleep. It's really super great for that, for rest, relaxation, or sleep.

Dr. Wendy Myers:

Can you talk about the improvements, like tracking with the Oura ring? Can you talk a little bit about that and how you can actually use something like this pad, and you can see the improvements in your sleep?

Robby Besner:

Yeah. Well, the Oura ring takes a snapshot through the day, through the night, or as you're wearing it, and then they sequence those snapshots together to create statistical data that will assemble or give you the sense of some kind of a picture as to whatever it is that you're trying to show, like your HRV, like that score or your sleep pattern, so your ability to sleep. They take those tossing and turning and movements, which the ring will record, and then they add that up, and they go, wow, Wendy tossed and turned nine times last night when she was sleeping. So, they give you a score that's based on the number of tosses and turns and times that you might have moved around or got interrupted. Then that correlates to how deep you're sleeping because when you're in a deep sleep, and most people don't know this, but people that track brain entrainment work or do any kind of using brain caps to actually see those frequencies, your brainwaves move in a cycle through the night and they're generally three to four hours apart.

When you're in your deepest sleep, then you go to the shallowest sleep. Generally, when you know that four-hour cycle. And so if you're at your shallowest point and you get interrupted, that might be when you'd have a sensation you need to go to the bathroom, for instance, in the middle of the night, that would be when you'd be awoken because then your deep sleep, if you got that sensation, generally that's when you're wetting your bed because you're so deep in sleep that you don't even realize that you have to go to the bathroom. It's only when you're in shallow sleep.

We track those four-hour cycles that your brain goes through at night. In 12 hours, you might achieve two to three of those cycles. The Oura ring will track that, will track your movement, and then will give you a score, and then you can get a feel for it when you start to use this technology if you're tossing and turning less. It won't change the four-hour cycle, but if you're not moving a lot during that cycle, then the implication is that you're in that very deep restorative sleep, and it'll track you, it'll score you.

Generally, people get about an hour to an hour and a half of restorative or delta, and so when you can see by using this technology now it's two hours, two and a half hours, three hours, you're really doing a lot of greater benefit because three hours of the delta is almost like eight or nine hours of regular sleep. I studied that for myself because, as you know, I keep a really weird sleep cycle. I'm up at night working with factories all around the world to develop our technology. I've had to learn how to maximize my sleeping cycle, and so I figured out a way to use this technology to actually get myself into REM very quickly. When I am awoken then, and I go to the bathroom or whatever, I can put my pad back on. Sometimes I listen to guided meditation so I can get right back into my REM cycle very quickly and get that quality sleep I need.

Dr. Wendy Myers: Okay, awesome. And then also, what do the jade stone frequencies do? What are the benefits of those?

Robby Besner: Oh, my goodness. Jade has been worshiped by the Asian culture for thousands of years. The qualities, I can list them, that's more than a page long, but basically improving health, youthfulness, bringing good luck, like that kind of energy into your thought patterns. The law of attraction, so if you think beautifully, if you think calmly, if you attract great people into your life, think about it, then somehow they manage, the universe manages to bring them to you. The natural jade stone has been used in figurines, and now it's used commercially as we're using them.

We harvest more than three million of these stones every year in our healing pads. What I've done over the years, and again, you're going to think I'm crazy because I go to the extreme on things, for 20 years, I would go to China for about six weeks, sometimes twice a year, and I would visit the quarries where we actually farm our jade stone from and in the ground it's a boulder. You can't even tell that it's jade until they crack it open. So, I would go to the quarry, and I

would muscle test the various different quadrants to see which quadrant actually had the best-balanced energetics for earth polarities, all the different polarities. Then I would just farm my jade stone from that area because those energetics were the best for the body. That's just part of it. But those healing energies really resonate for heart health and jade stone. Like I said, the Asian culture has been worshiping the stone for a lot of years.

Dr. Wendy Myers: That's really unique, and that's also awesome that there are so many different benefits to laying on that jade stone. It's almost like a, I don't want to say like a BioMat, but it's almost like a mat you can lay on it, and you're getting all these different frequencies, the infrared, the far, mid, and near, and the jade frequencies. There are just so many different benefits to using one of these pads. Is there anything else that we haven't talked about yet?

Robby Besner: Well, let me see. We have natural jade stone, we have no EMF, and we have a flexible format. We're listed with the FDA as class two medical with a full spectrum like we mentioned, the near, mid, and far. These are all differentiating points, and we come in all those various different sizes and prices accordingly. But we keep our prices extremely low. Even though they're more than a traditional heating pad, Wendy, they still offer, I want to say, 10 to 20 times more benefits from a healing perspective than the regular kinds of heating pads that you might see in CVS.

You mentioned BioMat, and actually, they were the gold standard in this kind of format until we came on the block. The difference between them is they sell through a pyramid or a multi-level marketing type of format, which is a nice way to distribute, but there are a lot of people in that food chain that are basically taking money out of the final price that isn't doing anything for value. When you buy from us through your network, and you get to us directly, you're buying from the factory. I'm the device developer, so you're coming right to the source, so you're not paying all those extra loads.

We're about a third of the price of a BioMat, and they use amethyst, amethyst crystal, and they're in tubes, so it's very hard; it's almost like laying on the floor when you're on their mat because the tubes keep the format very rigid, whereas you can see, ours is flexible so now it forms the shape of your body, it actually folds over your body. Whether you're lying on it and it takes the shape of the couch or the zero gravity chair, whatever you're on, or you have it on top of you, you can really mold it around, you can bend it, so it fits around your arm where your injury is. You can't do any of that stuff with the BioMaT. They're just far frequencies. We're actually the full spectrum, so there are benefits to all those wavelengths that we've incorporated.

Dr. Wendy Myers: I really love that you price all of your products very reasonably because I think there are a lot of products out there that are very expensive. The BioMat is \$1,700. I mean, it's incredibly expensive and may not infer as many benefits. Speaking about all different types of infrared products and blankets and this and

that, infrared different devices and things like that where they can have a very high price point, and you think that they may have more benefits or maybe a better quality or something because of the price point, but that isn't always the case.

Robby Besner: Right. Many times people think if it costs more, it must be worth more, right? But we're a company that's born from a situation, a family situation. We were harbored with a lot of expenses, medical bills, traveling to see the doctors, and even buying the medications were expensive in itself. We know what it's like when people are out there, and I think bankruptcy from medical problems or health issues is one of the number one reasons why people don't acquire any wealth because they're paying so much to stay healthy in a way. Just coming from that orientation, one of the philanthropic underpinnings of our company is to try to keep our prices reasonable so that people can get these devices in their homes, they can start using them, and see real results as fast as tomorrow.

Dr. Wendy Myers: Can you talk a little bit about your experience and the underpinnings of why you started Therasage and efforts to help your daughter?

Robby Besner: Yeah, it just came on the back of my daughter at a young age. This was about 25 years ago. She was in her early teens. She contracted chronic Lyme disease, and Lyme was around, but it was sort of in its infancy in terms of the research about it back then. We found the best doctor available in the country. She was seeing him. He was in New York, and we were in South Florida, and it became very evident because we would travel up every four to six weeks to get another update on her protocol. But it became very clear to me as a practitioner that the onus of the healthcare for the patient or the individual isn't some. The doctor you see maybe one time every six weeks as we were doing whatever that is; the rest of the time, it's really on you. It's on you and your family to support you.

I became my daughter's nurse and her in-house health practitioner gladly, I mean humbly. I was so happy to be able, skilled, and able to do that for her. But I still looked at the situation and said, my goodness, if I had to outsource, if I had to pay for all of this technology, how many thousands and thousands of dollars would I have to pay? There must be a better way. As I was unpacking her, what she was experiencing, and her symptoms from Lyme disease, one of the things I noticed was that she had high levels of toxicity and inflammation.

I started to think about what's the most efficient way to detoxify? That's where I focused and found infrared and made the saunas, and now made the healing pads as sort of a companion type of technology basically to address all of those things, lowering pain, improving circulation, bringing more oxygen in. These are all things that are great to go after chronic ailment, particularly Lyme. People with many cancers are heat sensitive, so if you can raise the core temperature of the cancer cell or the tumor, it'll actually do what's called apoptosis. It'll explode the cancer cell but will help all the surrounding tissues. It's good for the body but bad for cancer.

There are a lot of great purposes for that. But with Julia, we just found ourselves in a situation where we found this technology. I started developing devices, and she started getting real results. All of her doctors just basically said, "Can you make it for us?" And that was the genesis of the Therasage. We didn't have a business plan. We didn't get venture capital to fund us. Even today, it's really just Melody, my wife, and myself that co-founded Therasage, and everything that we're doing is born from that underpinning of knowing what it's like to be on the other side, being behind the eight ball and understanding what it's like to be a parent with a child that's sick and doing your very best in every way that you can to get them healthy.

For us, we've just built a family of devices mostly for personal use, but as Therasage expanded, we now offer it to the public, and we're so grateful to be in the position to be able to really help so many lives as we are today.

Dr. Wendy Myers: I love that you're such a heart-centered business, and you care so much and that you're always very customer-oriented and helping your customers and getting on the phone with them and figuring out what it's they need and helping them in that way. But also that you're always looking for new ways to help people. I mean, you have the healing pads, but you also have so many other amazing devices to really upgrade people's health. You have the infrared saunas, and you have the Tri-Light. I encourage people to start with the healing pad and then go from there and just build up their collection of devices that are, for me, very instrumental in their own therapies that I do. I can do anything. I have access to everything out there on the market, and I use all of your devices, and I lend them out to my friends and family, as well.

Robby Besner: That's very meaningful to me, Wendy, because people know you really have access to all the greatest biotechs out there, yet you choose to use our devices, or you're making a concerted choice in that regard. That's very meaningful to me because we love what you do. We love the audience that you bring us, too. We feel like we love the opportunity to be able to express what we're doing and let everybody know that it's not expensive to get in. As you say, you can start with a simple little healing pad that's a little around a hundred dollars. It's not a big entrance, but the benefit is how many years? I mean, we have had these on the market for 15 years or more, and people are still calling. I love what you said about lending them out because we were actually thinking about putting something in our user guide that said, don't lend them to your friends and relatives.

Dr. Wendy Myers: You're not going to get them back.

Robby Besner: You won't get them back, exactly. I can't tell you the countless people that I've said that to that have called me up and said, "Robby, you're right. I can't believe it. I lent it to my friend, and he's dodging my calls now. He's ghosting my texts. I

know it's because he doesn't want to give me my pad back." That's a funny thing, I know, very funny.

Dr. Wendy Myers: Well, Robby, thanks so much for granting me this interview and talking to us about all the benefits of the healing pads. I really strongly encourage people to add this to their collection of healing devices that they use. You can check out the offer below to get one of your own healing pads. And again, Robby, thanks for joining us for the interview today.

Robby Besner: My pleasure, Wendy. Thank you. Anytime. You know my number. Any way we can help you and your family, and your downline, your tribe, the people that follow you, it's just such a pleasure. Even our interaction with all the people that you send our way, it's just a joy for us. We always ask, "How'd you hear about us?" And "Well, I heard from Wendy; I heard you on Wendy." Everything is Wendy, and it's just really, really inspiring to know that there's someone out there like you that cares so much about their community and is able to bring us to your family. It's really very meaningful to us. Thank you so much for having us, and I can't wait for the next time we have a chance to get together.

Dr. Wendy Myers: I really like to talk with my own audience to tell them about all the tools and things that I'm using, that I'm discovering, and just to help them to upgrade their health and upgrade their life, as well. Sometimes some of these devices are very simple to use and very inexpensive. They're indispensable. Everyone, thanks so much for tuning in to today's show. I'm Dr. Wendy Myers of myersdetox.com.