



#616 How PEMF Massage Therapy Dissolves Scar Tissue, Relieves Neuropathy, and Reactivates Dormant Muscles | Arthur Robinson

Dr. Wendy Myers

Hello, I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast. On this show, we talk about advanced topics in healing, like heavy metal and chemical detoxification, and the health issues caused by heavy metals and chemicals in our environment. I love talking about bioenergetics, and we're gonna be talking more and more about anti-aging and other advanced topics as well in health. On the show today, we have Arthur Robinson. He is a sports medicine practitioner. He is a physical therapist and a masseuse. We're gonna talk today about supercharged massage using a device called an Electrons Plus, which I have been using to get massages for, I guess, about four or five months now, and it is a total game changer. This device is unbelievable. It takes your massages to the next level.

We're gonna talk about how this Electrons Plus device uses PEMF or pulse electromagnetic fields to recharge your cells and promote healing, how it pushes electrons into your body to recharge the electrical and nervous system in your body, and how it allows a practitioner to read the body and customize your treatment and almost do a biofeedback session. It can be really highly effective for pain relief, managing chronic pain, recovering from injuries, dissolving scar tissue, surgery recovery, and treating conditions like neuropathy and innervating nerves like the vagus nerve to improve organ function and even digestion.

We'll talk about how it also allows for a gentler massage. I tend to like a really deep tissue massage, but then I have to recover from the injuries or the inflammation from that deep tissue massage. So using this Electronics device can allow you to get really, really deep without sustaining injuries from your deep tissue massage. We also talk about how this device helps to improve movement and functioning by reactivating dormant areas or muscles that aren't firing, how you can treat old injuries and scar tissue, resolve longstanding issues and pain, improving mobility and physical functioning, accelerating healing, and recovering times. It can even be used on pets and their injuries as well. So it is a fantastic show today.

Our guest, Arthur, is a licensed and certified health trainer, athletic trainer at a TC, and a licensed massage therapist and LMT. He received his Bachelor of Science and athletic training from Arkansas State University and his Master of Education in Kinesiology from Stefan F. Austin State University. He's been working in the sports medicine field since 2003 and has been practicing massage therapy since 2012. Arthur started his own massage and body work practice in 2012 called Custom Needs Performance and Recovery. He performs sports medicine and bodywork services in your home. He comes to you and he specializes in treating many soft tissue injuries and movement dysfunctions in the skin, muscular, and cellular levels, utilizing various manual therapy techniques and healing modalities, including the Electronics Plus. Each session is customized to the client's precise needs and lifestyle to improve overall performance, helping you feel better and move better. You can learn more about Arthur and his work at customkneads.net. Author. Thank you so much for coming on the show.

Arthur Robinson

Oh, thank you for having me.

Dr. Wendy Myers

Why don't you tell us a little bit about yourself and your background?

Arthur Robinson

I am a certified athletic trainer and Lexus massage therapist. I've been a certified athletic trainer since 2003 and a licensed massage therapist since about 2012. I like what I do 'cause I get to help people. That's why I got into what I'm doing. I got my degree in sports medicine, and I knew from then on I wanted to help people, and I always wanted to use touch, and that's why I also went to massage therapy school as well, so I can provide both of those services to people.

Dr. Wendy Myers

Okay, great. I discovered this device that you use through a colleague of yours. I just wanted to get a massage, and you were the person who trained him. His name is Christopher Santi. I was really blown away by this electrons device that he uses. When he's touching your body, you're sending essentially, I don't know what you call it, if it's electricity or electrons whatnot through your body. It's like a grounding device, essentially. I was really completely blown away by how much better a massage you get using this device. I went to massage school when I was a teenager, actually. I went to two different massage schools, and massage is a huge part of my health regimen for my whole life. I have to get a massage at least once a month.

It just helps me manage stress and calm my nervous system. I can't believe I've never done a podcast on massage, 'cause it's such a fundamental part of my health regime and never done it before. That's why I'm really glad that I met you to talk about this Electrons device that adds a whole other component to it. So, why don't we talk about that? How did you hear about Electrons Plus, which is the device that I have been using to get a massage?

Arthur Robinson

I found Electrons Plus probably about seven years ago. I was looking online, either on Facebook or Instagram. I was trying to find something else to do besides massage. I felt I was good at massage, but I felt like I was leaving something on the table. They felt better, but I could have done something different. And with my sports medicine background, I wanted something more diagnostic that I could see, Hey, this muscle works, this doesn't work, this is moving, this is not moving. And lo and behold, 01:30 in the morning, I'm looking up on Facebook or Instagram, and I find Electrons Plus, I'm like, wait, it's like the movies. I'm like, my God. That's it. That's what I've been looking

for. He touched this guy's arm, and it started moving. That's the power I wanted in my hand.

That was the healing component that I think I was missing for myself and my practice in helping others, and it's changed my whole practice. Literally, I don't touch anybody without it. If you want me for a massage, it's gonna be with Electrons Plus. I use everything I learned in massage school and adapted it with Electrons Plus, and it's been pretty much a game changer for me in my practice and my clients because it helps 'em out, the healing aspect is quicker.

Dr. Wendy Myers

I cannot believe how much better I feel in my body, how much better my body functions. It has just really taken my physical functioning to another level. I was just having a lot of different musculoskeletal issues and tight muscles here and pulled muscles there, and old injuries that just continually plagued me. But with the Electrons Plus, I'm not having any of those issues anymore. It's just a total game-changer. So what exactly is the Electrons Plus? What is it doing? How does it work?

Arthur Robinson

Electrons Plus is using PPEMF post electromagnetic frequency, pretty much pushing the electrons into the body. Since we're all an electrical system, we need electricity to help move. I give the analogy of pretty much charging your battery system, charging your cells, just how we charge your cell phone plug in the wall. Well, that's what Electrons Plus is doing for the body. When you're sore, let's say tight muscles or injured, the electrical system gets shut down a little bit. It's not at the highest frequency it could be. So with the electrons plus, we're trying to recharge that, put it back to where it's optimal and you can use it again.

That's pretty much how I use it. If you got an arm and say, Hey, I can't really move my arm here well. I'm gonna run the electrons on this arm and see if we can get it to move a little bit better. Something else is going on in the body and I use Electrons Plus to help figure out the why. We say in Electrons Plus, if it moves, we know it works. If it doesn't move, we know something else is going on. Like your cell phone when you

plug it up, if it is an iPhone, it makes that little noise, that little thing when you charge it up. Well, what if that took two to three minutes? That means something's going on either with your charger or the phone. So with the Electrons Plus, if it does not move, we know something in the body or the battery system is not working, and with that we can recharge it and get it back moving again.

Dr. Wendy Myers

That's interesting. When I've had a massage with it, apparently my traps are like dead or something because Chris is saying, oh, it's not firing my trapezius muscles. He would really focus on that and work on them to, I guess essentially charge up that muscle and get it firing again. I didn't realize he was able to detect that using the electrons plus device.

Arthur Robinson

And the cool thing is that when you're working on an individual, you can feel that current in your hand. Most times if a spot is, say your trap isn't firing, that current's gonna kick back in our hands. We can feel like, oh, something's going on there. So now we know we can stay there and, and push more electrons in and then get it to recharge. But that's a good feeling for me because as a therapist, I still have touch. I still can use the power of touch when treating someone.

Dr. Wendy Myers

But you're able to sense things on a deeper level with the electrons.

Arthur Robinson

For me, I give the example like it's like deep tissue minus all the pressure and acupuncture minus the needles. So if someone, I like needles or ac needles, acupuncture probably wouldn't be a great thing for 'em. But everyone says, I don't want deep tissue. That might not be the best thing for your body 'cause the body can see that as a threat. It's too much pressure and your body goes in and can shut down. With Electrons Plus, I don't have to use the same line of pressure that I would without it. I use two or three fingers and it feels like I'm really pushing down, but I'm using the Electrons Plus and it is giving me that assist that makes it feel deeper.

And when we say deeper, again, that's not necessarily cellular level, getting that charged up because there's a lot of places where you can put electrons plus that you couldn't put a tin unit or a stem pad or something like that. That's another thing. That was the versatility of it, which sold me on it when I got it seven years ago.

Ads 10:36

This show is brought to you by Bon Charge, and I wanna take a minute to tell you about one of their amazing products that I'm absolutely in love with. There's something I've been doing for about 10 minutes a day, and it's wearing a face mask, but it's not just any face mask. It's this Bon Charge red light face mask, and it's essential to my nightly skincare routine now. Believe me, red light therapy really works. It's well established in the research to improve the appearance of your skin. How it does that is it penetrates deep into the skin to boost collagen production. It reduces the size of your pores, reduces inflammation, and eases the signs of aging.

Bon Charge's red light face mask makes it so easy to take care of your skin. It's like a mini spa session every night that I'm doing. It can be used easily at home. There's no cord, so you can wear it while you're doing other tasks. Plus, the mask is totally painless and it doesn't heat up. Unlike some other beauty, anti-aging treatments, Bon Charge's red light face mask has been a game changer. It's part of my everyday skincare routine now, and I'm seeing such great results already from using this mask. My skin is more clear, it seems more plump, fresh, juicy, and my redness and dark blemishes are fading.

There's a very special offer for all of my listeners right now. My listeners get 15% off when you order from boncharge.com and use my promo code, Wendy at checkout. This discount applies sitewide, and you'll also get free shipping and a 12-month warranty. Go now to get this exclusive offer. That's boncharge.com and with promo code, Wendy, you get. 15% off. This is one of my secrets to super healthy young-looking skin. I'm trying to reverse the clock. I'm trying to do everything I can to anti-age and this is one of the secrets in my toolkit.

Dr. Wendy Myers

I love deep tissue massage, but I find myself like it's so deep that I'm bruised the next day, which is counterproductive. That is not healing. I always make a joke because I love to go to Korean spas and I'm like, I want a really angry Korean lady to beat the crap outta me. And that's like my perfect ideal scenario for a massage, because I like it really deep, but I'm bruised the next day and I know that isn't healthy. That is causing that inflammation. There's also a lot of people that need deep tissue, but they don't like the way it feels. They can't handle exactly that pressure, but they need it to work those knots outta their muscles.

Arthur Robinson

One thing with electrons plus is the healing aspect of it. It can get rid of the bruising in anywhere from 24 to 72 hours. Say it be from a deep tissue massage, or say you got hit with the baseball or you ran to the corner of the bed. The quickest I've seen the results is 24 hours a bruise. It's gone. Literally, like I'm erasing it, rub my finger up the bruise, and it's starting to speed in the healing process. So in two or three days, it's pretty much gone. And that's another thing, like in today's world, everybody wants quick results. I want it now. How quick can you get better?

Well, with this, it's pretty quick. And people say, how soon can I see results? I say, you feel a difference after just one session. Now I'm not gonna say you're gonna be back at a hundred percent, but you'll feel better than you did when you first got on my table. That's the the thing I like. That kind of brings them back, well this feels good this time, when can I get it again? Can I get more? It's like, yeah, we'll set something up. But it doesn't hurt. People think, is it really gonna hurt? Like no, there's no pain involved. If there is any pain, then the next day I say it's mainly like the discomfort of like the new muscles we turned on are now they know how to work by themselves.

So, if you're not compensating using your trap to be your bicep, now your trap has one job to do. Electrons Plus has allowed me to show people that and help educate them on their body as well, where they don't have to compensate to use other muscles.

Dr. Wendy Myers

It's so important, I can't express this enough. You need to use hemp devices in your health practice, in your health regime because of pulse electromagnetic fields, there's lots of devices out there that deliver it, but a lot of them are really subpar and not targeted. The Electrons Plus is very targeted. The practitioner can go exactly well to the body part that needs it or the area that needs it. Can you explain a little bit how Electrons Plus is different from TENS machines? When I go to say a physical therapist, they'll put a TENS machine on you and it contracts the muscles and relaxes, contracts them and relaxes them. There is a similar sensation when using the Electrons Plus as well. Can you explain the differences there?

Arthur Robinson

Well, most TENS units go for, what's the angles? Just go right with the nerve, like you said, contract, relax, contract, relax, contract, relax. Well that can be painful if you turn it up too high in a TENS unit and it's just contracting, the relaxes is not much and then you're just contracting again. So your body thinks, man, we're doing a workout here. But with the difference of electrons plus is that when I touch an area, you're gonna feel it here, but you're gonna feel it run down the whole arm. So think like the whole brachial plexus in the traps or behind the ears.

It's not just right here. You can put a rundown at your fingertips where you put a TENS pad on, it's just stuck in one spot. So for me as a therapist, I can go around the whole body and still where my hand is, not the electrode. I don't have to be stuck in one spot and just walk away. We can get the whole deltoid, we can get the whole bicep tricep. We can work inside the tricep and get the fingers to move. Every time with the TENS machine, they're gonna have to move the pads again. Let's move the pads against, let's move the pads again. Well now I still can use my hand to do that using a Grassing device. I use a device called the T tool where it's a steel device where you can scrape and move along.

It's an extension of my hand. It's even going deeper. But you can't do that with a tense device. Also with electrons plus you can treat people in water as well and help with swelling, say for gout, carpal tunnel, and ankle sprains. I use electrons plus for that and you can use it for a 10th device. But again, it's a whole different method of treating the nerve versus treating the body at the cellular level. And that's the main

component 'cause the cell is the battery of the body. If that battery gets damaged at some point, how else are you gonna recharge it? That's what I do with the Electrons Plus.

Dr. Wendy Myers

That's so important to do. That's something I do on a daily basis. I have other P devices that I use. I have a QRS pad that I use to charge up my cell voltage because you need energy to heal, you need energy to thrive. And for many people, as they get older, we see that cell voltage diminishing over time. A child may have like 120 or 90 volts or millivolts. I'm not sure of the exact measurement. As you increase in age, that cell voltage tends to decrease. We need help in charging that back up and EMF or the non-native EMF from all the different wifi and 5G cellular really does a number, I think on our cell voltage as well, decreasing. It ungrounding us. And this is a way to kind of reground your body.

Arthur Robinson

When I'm treating a client on the table, how they're getting healing, I'm getting the same healing as well. We kind of completed a circuit.

Dr. Wendy Myers

Yeah, I think you and Chris, my personal messause, you guys just must be grounded as hell because I'm always in a good mood. See that because this is moving through your body.

Arthur Robinson

Besides sleeping on a grinding mat, doing this on a daily basis, like I can tell days when, oh man, I haven't treated anyone. But I'm always in a good mood because I equate it to the analogy of thinking of yourself as always staying at 85%. You take that in a heartbeat, but that's how I feel all the time. At 85%. I'm not really down, don't get sick too much, but it's just charging my system up. If it goes down to seven, I'm going to see someone, now it's back up again. So I'm steady, always on the incline versus going back on the decline.

Dr. Wendy Myers

Okay, fantastic. For anyone that doesn't know, can you explain the PEMF technology a little bit, the pulse electromagnetic fields and what that is exactly, and how, why we need that?

Arthur Robinson

They talk about grounding. I think it was done by Nikola Tesla back in the day. We'll say, but they use electricity to help heal the body. It's the stuff from the ground. So one of the things I do when I've done electronics plus outside on the grass at a golf course, and I'm like, where's your grounding? That is to say, I don't need one because I'm using the ground and using the tells from the ground to help heal the body. It means using that same electricity to put it back inside you. So another knowledge I give is people all think I'm gonna like electrocute 'em, right? Because, oh, you electricity, what you gonna, no, I'm not gonna electrocute you like that. But I give the analogy of an AED. If you see an AED, when someone's heart stops, what do they do?

They're gonna do it. They're gonna detect the AEDd and shock your chest or heart to get it back beating again. They're sending those negative ions, electricity to get you back, to get the heart beating again. When that doesn't, your heart doesn't beat. None of the other systems can work. So they say, Hey, clear, gimme more juice. And they'll shock you again. Now, okay, now we got something. So that's what I'm doing to your body on a smaller scale, sending that pulse, the electromagnetic frequency into your body, because that signal when your brain says, Hey, we need to move something, that signal has to go to the brain. It has to go to that muscle. So if we get here and there's no movement, that's a problem. But if I can work other areas and now get the signal to run down, now that frequency's going to the muscle and it's doing what it's supposed to be doing.

Ads 21:03

This episode is brought to you by Chef's Foundry. They've got a fantastic line of cookware called P600. It's totally non-toxic. I think people don't realize that when they're cooking, most people's cookware is adding toxins to their healthy food. People spend so much money on healthy organic food and then cook it in toxic cookware.

That includes cast iron, which I do not recommend. It adds way too much iron in a form that we can't absorb. People use aluminum cookware, which is very inexpensive, but it's used in most restaurants, giving us tons of aluminum. People are also using ceramic cookware, which can leach toxins into your food, and not to mention, the non-stick cookware that has many PFAS or PFOS, that is so toxic. It's one of the forever chemicals. So, you really have to pay attention to what you're cooking in.

That's why I recommend the P600 line by Chef's Foundry so that you can have peace of mind when you're cooking and you're not getting any nasty chemicals like lead or cadmium or nickel, or PFAS in your healthy food. You can get a special discount for my listeners by going to bit.ly/myersdetox to get an exclusive discount, just for my listeners. I want you to be thinking about what you're cooking your food in, and I highly recommend the P600 line by Chefs Foundry.

Dr. Wendy Myers

What I love about the Electrons Plus is I feel like when I'm getting a massage, you're able to access deeper muscles that you can't get on the surface level with a regular massage. And that is so important. When you're working on the face and working on the scalp or just working on the abdomen or wherever you're working, you can get into those very deep intricate small muscles. Like the piriformis in your butt is very difficult to access. A lot of people get older, they have a problem with that tightness in their hips, and you can get down all these deep muscles and it's just amazing.

Arthur Robinson

Another good place I like to work, that's the wow moment is working the scalenes in the neck. Most people want to go and dig, but if I hit here and I can get your whole arm to move like Pinocchio, I think we're onto something. But other times I can just massage, but there's no movement. But now we can connect the scalenes, the muscles in the neck that go the way down to the hand, but to break your plexus. You talked about working on the eyes. I've had a client that had a black eye. I literally took my hand and just rubbed it over her eye and within two or three days her blackout was gone.

Another client that had a plate put in the sheet that hit with the baseball and had an orbital fracture. I can work around those plates and pins and still put the electronics plus into the body and help the healing. So now he has sensation back in his face. He can now move his eyebrow, which he couldn't do before. It's allowed him a lot of access to different places that you can't do again with the tense device like working third eye, working the penal gland, working the back of the head, the occiput, something in there. It's like a scalp massage. We can wet the back of your hair and place it in the back of your head and it feels like a scalp massage, like I'm massaging your brain. Other things you just can't do with, again, nothing against tears, but just I'm showing the versatility that I have with using electrons plus.

Dr. Wendy Myers

The eye muscle massage is so cute 'cause you can't massage your eye muscles that are behind your eyes. But so many people have eye strain and they get headaches from that. They need those muscles massaged too, or those relaxed as well or maybe that's a first world, world problem. I love those electrons plus so much. Is there anything else that maybe we haven't discussed that you wanna talk about with the electrons plus or some benefits? What about scar tissue, for instance? I mean how it does that

Arthur Robinson

Scar tissue is great. It really does help loosen up the scar tissue and gives a little more pliability. Think of scar tissue as wet cement. When they pour cement you can move your hand around in it. And when it gets hard over time, your hand gets stuck. So with the electrons plus over time, we can help loosen that scar tissue up around there so the other muscles can become more probable and now the signal can get to the muscles. It's great for pre and post-op surgery wise, say total knee surgery and had a hip replacement.

I can see you as soon as you come home and start the healing process right then and there. You don't have to wait. And again, it's not invasive. I'm not going right on the spot where you had the scar, but those other surrounding muscles will need to be activated 'cause they're gonna atrophy at some point. So, it'll speed up. The healing process also works good with broken bones, could be broken leg, fractured wrist,

there are ways we can put a little tense pad, a grinding pad inside the cast and let the electrons plus heal it from there as well, or just my fingers. So again, well the doctor may say, don't move. We can speed at the healing process. There's no moving going on, but we're healing that bone. Electrons Plus, or PMF has been cleared by the FDA to help heal bones.

One of my big success stories is kids who have a broken bone and doctors, you're out six weeks and I'll see 'em and they're back and forth and the bones completely healed. The parents like this. What parent wouldn't want their kid to return a sport a week or two quicker? You put all their money into it. Why not, Hey, let's get 'em back a little bit quicker to even play one or two games for the summer's over or could be their senior year. Hey, they're gonna graduate. Now you're back sooner than expected.

Dr. Wendy Myers

There's so much research that shows that pemf can heal bones so much quicker for sure. I've heard, for some devices, as little as two weeks. But if you're using it like every day for hours, I'm sure you need to use it for longer. What about using this as part of your practice? So for the chiropractors out there, or the massage therapists, the physical therapist, how can this help their practice?

Arthur Robinson

It will benefit their practice. Dr. Simon Billingham is the guy that created the Electrons Plus, and he was a chiropractor. When I got to the unit, he said, now your practice is gonna take off. People think, oh man, you're gonna be rich. I wasn't concerned about the money. I was starting to see cases of things that I've been wanting to see, like drop foot and a lot of neurological things. So it will enhance your practice. And again, in the results world, you're gonna get results a lot quicker. For the massage therapist, if you want to work smarter, not harder, I would say electrons plus is the way to go. You still can do the same strokes. You learned the massage, but now you can use one hand.

But now you are working smarter 'cause now you see this hamstring is not working versus doing the whole leg and doing things that's gonna make you work harder just

to try to get a reaction out of that muscle. But now we can touch and see, hey, this is not working. What I like about it, you can use it in conjunction with other things like cupping, stretching, instrument assistive tools, like the T tool. It's just gonna enhance what you already know. It's not gonna take away, it's just gonna enhance. One of the cool things I like showing people is that the grounding plate that you lay on, when you had your massage from Chris, if we had a light bulb over that plate, a light bulb is gonna come on. That's the energy I'm putting back in your body. If that light bulb doesn't come on, well, something's going on with the light bulb or the plate. I'm always gonna blame the light bulb versus the electrons plus. So if I can turn that light bulb on, think about what I can do for your body. If you're in pain, you're sore, want more range of motion, or you have bruising or something like that, I can speed up that process and make it go away a little bit quicker.

I know I thought, yeah, massage is great, but I can do this. How many times can I do this and not see a result? I wanted to make sure they left feeling at least 85% better than when it got on the table. If you went from here, now you're like, Hey, I can move my arm. That's progress. And most times for me, sessions last about two weeks, that is the benefits of it, like, man, I still thought you're still touching me, and the machine's off. That means your cell has started to hold that charge. Now I remember the memories of my job and what it was supposed to do. My trap, this is my main job right here. You're not using the other side or leaning back. It's kind of like the alphabet, A, B, C, you can't spell apple with a B, can't spell banana with the C. So your body's the same way. We can't have it compensated and try to have the bicep be the tricep or your trap, but your bicep, it will never work.

But with the electrons plus I can see that sometimes with some other assessment testing I do of where you're compensating from. And that makes me work smarter, not harder, but I'm also treating you at the source, not just the site. You say, oh, my trap's hurting, but that could come from many other places. Could it be the neck, could it be the leg, could it be somewhere else? So that's how I have to treat clients. In my session, that felt better. My back was hurting. But you didn't even touch my back. You worked through my hips. What? That it's all connected.

Dr. Wendy Myers

That happened to me. Sorry, don't mean to interrupt. That happened to me where I just kept having these lower back problems. I was like, Chris gonna do my lower back. He's like, no, no, no, no. It's not your lower back. It's your thighs. So he just dug into my thighs and released them and I'm like, lo and behold, no more lower back problems or lower back tightness. It's not the pain or tension's not always where you think it is.

Arthur Robinson

That is true. Most people will say, Hey, my back hurts. And say, do you sit a lot? Yes, I sit a lot. Well then, you know that so ass is gonna in a sense kind of shut off and then the back is gonna overwork. So like those days of me digging in, trying to find the hip, like, there's your sore ass. I don't have to do that anymore. I can lead, run my fingers over that muscle junction and then your leg will start kicking. Once it kicks, we know the sore as the hip lot is doing its job, the back muscles can't do that. There's no osmosis. So now if your hip flexor is doing its main job, what is the back doing? No, I can just be a stabilizer now. I don't have to try to compensate and help you out because other muscles aren't working.

Dr. Wendy Myers

I can see where this could help so much with calcifications of the soft tissue. This is a huge, huge, huge problem, especially with people taking too much vitamin D or their supplementation or diet is out of balance with their body or they just don't have any movement. You slowly but surely get calcifications. You see these old people kind of hunched over and walking really slow and essentially their body is becoming calcified. So how does it help with that?

Arthur Robinson

Pushing the electrons in the body. You're gonna help speed, you're gonna help get more blood flow and increase the range of motion. So thinking of someone who's, like you're saying elderly, then moving a lot. They're thinking about exercise. Well, I can't really move my arm, but if I can just touch their arm and now it's moving, those muscles are starting to work now, we increased that range of motion. The constipation will decrease. Now, there's no blockage. The arm can move more. As I say, you don't move it, you lose it. Well, I can get it to move in a different way than you

have to think. I gotta do all these range motion exercises and you probably can raise your shoulder too hard

But if I can get in here, say if you're in a sling, right? Doc says I can't move, no problem. I can get here and work your whole shoulder without you having to go do exercises or we can wait till when you need to, when you're cleared too for a range of motion. But it can help reduce constipation because now we're getting movement, more blood flow in there and now the cells are getting, um, hydrated. And again, you talked about lifestyle and things like that. If someone is elderly, their better system's gonna be not as charged up as someone that's younger. So it may take a little longer to push the electrons then because what we're doing with the electrons plus we're pushing different frequencies in the body.

If you're familiar with alpha, beta, gamma, delta, we can push those, think those frequencies coming through my hand pretty much into you. So that's how we can get you to relax. We can get you to be more focused. We can get the most to move quicker. So it depends on what the client needs, but also what I want to get out of them as well so they can see the difference. I always show them their quote unquote, good side first versus the injured side. Hey, why does this side move like this side? Well, this one works, this one doesn't. So it does help, especially with calcification, just to improve their range of motion and their joints.

Ads 34:18

Let me ask you something a little bit personal. How do you get yourself out of a bad mood? It can be hard, really, really hard, and it only gets harder the longer that you're in that space. That's why I'm a big fan of today's podcast sponsor Organifi. They made an amazing product called Happy Drops, and they're little gummies that are super tasty and they can help make your bad moods better and your good moods great. I'm sure I'm not telling you anything new when I say the world is really stressed out right now. You can see it everywhere. Stress and mood related visits to the doctor's office are skyrocketing along with various prescriptions to match. And so if you are anything like me, you're looking for a safe, natural approach to rebalancing your happiness and your stress chemicals without worrying about the side effects.

Well, Organifi has given us exactly that. They're called Happy Drops, and they're my favorite new supplement. These yummy little lemon gummies are made with ginger, with gouda cola, and passion flour, all of which are shown to have positive effects on mood and emotional wellbeing. Plus, they have a real powerhouse ingredient, which is saffron. So why is that so cool? The compounds in saffron are shown to help your brain modulate its levels of serotonin. Serotonin's one of your happy chemicals and saffron helps your brain enjoy it longer. Saffron also relaxes you. There's many cultures around the world that drink saffron tea before they go to bed 'cause it helps relax them and helps 'em go to sleep. Saffron also contains antioxidant properties, which can help you protect your brain from oxidative stress. That's great for detox. Best of all, there aren't any nasty side effects. There aren't any bad ingredients and it's safe to use every single day.

Saffron's traditionally very challenging to find in the supplement world. It's difficult to plant and to farm. It's even harder to harvest, and it's one of the most expensive ingredients on the planet. But now thanks to the super food geniuses at Organifi, we can all enjoy a real dose of real mood lifting organic saffron for less than a dollar a day. I'm excited for you to try them. I think that everyone should. I love their happy drops. Just go to organifi.com/myersdetox and get your happy drops today. When you use my discount code Myers Detox at checkout, you're gonna save an extra 20% off. Again, that's organifi.com/myersdetox.

I want you to go out and try Happy Drops today. Like I said, I love them. I've been taking them on a regular basis to help me to go to sleep at night, to help me kind of relax and get in the mood. You've got nothing to lose, but you're frown.

Dr. Wendy Myers

I love that I have this resolution of this weightlifting injury 'cause I'm such an athlete. I have this weightlifting injury I had for so long and it's pretty much dissolved. I don't have any more problems with it. I'm not constantly injuring it, just lifting normal things. I think I just had a lot of scar tissue there that has been loosened up and released and infused with more energy if you will. I don't have a problem with that area anymore. I'm very thankful.

Arthur Robinson

As you see, they could be an older injury, but we can still treat that no matter how old the injury is. I've treated some clients that had c-sections and it doesn't matter if your kid's 25, 35 or it could be three months. You still can treat that injury regardless if it's fresh or if it's something chronic that's been going on for a long time, you can still benefit from the Electrons Plus as you see from the healing aspect of it. And that's my main thing with the electrons plus. It's healing people. Now that I'm gonna say I'm healing you, but I'll say I'm helping. But if I'm helping you feel better, that's a win. That's one of the things about it. I don't have to, again, I would say work as hard as I gotta get deep tissue. Ergonomically that's not good for my body. I won't last long trying to lower my table and depending on what they want, that's gonna affect me. So now this has increased my longevity as a therapist and as a body worker as well.

Dr. Wendy Myers

That's such a huge issue because say when I have had friends of mine that are a chiropractor or my physical therapist that was in Mexico, he is a brilliant, intuitive healer, but he was constantly injured because he's digging so hard and working on so many patients. Invariably you're gonna get injured if you're just really physically digging into people all day long, for months and years on end. It's very physically taxing. So I could see where the electrons plus it would just be so important if you have a really active practice and you do a lot of deep tissue work, it's just gonna shave your workload and reduce your injuries so much.

Arthur Robinson

And you think with him pushing like that, there's no give back. You're doing all the pushing, you're doing all the work. They're laying there. Now with Electrons Plus there's a little give and take. I can alter the frequency to say, let's go a little deeper. Let's go a little more superficial. But I'm not having to keep pushing, pushing, pushing, pushing, thinking their body's gonna gimme something back. The deeper you push the body, again, is gonna treat that as a threat. We're gonna protect ourselves, we're gonna close up, we're gonna spasm, we're not gonna keep hurting 'cause you wanna keep pushing and try to get a reaction out of us.

I can draw up my finger over an area and get it to turn on and like, oh, that didn't hurt that bad because with the electrons plus, it's putting your bite in that

parasympathetic state so it can relax. You've noticed from your sessions, oh man, it's not that intense at all. It's pretty relaxing. Most people want to take a nap when I get done with the session 'cause it's that relaxing. Their body feels that good. It feels light, it feels lifted. It feels easier to move through space because now the right muscles do get jobs, especially for the hips talked about the hip flexors. It feels like someone that's helping to pick that leg up. That's a great feeling where your leg doesn't feel heavy, like it's waterlogged because you're trying to drag it around. So, that's another benefit that they feel lighter and feel like they can do more.

Dr. Wendy Myers

I wanna talk a little bit more about scar tissue. I think that's such a big problem for so many people because as you get older, so you've had surgeries or injuries, those scar tissues can grow, they can harden and they dramatically interfere not only in physical functioning, but in the bioenergetic communication of your body as well. You have a lot of communication that impairs physical functioning in this energy field and scars. It really impedes bioenergetic information traveling over your fascia where fascia is a matrix that goes around your muscles. It's actually a communication highway for your body. And so that scar tissue, it's really important to be thinking about ways that you can improve the functioning and break down the scar tissue as well.

Arthur Robinson

So again, with the scar tissue, with any scar you had, even if it's a small appendectomy scar, or scar from a bike, the brain is gonna go to that scar first 'cause first we gotta go protect that scar and then it'll go to the muscle. The muscle that you want to use is probably secondary. So when treating with electrons, plus, I always try to treat the scar tissue first, no matter how old or where the scar is. If your foot hurts or you have Achilles, your calf is tight, but if you have achilles, you've had Achilles repair. I'm gonna work that scar first to help open up your calf because the brain is going there first. We gotta keep helping the scar, like you're saying, releasing the scar tissue is gonna help get more, I guess, and create that frequency going, you said to that highway and everything can go where it's supposed to go.

I speak more of an analogy than a bunch of anatomy talk, but like you said, that highway is clear. Everything can go there. I equate it to like a kink in a water hose. When you turn on the water hose, water's gonna spray out. So to me, scar tissue was like, we put a knot in that water hose. Two things are gonna happen. One is that pressure's gonna build up where the kink is, and that could be your scar, right? So that everything's just sitting right there and nothing's going. The water's not going out. Another thing is that water's just gonna drip out because it is still gonna flow through, but it's not as powerful as we could be.

So when they're releasing that kink and pushing those electrons in there, when the kink is released, now that water starts to spew out how we started. It helps reduce where the brain wants to go to the scar tissue. We can help reduce that. Now we can go to the muscle. Now the scar tissue is not blocking that message of getting to that muscle. The scar tissue is like a block, like five o'clock traffic. Oh, we gotta sit here in traffic. You go on a detour. Yeah, you can, but it's gonna take a while versus letting it wait and go through, okay, now we got through this accident, now we can go where traffic is clear. So with electrons plus, we're allowed to help that signal keep getting in there because most times over a scar tissue, they're like, I don't feel anything. So give it some time. We can adjust the frequency and say, okay, now I feel something. Okay, now there's progress being made. Now I feel it down by hand now.

Oh, now it's in my fingers. Well, for the scar tissue you had shoulder surgery, it's just stuck right here. I just can't really move like I need to. It just feels weak working. The scar will turn on these other muscles. You think you got the duct toward your rotator cuff. Everything is encompassed inside the shoulder and people most think of scar tissue, they think of just a scar, right? That you just see that's visible. But think of the underneath there, like Spider-Man's wheel. It's gonna attach on more than just. That one area, it's gonna get a whole bunch of things under there. And Electrons Plus allows me to get there at a deeper level,

Ads 45:01

I wanna say a couple of words about one of our Myers Detox Podcast sponsors, Qualia Senolytic. It's a cutting edge formula designed to help your body eliminate senescent cells, also known as zombie cells. These outdated cells hang around

draining your energy and slowing your workout recovery, and causing all kinds of havoc and mayhem. Backed by clinical research, Qualia uses nine plant-based compounds that support joint comfort, sharper focus, and better aging naturally. And here's the kicker, you only have to take it two days a month.

It is simple, backed by science, and validated by research. You can try it risk-free with a hundred-day money-back guarantee. Go to qualialife.com/wendy and use code Wendy to get 15% off. You wanna try Qualia Senolytic. This is something that I've been taking. It's part of my anti-aging protocol, because getting older doesn't have to feel like it.

Dr. Wendy Myers

I have to say, I'm really looking forward to my eyeball massage next time. Chris comes over on Tuesday. Can you talk a little bit about some testimonials or some stories of clients and how you've helped them with the Electrons Plus?

Arthur Robinson

Oh, yes. When I first got electrons, plus I was working at a country club. I was seeing a lady. She had like Caral Tunnel or Golfer's Elbow. She played a lot of golf. She said, well, I'm afraid you're my friend. He has a drop foot. He couldn't really walk. So he literally limps him in my office on one leg. He says, man, I just wanna be able to walk, go play golf and just go in a half marathon, do a 5K something again. Using Electrons Plus I was able to get his foot to start moving again. Lee was just hanging there. If you've seen the movie, Usual Suspects, he kind of walked around like Kaiser Soe impeded around.

And when I got done, he's able to do a Cal raise and walked out of the session, no limp, no nothing. I saw him the next week at a University of Houston football game, walking up and down the stairs, no issue. That's one of my favorite ones.

Dr. Wendy Myers

You're essentially reconnecting the nerves. Like you're just getting the nerves talking again. And for some it can be just as simple as that. That's what you need to restore functioning. You're not gonna get that at the doctors. It's not gonna happen.

Arthur Robinson

You won't. Sad to say, most times the doctor's gonna be conservative. I was just resting. But as you know, if you rest something, you're not moving it. There's no signal to the brain saying, okay, I can move a little bit. There's none of that when you rest. So I'm a little proactive, a little aggressive. I want to do what I can to get you to move a little bit. I don't want you sitting there being dormant. And that comes from my sports medicine background. When they come to the athletic training room, they are gonna say, oh, if I see you, that means I can't play. No, no, no, no. My job is to get you back on the field or court as quickly as I can. And that's what I can do now with Electrons Plus.

I had another client that shit fell off a bow dock. Her leg was just blue and purple, just bruised up. I was like, man. So literally in conjunction with electrons plus and some red light therapy we got rid of her bruising, within 72 hours. You would not have known. And that was just one session I saw. I saw her on a Friday. She came back Monday and said, look at my leg. It was clear as can be. I think another one of my favorite ones goes back to several years ago when I saw the Electrons Plus on the website or Instagram or Facebook. This guy had a tremor and he could not hold a bottle of water. He worked the shoulder and that the tremor had reduced. Well, I had a client, probably now, about three years ago. I worked on the son-in-law and worked on the dad. I was like, well, man, I think this could help my mom. Well, the mom had early Parkinson's. She had a tremor that was starting to form and she could not hold the water.

She had to take her other hand and say, I had to stop. So worked her neck for about an hour, both sides, and we got done. The tremor was gone. I'm talking like 90% gone, where she could take the ball of water up and down. She's like, look, I can play, I can type on Sudoku now. She called me back three months later and said, Hey, the tremors have come back a little bit. I'm like, three months. And it wasn't enough to where it was like, Hey, not the water. But she liked to bake and she could barely hold half a cup of flour. I worked on her again and it was like two months before she called me back. So those are the long lasting testimonials that I like hearing.

It lasted that long. Again, that's medication. I'm not saying that's the end all be all, but that's all we did was Electrons Plus and we had the proof right there. We have the

footage to see, like that's all we did was Electrons Plus and the before and after was like, that's it. It was like you said, that is simple. Just getting that system recharged, getting that nervous system to restimulate to where it's not like, oh, I gotta get here. Well, again, with that tremor, we are calming down that nervous system. So now the muscles know their job, the nervous system's not taking over. I can be the muscle too. You really can't nerve, you're supposed to gimme a sensation, muscles, you're gonna help me move. So that's probably the three that I'm pretty pretty proud about. And also, age is not a factor really. I worked on a 10 month old baby that was constipated and I have a client now that she's now 99 that I've seen since she was 92.

So you talk about a younger battery system to a very older battery system. But again, the lady now that's 99 can still walk her dog. She can go in the garden. She still swims, so she's still very active. So again, keeping that battery system charged up has helped her quality of life.

Dr. Wendy Myers

I could see where you mentioned the 10-month old baby you were helping with their digestive system. I could see where this could hold so much promise for people that have gastros or they have constipation. Their vagus nerve is just not innervating their digestive system or their peristalsis is just slowed for whatever reason. It's just all the nerves talking to each other and the vagus nerve communicating from the brain and back. You can innervate and give energy to a lot of these nerves to improve functioning on a lot of different levels.

Arthur Robinson

That's one of the nerves I work on probably the most often. I start with the vagus nerve. No matter what you have going on, Hey, it's my knee. Okay, lemme work the vagus nerve first because that's the nerve that controls the whole body, but helps us relax the whole body per se. If you're tense, hit the vagus nerve, your body's gonna go in a parasympathetic state, you start to relax. So now I can go work your knee or other areas, and now your body will accept that healing. You're not guarding, we're not playing tug of war. Like, oh, that's gonna hurt. We're going back and forth.

Now your body's accepting of what's the healing that's gonna come next with the electrons plus 'cause now your body's relaxed. Nothing feels threatened, like, oh, it's gonna hurt or painful. That's a big one. We hear the light of the VA's nerve. It gets the whole body just to start to relax.

Dr. Wendy Myers

When you're a practitioner using the Electrons Plus, I noticed with Chris he was putting it on different settings. You can do ones that are really strong that really get that muscle contracting. And there's ones that are very soft, where there's just a very subtle kind of reaction to the muscle. What are the different levels?

Arthur Robinson

The different levels or the different frequencies? Let me get this right, alpha, beta, gamma, Delta, beta. I think that's all of them. I probably missed one, but each frequency has a different weight rate, or think of it as pulses per second. So Delta, as people think, like delta or REM, sleep, that's like five to seven pulses per second. So you'll see like 5, 1, 2, 3, 4, 5. Then we can raise it up and go to Gamma and that's pretty high. That's higher than like 50 pulses per second. That's gonna be quicker, deeper, getting that muscle of the fire. Also you have to think about working as a clinician and therapist, sometimes you don't wanna always go right to the higher frequency 'cause you've got an injury. That body cannot respond to that quick enough. Like we do three posters per second. That's one, two where your body can absorb that. Okay, I can do two and three, but the higher you go the frequency, the more that that's gonna move and your body's gotta respond to that.

Now, if you have an injury, it is not ready for that high frequency yet. We can play around with those different frequencies because like the lower ones can get you to relax a little more. The higher ones can get muscles to move that may not be fired. And we can turn up the frequency and get it to move a little more or just get some different feeling and get some movement going down certain body parts, certain areas like down the leg or, hey, I don't feel anything in my toes or my feet. Well, we can change those frequencies and see how we can get your body to respond to that.

Dr. Wendy Myers

Have you had successful neuropathy or people are numb and tingling in their extremities?

Arthur Robinson

Oh yes. Big time. One of the first clients I had, he had neuropathy. He had a stroke that I met when I was working in a PT clinic. The first time I put it on him, I put the machine on his forearm in his hands, no nothing 'cause I think your machine's broken. I said, we'll, give it some time. So I saw him the next week and he's like, look, you can see my fingers moving. It's moving. So the more we kept doing it, Hey, my whole hand is moving now. My whole hand is moving. And he said one thing he knew that was working is because he could take a pair of scissors and just scrape his hands, like, I don't feel anything. After about three weeks. He's like, I can feel that now in my hand. So with the rocket, it's very good for that.

If someone doesn't want to, like, I don't want anyone touching me, well, there are ways we can treat you in water now. Water is also a great conductor of electricity. There's a probe we can put in water and put your foot in water, and now you're getting electrons to the water. We don't have to touch you. Now that water's being the conductor. So now your whole ankle, arm, wrist is getting electrons into the area and that's gonna help turn things on, say people that had gout or carpal tunnel, I've had people with arthritis that come in like this and I get done. They're like, oh my gosh, I can move my hands. Now they can clap or now they're like, Hey, I can at least text on my phone. So it's very good for our neuropathy and things of that nature as well.

Dr. Wendy Myers

I can see that'd be so helpful in the water for people that are in pain or have had surgery or it's too painful to touch. They could still get the benefit. Like I said, I'm really thrilled I was able to do a podcast with you because I've gotten so much benefit and so much help keeping me back and keeping me back in the game, if you will. I'm trying to get in shape and stay in shape and just felt like I was constantly plagued with injuries, which happens to women when they go into menopause and they have reduced estrogen. They have a lot more musculoskeletal issues. It can create a challenge when you're trying to lift weights a few times a week and play pickleball.

Chris, who's my personal masseuse, has been helping me keep me back in the game with the Electrons Plus. Why don't you tell us what your website is? Where people can learn more about your work and get a massage or work with you?

Arthur Robinson

My website is customkneads.net. You can find an Instagram that's custom needs. You can find it right here. You can see my little logo thing right here. They can see that. I think I also have my website, everything right there as well. My practice is mobile. I can come to you. People like that come into their homes. Most sessions are usually 90 minutes, but it's the whole body. I don't just focus on one side. I'll do my whole body from head to toe.

Dr. Wendy Myers

You're in Houston, correct?

Arthur Robinson

Yes. I'm in Houston, Texas. I go anywhere in the state of Houston, but you call, I come, just gimme access to an outlet and place to put out my table and we're pretty much good to go. I can treat anyone. I can also treat pets. I've treated a couple dogs as well, so that's been pretty, pretty cool too. Two of 'em had ACOs and one had hip dysplasia. I treat the pet just like we would do the human. We just have to wet the fur. But they benefit from it just as we do it as humans. So that was Oh, I'm sure it's important to find that as well.

Dr. Wendy Myers

There are lots of stressed out tense doggies out there that need some kneads. Some help have, of course, my cat next to me, cubs pouring my cat limping around. I got his butt kicked outside. Well, thank you so much for coming on the show. I've been wanting to do it. I don't know why I'd never thought about doing a show about massage. It's such a central core component of my health regime. I'm so happy we talked about this. Another thing I wanted to mention was that one of the benefits of massage is mobilizing a lot of toxins and waist tissue in your muscles.

I do ionic foot baths and I do those on a regular basis and see what comes out in the foot bath. But after I get a massage with the electrons, plus there is so much more stuff coming out because so much stuff gets mobilized. So it's so good for just general physical detoxification of your muscles as well.

Arthur Robinson

Yeah, because just like you're saying earlier with people's battery systems, as we say, if you're not hydrated, your cell's not hydrated. That's gonna take the electrons a little bit longer to get certain stuff to move. And that's gonna show up in your footpath as well. Electrons plus also being that diagnostic tool, we can see, hey, something not right here. Are you drinking a lot of water? Are you eating right? Hey, did you drink last night? Hey, are you a heavy smoker? Those things will play a part, and while your body might not move how it's supposed to, a lot of other factors that come to play, not just, oh, you know what, you may look fit, but there are other things that could play a part in how your body's gonna respond to getting the system charged though.

Ads 1:00:13

For anyone listening who really wants to detox their body, go to heavymetalsquiz.com. I created a quiz for you. It only takes a couple of seconds and it's based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at heavymetalsquiz.com

Dr. Wendy Myers

I think it's so important to just do a flush of your muscles, whether it's your lymphatics, your soft tissue, your muscles, you need to just flush that like once a month, in my personal opinion. Even people that maybe don't like the physical touch or they don't like typical massages, you don't have to do a deep tissue massage to get the results beyond the results of a deep tissue. So this is great for people who maybe typically don't like massages.

Arthur Robinson

I had a lot of a couple minutes. I don't want anyone touching me, but I tell them I don't have to massage you. I guess they're thinking I can just touch a spot and you'll feel it go down the rest of your body. I can touch certain spots or you're sore. I've pretty much done my job. I've gotten them outta that stigma and it wasn't that bad. I see a lot of people and I know a lot of women like, Hey, who's that guy that keeps coming to the house? Well, can you work on my shoulder too? Like, oh yeah, I should have been calling years for my golf game. It's different from your normal massage, but it is a massage. It's just like a supercharged massage using the electrons plus,

Dr. Wendy Myers

That's a very good word for it.

Arthur Robinson

Now that comes through your hand and now it's just gonna be a big difference. You can feel the muscles move, there'll also be some revert patterns. You hit my shoulder, but I felt it in my hip. That's probably a connection there and with electronics plus we will find that some shape, form, or fashion.

Dr. Wendy Myers

When I first met Chris and I got this massage, I went to my gym and it was like just signing up for a massage. And then he said, Hey, do you wanna do this Electronics Plus addition to the massage? Like, sure, that sounds really cool. When I was getting that massage, I just heard the angel sing. I was like, this is the answer to my prayers. This is what I've been needing to get my body back to where I just had lost so much physical functioning where I was afraid to go to the gym 'cause I thought I was gonna injure myself.

I was so sick of it because I love working out and being physically active. I had just been really struggling with that and I'm back in the game. I don't have any of these physical issues. I'm so thankful for it. So, thanks so much for coming on the show. What is your website again?

Arthur Robinson

Customkneads.net Thank you again for having me, and thank you again, Chris for also hooking us up for this podcast.

Dr. Wendy Myers

To the listeners, you can contact Arthur to do a massage, and my personal masseuse. His name is Chris Santee. You can check him out at acquiretouchmassage.com, and you guys will travel. Thanks for coming on the show. Everyone, I'm Dr. Wendy Myers. Thanks for listening to the Myers Detox Podcast, where we have experts from around the world showing you how to uplevel your health. We don't talk about the basics on the show. We talk about more advanced topics like detoxification, health issues caused by heavy metals and chemicals, bioenergetics, anti-aging, and things like that. So thanks for tuning in every week, and I'll talk to you guys soon.

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