Donna G. (00:00):

Hello, this is Donna Gates with Body Ecology Living and I love this podcast and I'm really hoping that you take the time to listen to the whole thing. I have been interviewing Dr. Rowena Gates and she's with Eng-3. And this is a device or a machine that I've had for a couple of decades, really, it's an amazing machine. When I first started using and I didn't really understand how it worked and even the science behind it for the people that created the Ink three, they didn't fully understand it until Dr. Gerald Pollock came into the picture. It's a little box with a little cup or jar on top of it that bubbles away and it creates beautiful colors, but it does something amazing for the body. And if there was ever a time when people need the Ink three machine, it's right now. Now I'm sure everybody listening knows all about protein.

(00:58):

I'm sure eating it in some form every single day. But protein has to fold properly. And I didn't learn this from ages, but when I finally started understanding about protein folding, I realized, wow, this is an important topic. So I make very, very sure that I use my Eng-3 machine. So if you want to know if you've got, well first of all, if you don't want to age, slow down the aging process. Get over all kinds of conditions like Alzheimer's, Parkinson's, diabetes, heart disease, all of that is the misfolded proteins that your body makes not eats. This is not the proteins we eat, these are the proteins we made in your body and there are millions of them in every single cell. So I highly encourage you to listen to the with Dr. Rowena Gates from Eng-3 and myself. I think we do a pretty good job of covering all the details, and I am absolutely positive that for people who listen to this, they're going to find out something extremely important to get well and slow down the aging process. So let's get started.

(02:14):

These are extraordinary times, but with too much information and much of it confusing on body ecology Living, I interview some of the best minds to help you live your best life possible. We'll discuss topics on using foods to heal on building a hearty immune system, on aging well, on taking care of your gut and of course your brain, but most of all, on clarifying the right steps to be happier, healthier, and having the energy to make a difference in your own world. Welcome everybody to Body Ecology Living. Today I'm chatting with Rowena Gates of the Eng-corporation and she happens to be the owner or the partner with someone else and one of the most amazing devices I have ever owned, and I've owned one for a really long time. I think I might've been in that category of very first people to get an Eng-3.

(03:13):

It's also called Nano V. And to tell you the truth, I would try to understand why it worked so well and why it was helping me so much back in those days, but I really never got a very good explanation. But science has evolved. The principals at Nano V have got a much better understanding today, so this is going to be a very important conversation. So I'm chatting with Rowena Gates, and I just wanted you to know that she's a PhD from the University of Washington, and her work study really was in international strategic alliances and regional development, which has nothing to do what we're going to talk about today, but she jumped into this whole new line of work and she focuses on helping people. I think the hardest thing that she has to do is explain to people why it's so important and all the many benefits. I mean, benefits are easy to explain because people, well, if they haven't bought the machine yet and they haven't had a chance to use it, then the benefits are amazing. And so it's really hard to believe one little machine can do what the Eng-3 Nano V does. So with that long introduction, Rowena, thank you very much for coming on today.

Rowena G. (04:36):

It's a pleasure.

Donna G. (04:38):

Well, I think we've known each other over 10 years, and I just want to tell a story. You don't even know the story. I was living in Palm Beach that time, actually, Jupiter and I had a friend and he was probably one of the very first biohackers out there. That term didn't even exist yet, but he was fortunate enough to be well off. And so if he found something that was or heard about something that was antiaging, he did it. And he had this machine he kept telling me about, and first of all, I thought, that's too good to believe it's just another device. I don't need another one. But he went away on a, well, first of all, he had an operation. It was a pretty serious one and I can't remember what it was, but I know they had to cut into his chest and he came over 10 days or so afterwards, and it was so amazingly healed.

(05:33):

It was like nobody can heal that fast. So I became quite curious and then fortunately for me, he went out of town for a couple of weeks and he said, I'll just leave this with you so you can try it. So I was definitely have been grinding fatigue all my life and I was then, so I put it on my bedside table, I put it actually in the bed with me, and during the night I'd wake up and I would turn it back on again because it didn't in those days, that early machine that I had, it didn't stay on all night long. So I wake up, I'd hit the button and start it over again. It relaxed me so much. I had a really good night's sleep, which is very critical for healing. And so I thought, okay, I got to get one. And I did.

(06:19):

And that's how we met over the years, upgraded my machine. And it's really, I guess if there was a fire in the house, I had to grab the most important thing after my dog, I would grab, get my nano V out of the house. It's just an amazing device and I know a lot of, well-known people and athletes do have one. So I want to ask you that question too. But first of all, after saying once again, thank you, I would like to start off by talking about proteins because everybody knows what a protein is. They know that we eat them

(06:55):

Eggs and fish and chicken and so on. We know that they're real important to have good muscles. Actually, it's also important that you don't fall if you have weak bones and you get older. But one of the things that, okay, so now I'm 77, and one of the things that you're supposed to do as you get older is actually eat more protein. Because our ironic thing is that we can try to eat more, but you don't absorb it. We don't have the enzymes as we get older to break protein down and digest it. So anyway, as time went by and you all had a better understanding of what the nvi is doing, proteins started playing a really important role. And do you mind if we could start there and explain to people that proteins aren't just what we eat? What are proteins?

Rowena G. (07:49):

Yeah, I'm happy to. The proteins are a chain of amino acids so that what you eat gets broken down into the chain of amino into the individual amino acids or maybe peptides, which is just a couple amino acids or a small number of them. And so what you eat doesn't get just if you eat collagen, it doesn't just immediately go into your skin, it gets broken out and then rebuilt into the collagen that's in your skin and your muscles and so on. And so having the right building blocks is essential. And there's about 20, I

mean, a amino acids and half of them are called essential because they're ones you have to eat and the other half your body will make. And so all of these amino acids get strung together, and they're called peptide bonds that hold the amino acids together in a big long string. And then for that to be a functional protein, it has to fold into a three dimensional shape that will allow it to work. And the is determined by its shape. So that shape is critically important. Then once it's folded, it can go off and do its work. I should mention that if it doesn't fold correctly, if it misfolds or it becomes partially unfolded, then it can be a liability to the body because it can form tangles and plaques and things that are harmful, especially to anything that's neurodegenerative.

Donna G. (09:22):

And if it doesn't unfold at all, nothing happens.

Rowena G. (09:26):

Correct. So it's

Donna G. (09:28):

Super important that we have the proteins folding properly. Is it possible to, if one doesn't fold properly, is it possible to correct that misfolded protein?

Rowena G. (09:42):

Yes, these proteins are getting damaged all the time. So when they're damaged, they're not quite right, but they fix themselves all the time as well. And so a protein can either be fixed so it's functional or it should be shredded up and broken down through autophagy and either moved out of the body or the parts reused. And it's when those things don't happen that you can end up with things like unfolded proteins that then stick together and cause plaques and things that aren't good for you.

Donna G. (10:16):

So those things, you can become diabetic, you can have heart disease,

Rowena G. (10:21):

And it is really big in neurodegenerative any of the neurological side of it. And so in Alzheimer's, they see plaque and tau tangles that form the brain, and then that really disrupts the neurology.

Donna G. (10:41):

And what about muscle development, like exercise energy,

Rowena G. (10:46):

Your muscles and most of your body is made up of proteins as well. So they do all the work in there. They're called the workhorse of the cell, they're doing all the work, but they also make up almost all of your body aside from water. And obviously there's minerals and so on as well, but this is, my arm is mostly collagen and elastin and a variety of other proteins is what makes up this tissue. Then you mentioned the energy and energy's coming out of the mitochondria, but that's also relevant for the

mitochondrial function and all of the work that's done in terms of signaling and the body knowing what to do, all of those functions are protein. So just to kind of go through some of them, the proteins are structural, they're signaling, your antibodies are proteins, your enzymes are proteins, and so they're playing this really pretty much everything in the body, which we should back up a little bit to your specialty, which is the DNA in your genes, and you're like a thought leader in that area. Well, you only have one purpose for your genes, and that is as the code, the blueprint for the proteins.

Donna G. (12:10):

In other words, the DNA is focused to make proteins to go on and do things in the body. It's important things, hormones, everything. You've got to have healthy proteins, and most of us aren't having them, and we age, we weigh unnecessarily. So what about that? What's the connection with aging? In other words, if they're misfolded or they're not folding at all, are we aging And then things like diet stress, are they causing the misfolding of the protein?

Rowena G. (12:43):

Absolutely. They kind of wear it down. And so the wrinkles on my face are there because the collagen hasn't been restored and built. And what happens is the whole system can be essentially compromised by oxidative damage. So even if you don't have any other kind of damage, no radiation, no issues, just breathing does oxidative damage, so you can't avoid it. And so with that damage, the most likely thing to damage is a protein because they're very small and they're all over the place in your body, and so you're constantly being damaged. And then the question is how well do you repair? You avoid damage with diet and nutrition, antioxidants, all those things prevent damage from happening, but they're not perfect because so far we've never found a way for someone to not age. We just age more slowly, but we haven't eliminated it because there's always some damage that gets through the antioxidant defense.

Donna G. (13:52):

Let's talk about that for a second too, because I think everybody knows about antioxidants because we're always saying how important they are. Glutathione and many, many, we need to, so vaginally have a lot of antioxidants. And so I guess a lot of people at this point think that free radicals, which are the opposite of antioxidants, they're oxidants, they're creating toxins and so on. So everybody probably thinks, oh no, we don't want free radicals, but they're necessary. Some properly functioning free radicals are necessary. Could you just explain that?

Rowena G. (14:26):

Sure. Free radicals have this damaging role, which is primarily what they're doing, but they also play a really important role as a signaling molecule or as signaling molecules. And those reactive oxygen species are actually what trigger your body to go into a repair mode, for example. So they go in and they damage it, and then they also tell your body to repair it. And so those diets that if people just overload on antioxidants, they can actually shut down those repair mechanisms because they're not being signaled correctly. So it could actually impede recovery and the development of muscle and so on.

Donna G. (15:12):

So it's kind, excuse me. I think it's really important to understand that if you get a viral infection, for example, or cut yourself, those pre radicals basically come to the rescue and help us repair. So they're not bad necessarily. They're

Rowena G. (15:30):

Essential.

Donna G. (15:31):

Yeah, they're essential. And the mitochondria, which is where our energy is produced, they're constantly making free radicals, so we need the energy, but we're going to absolutely get free radicals too. So I just want to let people know that if they didn't know it, so if pre radicals aren't bad, they're going to make 'em no matter what. And that's again where the NanoVi plays a really critical role. So I want to get into that, but when you are selling these machines for a really long time, and again, at first I think it was really hard to explain to people why to own one, but over time what's happened? Who owns them and what kind of benefits? Why would an athlete own one, for example? So

Rowena G. (16:18):

When I first met you very long time ago, you and the person we mentioned canine were some of the few pre biohackers that were using devices and technologies for wellness, in other words, to maintain their health and to promote longevity or slow aging since then. And at that time, our devices were almost all sold for chronic illness, diabetics, COPD, heart disease, autoimmunes, all the autoimmune diseases, people that had had Lyme disease, neurological disorders, all of 'em. I remember at one point I counted over 50 different chronic illnesses that our device was being used for

Donna G. (17:08):

Since then and helping not just being used for actually was

Rowena G. (17:13):

Since then. It's a wonderful shift because it's where you were an absolute front runner. Now there's a whole group of people that have emerged that say, wait a minute, I want to preserve my health. I want to maintain it, slow the aging process and certainly don't want to be old and sick. And so you're preventing you're not going to get those chronic diseases. And it's been really fun because our device fits perfectly with those people. You just use it regularly. It's a preventative device. Yes, it's going to help you sleep better and feel more calm because it definitely balances the autonomic nervous system taking people out of stress mode. And then it also provides energy because all of the protein functions associated with energy production. And then the last piece that we've had more recently is performance. And one area always athletes, they care about the recovery times, they care about oxygen utilization when they improve that they have better performance, reduced lactate, all these things that have been shown in double-blind studies.

(18:27):

But what's really interesting to me is the brain performance in the last few years, how many people are looking at cognitive function and cognitive performance, wanting to prevent declines there or increase their focus and clarity. And that's a fairly obvious thing for people. If they're stressed, it's fairly easy to

see or if they've been highly focused. When you do that, put a lot of strain on your brain and there's a lot of repair to do and your brain burns a great deal of oxygen, so you want to reduce that oxidative damage in the brain. And so that's been another area that people have become far more focused on in the last, I'd say two years.

Donna G. (19:13):

Just two years. Wow. Yeah. I don't think I became aware of that, but I do. Don't worry about my brain not working, but probably that's why. But although I became a long hauler after the third time I got covid and then I was having brain issues, really hard to remember people's names and stuff. But anyway, that's passed thanks to all the things I did and also my nana, I really made sure I used it morning and night as much as I could. So great for the brain. What about the immune system? We know everybody knows right now, I think we've got the brain is having a huge impact on the microbiome and the gut. I also know that during, in case everybody doesn't know this, fine now, the spike protein which was entering particulars receptor that we were always told about, we weren't told that acid enters this receptor, it damages that receptor, and so you're all over the body, so it's musically damaging all kinds of organs and it pretty much shuts down. The microbiome destroys that, and at the same time it wakes up a bunch of viruses that are living in these viral sanctuaries or maybe an UN really healthy person, quite quiet, but now they're out and they're causing a lot of problems. It also is an issue when you have yeast infections, it does again, destroy the microbiome but then also bring out a yeast infection. A lot of people after they've had this infection are still suffering. So would there be an impact on the microbiome, do you think?

Rowena G. (20:56):

There definitely is in that it's going to support the immune system and the bulk of your immune system is in your microbiome. And so it definitely will help and it helps with gut issues as well on its own. But again, it's the body really repairing itself and you're giving it a little boost to help the body take care of its own issues. And a huge one, probably the foremost is the immune system is to fight off invaders. And so you definitely see that response in it. There are certain illnesses where the improvement is the gut. In the gut is the first thing you see as the illness improves. And so it's pretty common that it's going to help the body sort itself out. It won't do anything or override anything. It's just that extra support lets the body do what it needs to do.

Donna G. (22:01):

And I would think when people have diseases like Lyme disease and so on, it's doing the same thing. It's basically just supporting the body, making sure these proteins are folded properly or corrected. And when you do that and all these other problems start to, you have the energy then to be able to get well.

Rowena G. (22:22):

And that's another area where your sort thought leader is supporting detoxification, which is often an issue with Lyme. But when you're to get them, they

Donna G. (22:35):

Don't know anything where detoxification hasn't played a major role in getting that disease. It's a huge reason for autism in these children. They're not good.

Rowena G. (22:47):

Yes. And so it's getting detoxing the organs and so on. There's lots of ways to do that, but you really need the cells to drop the toxins and really take it right out of the whole system. And that's an area where NanoVi kind of fits in. And I don't know if you know Daniel Pompa, but he has his fivers for

Donna G. (23:10):

Detoxification,

Rowena G. (23:11):

And he said, NanoVi hits every one of my Rs,

Donna G. (23:16):

But I think I've actually heard him say that

Rowena G. (23:18):

It's hard to get toxins out of the cells themselves. The cells are very small and all of that. And so that's a cellular function of course, for it to function correctly, it's going to work to eliminate the toxins. And if you can just improve the cellular function with the NanoVi, then that's one of the benefits of it. And I feel like I should tell people how it's actually working. We haven't gotten to that yet. Please, it will help with this explanation. The anatomy doesn't add anything, no substance, what it's doing, what comes out of the device actually adjusts the water that's in the cells, that all proteins are immersed in water. So what we're delivering is a change in the energy state, and it's actually entropy, which means it goes from chaotic to less chaotic and so on. And so we call our water ordered water because it's very, very organized, tightly packed together water molecules.

(24:29):

When that crosses the mucus membrane and goes into the body, it transfers that ordered state throughout the water in the body, which is ubiquitous, and all proteins are in the water. And so it creates a bit more order in the water that surrounds the proteins, and they rely on that in order to fold. And so for a protein to fold, it's going from a chain of amino acids to a complex shape. It needs energy to do that, and it gets the energy from the water, it transfers to the protein, the protein becomes more organized or ordered and the water less. And so that transfer is happening all the time. And one of the ways to create the order in the water to press the water molecules together so they can be ready to support the protein. The way that happens in the body is a reactive oxygen species, which you mentioned earlier that will cause that reaction in the water molecule. And so the foundation for this technology NanoVi, was to mimic that natural process, modify the water molecules in an airstream in humidity outside the body and augment what the body's doing. And so of course, those free radicals, that oxygen, that reactive oxygen species is essential because you have to have this condition in the water that the proteins live in. And that's why you said free radicals can be good and bad, but you have to have them. And it's like, yeah, you really have to have them.

(26:14):

But what we do is we augment that. So that doesn't override anything. It only supports everything that needs to get done. And you were just talking about the immune system and there's a double-blind

placebo controlled study showing better immune response with the nano V when the body's stressed. And so that stress creates acute inflammation in the body. That's when you want that inflammation to occur because it's the healing response. And that's been shown to improve pretty significantly. With one session. It was, depending on the marker, it was 10 to 17% improvement with one 15 minute session. So it was pretty significant

Donna G. (27:04):

And pretty obvious. I linked my machine to somebody and her husband contacted me. He said, this has been amazing. She's relaxed and she never can relax. Her mind's going a million miles a minute. So he got one for her. And the thing is that it's very obvious you can't sleep. But the other thing is I don't think people realize that the first thing you've got to do when you're trying to get well is create more energy, but if the person's wasting a lot of energy because they either stressed out and there's burning up their energy, the first thing you really have to do is calm that stress down. I think it's an essential first step in getting well, basically. So I'm glad you mentioned that, and it was real obvious to me when I started using it for the first time, how much it calmed me down so I could sleep, so I could start to get well.

Rowena G. (27:57):

So

Donna G. (27:57):

I just want to stress that

Rowena G. (28:00):

Out. We've done the testing with a continuous heart monitor so you can see the timing, and it's at about minute eight that you start to see the sympathetic system plummet. So the stress is dropping at minute eight, and then it's closer to 15 minutes that the parasympathetic system starts to build. But almost all of us are heavy on the stress side of the equation. And so for all of us, you can see it's very measurable how that declines, but it takes a few minutes. It won't happen at the very beginning of using it. So

Donna G. (28:36):

Interesting. I didn't know that. But the thing is, stress is everything. Stress is an infection. Stress is this awful inflammatory food that we eat all the time. Stress

Rowena G. (28:47):

Is

Donna G. (28:47):

With us forever. This is a tool that helps with that,

Rowena G. (28:52):

Right? And that alone, if you just help the body a little bit, it can do so many amazing things. But reducing stress and good nutrition and sleep, which is associated with reducing stress, those things alone just gives the body a chance to heal itself basically.

Donna G. (29:14):

So even though I don't talk about them in the podcast, you may not realize that body ecology makes outstanding products. Our products are for a healthy gut and also they obviously strengthen the immune system. Very much helpful for aging. Well, at the age of 77, I really have a lot of energy and I am very grateful for that. I'm grateful that I got sick a long time ago and that I learned what my body needed to stay younger and to get well. But in the meantime, I created these products and we've been making them for a really long time. We have extraordinary reviews from people. We have people come back and order them again and again. So I'd like to encourage you to go to body ecology.com. You can get a replay of this podcast there of course, but you can also go to shop and you can see what our products, what they are, what they do, and just start choosing one or two or three of 'em and notice how well they work.

(30:17):

So thank you for listening to this podcast. Say, you mentioned sleep. Absolutely. I almost think in my mind, if somebody came in and asked me, what are the five most important things you do to stay well, to stay healthy, I would put sleep at the top of the list, not diet, even though diet obviously is super important to me, but especially one customized to what my body needs. But sleep I put up there. And a lot of people can't sleep today as they get older, they can't sleep either. And that's absolutely critical. I mean, maybe if you just bought it for that one and only reason, just you can sleep well again. But I didn't know that there was a delayed response. I think a lot of reasons that people are having our neurotransmitters, like the calming one, gava, people are super deficient in those.

(31:10):

I just can't, there's nowhere that I can come up with an issue where I can't tie this back in to the nano being important to them, but just that, okay, so it's a several box, and on top of it is a glass container. When you push the right button, the big button, well, you get this bubbling effect. It's really pretty rainbow bubbling thing. And I've often thought it's just water bubbling away, how come it's working? But Gerald Pollock came along and he started talking about structured water, which to me is a complicated topic for most people. But would you say that this bubbling water is structured water?

Rowena G. (31:58):

Yes. And Gerald Pollock's been a wonderful person for us, and I mentioned that our understanding has evolved. And you mentioned that earlier, and it's because of Jerry or Gerald Pollock, it's because of his work and knowing him and collaborating on these explanations, that's been really helpful to get us so that we could really nail it down. All the whole

Donna G. (32:24):

Chain

Rowena G. (32:25):

Of events, and it is structured water. I think of it as a huge umbrella of structured water. There's all kinds of things you can do by spinning the water and different things.

Donna G. (32:39):

But

Rowena G. (32:40):

Under that umbrella, we try to stay down to our piece and we call it ordered water for that reason. It is easy water or the fourth phase of water, which Joe Pollock calls it, and we call it ordered instead of easy water because it's just a more scientifically understood term.

(33:02):

And I think easy water is sometimes misinterpreted where easy water exclusions on water, which means that the molecules are so closely packed together that everything else gets pushed out or excluded. So it's called excluded zone. It's zoned because it only happens on a surface. It won't happen in the big glass of water. There might be some in there, but in a big glass of water, there's no real surfaces. And so you can't just have a full glass of easy water, not, it has to be on the surface. And that's why it works so well in the body because there's so many surfaces. Most of them in the cell are proteins. So to give people an idea, it's very easy for there to be five, 10, 12,000 proteins in one cell and a cell is really small, and also mitochondria are really small and they're all over the place, and

Donna G. (33:59):

They're inside the cell, by the way, just so people

Rowena G. (34:02):

Are

Donna G. (34:02):

Tearing that word first

Rowena G. (34:03):

Time, and the cell isn't even visible. It's so small. And so that's why there's a lot of surfaces, and that's why that exclusion zone forms on the surface. And when there's an accumulation of that zone, then the protein can fold. And so that's how that protein folding happens. And you can imagine it's constant and it's really fast, and there's a lot of it in there. I mean, if we have something like 75 trillion cells in the body and there's thousands of proteins in each one, you kind of get the scale of it and it's then in,

Donna G. (34:44):

It's actually working on all those, just not picking a few and helping them out. It's actually working on all the proteins in the cell.

Rowena G. (34:51):

Yes, it has the potential to now your body's going to determine the priorities. And so it may well be a hormone function, it could be immunity, it could be anything that your body uses that energy for in some order of priority basically. So if it's urgent, it'll respond differently than if it's just maintenance.

Donna G. (35:18):

We're not talking about water that you drink, right?

Rowena G. (35:22):

This is

Donna G. (35:23):

Water that's already inside the cell. Can you talk about,

Rowena G. (35:26):

Yeah, you mentioned the bubbling water. So it's got a container of bubbling water. It's actually distilled water because we don't want any particles in there. We want it very clean, and that bubbles in order to create humidity. So it's kind of pretty to look at it, but it's creating the humidity. And the humidity is going through the device where it's bombarded with wavelengths that create this ordered or easy water. Joe Pollock wrote a small article for us is really nice to explain why it's so important that you're using the humid airflow, the humidity instead of water, because the surface area of all the droplets of humidity is big relative to the size of the droplet. And all of that surface gets very ordered by our device,

Donna G. (36:16):

What a person sees them coming out of the little tube. I like to use that little cardboard tube. It seems like it's more than the little, if I put on a cannula, I feel like there's not as much that I'm breathing in and with the little tube that is in their option and I put it right by my nose, it really rushes in. And you can feel that. You can feel like you said humidity, but there isn't rushing of air.

Rowena G. (36:43):

And so either of them work really well. And so people know there's the option to use a nasal cannula, which is what people breathe oxygen from the little clear tubes.

Donna G. (36:52):

And

Rowena G. (36:53):

When that's in your nose, you don't feel the airflow, but it's going in. And then there's a paper tube that's a disposable item that goes on the end of an arm that comes out of the device, and you can breathe directly from that tube. And that's where it just sits in front of your nose. And it really depends on where you're using it. If you're sitting still or lying down, the tube is great, but if you turn your head, you wouldn't get any of the nano V humidity. And so in clinics, they usually use pretty much always use a

nasal cannula in a clinic so they can be sure the person gets the treatment, but at home, the tube can be more comfortable and easier to use.

Donna G. (37:40):

I wonder sometimes there's all these different breathing exercises like breathe three times, four times, hold your breath, exhale and so on. Does it matter when you're using the in three that you're breathing in this particular style?

Rowena G. (37:56):

No, it's only the inhalation. And even when it first touches your mucus membrane, it could be in your nose that it's transferring to your system. So it doesn't even actually go deep into the lungs, although the lungs are really perfectly designed for it. But if you breathe and you do breathing, special breathing while you're doing the NanoVi, you're just stacking another benefit because breath is another thing that's wonderful, and you can improve your situation a lot with breath

Donna G. (38:30):

And doing resting, I mean, relaxing, breathing helps you relax a lot.

Rowena G. (38:35):

It's amazing what breath does. It's therapeutic. And so if they have the opportunity, it's a perfect kind of way to stack two different things at once.

Donna G. (38:49):

I don't know what time this is. I should probably check the time and see how much we have a lot of time here. But so one of the things that I think is absolutely amazing and that I wish the government allowed people to all go and get ozone therapy. There's regular excellent ozone, and then there's a more kind of super ozone called Ebu. People can look that up, another form of ozone. And I heard you say that. So a lot of people buy these for clinics because this is not a 300 machine. And when people are having their ozone treatment, it's a really excellent thing to talk about stacking. I was thinking, wow, that would be perfect. The ozone and the nano be together. Why would that be true?

Rowena G. (39:39):

Well, ozone, I see ozone has having two important roles. One is that it's antimicrobial, so it can be

(39:49):

Essentially disinfect things. It is wonderful. And in fact, we run ozone water through our device through if we have a device that we're cleaning up for somebody, sometimes people let them sit and they really need to be cleaned up. And so we use ozone water for that because it kills everything, but it doesn't leave any residue or it's not a chemical. So that's one rule. But the other one is it can donate oxygen, and that's why people can feel better after an ozone treatment. So when it's an oxygen treatment, again, it can have oxygen radicals as a result of it. And so pairing them together is a really great idea because you're mitigating any of the oxidation that might be a result of the ozone therapy.

Donna G. (40:41):

If I've made people curious about EBU as an ozone, oxygen therapy, kind of like on steroids, super powerful. And Dr. Daniel Poba that you mentioned, and he has a video online YouTube that you can watch to find out more about it. And I did an interview with David Minkoff down in Clearwater. He's one of the first people that brought it into his clinic, the Ebo Chews. But I've done more than a year of serious research on viruses because again, first of all, these viruses are awakened now that people have Epstein bar and herpes and CMV and so on. It's a big issue. And I developed a diet that's excellent. You have to be on this diet if you have an outbreak of any kind of viral infection, and it's not long. You only need to be on it four to 10 days. You get these viruses back into their sanctuaries or hiding places.

(41:31):

And why are they hard to get? How come they're residual? How come we can't get rid of them? Well, they actually secrete proteins and they're able, so one of them herpes for example, it has to take the virus, the immune system, and has a transported over to the Tcell so that the T cells can kill the virus. But they're really good at clever, really, they hide the virus. So the T-cell can't even see it. And it doesn't mean even if it comes out again and again and again, and you keep having an outbreak, the immune system never sees it. So here we are talking about proteins again, which is important, but it's a serious issue. And out of all the things I've looked at, all the antivirals out there and supplements, et cetera, et cetera, the number one most important thing to do is ozone.

(42:25):

It really does kill them, permanently kill them when they come out of their residual hiding places, they're called viral reservoirs. And so I'm a huge fan on doing types of ozone, and I love the idea of combining. So let's say a person can't afford it in their house, but they definitely are going to go for an ozone treatment every week, four or five, six times to get rid of the problem and stop being a long hauler. And so a lot of clinics would do very, very well to compliment the ozone session with a nano v.

Rowena G. (43:01):

I love it. Dr. Minkoff has had a nano V for a long time, and we get quite a few referrals from him.

Donna G. (43:07):

He is so on top of things. He's an amazing person. I have a podcast with him. I hope people, you just

Rowena G. (43:15):

Did a podcast with him. You just did. Yeah, I was like, oh my gosh, that's great. No, he's pretty innovative, I think, and forward thinking.

Donna G. (43:27):

And I love doctors like that. To me, they're the ones we should absolutely be going to. They're the ones with solutions, but they seek out these very valuable special devices and help people use him properly. So

Rowena G. (43:40):

I'm

Donna G. (43:40):

Glad we meant to mention him. I love him. Can just look over my notes real fast. I think we've covered a lot of stuff. So who's buying them? Who is affording and spending the money? Let's talk about They're not cheap. Everybody.

(43:55):

They're well worth it, even if it takes you a couple of years to pay it off, once you paid it off, you have it forever. I've had mine for ages, and like I mentioned before, again, if the house was burning and I grabbed a few other special things, most of all my little dog, I would get this machine out of the house. So I could always have it, but it's not insured anyway. But can we talk about costs, about who's actually spending the money to buy them, and can a normal ordinary person buy them? I know you all really work hard to help. I know you really work hard to help people be able to afford.

Rowena G. (44:36):

Yeah, it's a challenge. And that's true of any of these more innovative technologies, I'm sure, where they're just expensive. We're not selling a hundred thousand of them in mass producing. We built them in Seattle. And you can tell by looking at it, it's a little more crafted than a lot of devices.

Donna G. (44:57):

It was developed in Germany very,

Rowena G. (45:00):

Hans is a German engineer. He was actually living in the US at the time. But yeah, it's definitely, I mean, it's built for, it's ridiculously well-built, which is a good thing. And it means that you can amortize it over the rest of at least certainly my lifetime. I would never expect anything to go wrong before

Donna G. (45:21):

Because it's so simple and it's so brilliant. I mean, like you said, he didn't even know how it worked. I mean, he creates this machine. He doesn't even know exactly why it works so well. But there was

Rowena G. (45:32):

One piece that we didn't understand, which was the water science, which was so cool to Gerald Pollock. And Gerald said, oh my gosh, I believe this should be possible. And Hans said, oh my gosh, this is the explanation. This is the last missing piece that we needed with the water. But anyhow, who buys them? First of all, they're ranging currently a little over 5,000 to a little less than 14,000 in price. There's three different models. The least expensive model will not be that inexpensive for long, just because we can't afford to produce it at that price with we've never raised prices and we just can't survive that way. And so those devices, all of them will last for a very, very long time. And then the,

Donna G. (46:24):

I'm sorry, I keep interrupting you, and I just want to interject. It's not just for you. Your whole family can use them. That makes it even more worth spending the money on and having one even in your home if

you could, because anybody can use them. Any child. I even wondered if my dog, my little puppy dog. Do you ever have people,

Rowena G. (46:45):

Lots of dog use? We have a lot of dog use. Serena Poon, I don't know if you know her, but she is also worked in nutrition and is a chef. And I said she, she wasn't feeling well because of Covid. And I said, but isn't the NanoVi helping you? And she goes, well, I'm traveling. And so I had to leave it with my dogs because they're old and I didn't want them to be without it.

Donna G. (47:13):

They don't have a little mask. I mean, how is she putting it on them? We'll get back to the cost and how to

Rowena G. (47:18):

Get one. Yeah, we can do the dogs later, but generally they'll breathe from the tube or you just put it near them when they're sleeping and you just go from the tube,

Donna G. (47:26):

Just a little cardboard tube.

Rowena G. (47:31):

But anyway, you mentioned that we do try to make it work, and we'd be happy to where we can, we'll divide up the payments so that it doesn't have to go through a leasing company or sit on a credit card, is interest rates are going up and so on. And so we do try to make it work out. But the biggest thing is that it's an upfront investment, but over time, it becomes very inexpensive to use. And then as Donna said, if you have multiple users, then it becomes really inexpensive because many people can share one device,

Donna G. (48:03):

Which is what they're doing in clinic. Well, it comes with a beautiful little aluminum suitcase. If you wanted to save money, do you have to get the suitcase?

Rowena G. (48:11):

Well, you know what? If people come and on your recommendation, we will provide the suitcase as a complimentary gift. Wow,

Donna G. (48:23):

It's beautiful. It's

Rowena G. (48:24):

A ridiculously expensive suitcase, but it's a ruggedized transportation case. It's now black with the Oh, it is, but it's very tough. And I don't know if you know Jeffrey Gladden from Vladin Longevity, but I just

heard him say that you could probably throw it out of an airplane and it would survive. And I thought, no, don't try that.

Donna G. (48:47):

At least not with the nano V in it.

Rowena G. (48:51):

That case doesn't come with it, and it's $350. They're just expensive. But if it's somebody comes in, they mention you or they come in through a page, then we would be happy to give them a complimentary case because you're,

Donna G. (49:10):

Oh, that's amazing. Thank you very much.

Rowena G. (49:14):

So that wouldn't be an extra cost, but we do need to know about it, otherwise we would never include it included.

(49:20):

And then, yeah, the other thing is very occasionally we get people, they buy the least expensive device, and then they realize right away that it's not too many people want to use it, and it takes too long. And so they upgrade to another device. So we will occasionally get the smaller devices in, which are very slightly used because we give people the option to upgrade it within 90 days or something. And so there can be some slight little things available there. And then it has a return option so that we never want somebody to find that it's not for them, and then have this investment made. So I think it's a month or something as a return option on it.

Donna G. (50:12):

Mine is never broken after all these years. They don't break, do they? Mine are perfect. Mine's like this day I bought it. So

Rowena G. (50:21):

Do I break,

Donna G. (50:21):

Take it for,

Rowena G. (50:23):

I take it for granted, and then my red light just broke. And I'm like, what's with,

Donna G. (50:30):

Oh, after years?

Rowena G. (50:31):

Yeah, I expect everything to last forever, but evidently that's unrealistic.

Donna G. (50:37):

Well, I've had it a long time and it's just going full stream, and I'm more grateful than ever because I really need it right now. Again, the Covid thing really did its number on me after I got it three times. I had no, I mean, actually the Covid did not do anything for me. It just seemed fine. And then I started getting a skin breakout on my back, and I thought, well, people are getting her piece. They're reactivating the viruses. And that's what I thought it was. But then it popped around to other places, started itching like crazy. And of course, I was super grateful for the Nino V too. So I think I would've had much worse symptoms than if I didn't have that morning and night. I literally put it by my bedside and it's on a table, and then the long arm is coming in, I'll sit there and breathe it, and then if I wake up in the night for some reason to go to the bathroom or something, I will put it back on again. And then I always do it first thing in the morning. I'll just lie there for a little while and breathe it again. So I find it's real easy to work it into my day. And I know a lot of people, like I've heard Dave say that he keeps on his desk.

Rowena G. (51:45):

I do too. I

Donna G. (51:46):

Don't really ever sit still, so I don't stay at my desk all day and I move my little computer around. So I find using it in the morning and at bedtime is perfect.

Rowena G. (51:57):

And I've heard a lot of, I didn't realize how powerful it is for people that don't sleep well to use it during that hour before sleep. Somebody mentioned it to me, a woman that does brain performance mentioned it to me and I tried it and I was like, oh my gosh, I was using it a lot, but not right before sleep. And I actually could tell the difference, I think. So it's a great time to put it on 20 minutes, half an hour, an hour, whatever you can do.

Donna G. (52:24):

Well, I'm a blood type A, and a's most, all the kids with autism are blood type A, they have a mind that just works all the time trying to figure everything out. In Japan, more people are blood type A than any other blood type, and they're fantastic scientists. They're always perfecting everything. So Japan's very much blood type A well, you really need devices like that. And nothing to me works as good. I'll always use, I just become part of my life. So if you're out there and not being able to quiet or shattering mind. The other thing I do too is I'll put on a podcast. I have some great podcast hosts I love, and then it'll help me also relax too while I breathe, just in case anybody cares about that. But it changes your mind. You're not worrying about something, you're not listening to somebody.

(53:13):

So it's just not a little tip. But it's time for us to end this. Marina, thank you so much. I'm so glad years have gone by and you have such a good understanding and you've really gotten at explaining it to people. So I hope by now people get that this is a great machine and you all care. You're such a caring

company that you really want people to have it, and you want sinners to have it. So if you go to a center, be sure to show this podcast. Let somebody, whoever owns the center, listen to this, but also share this please, and let those people who can get it, let it help them. So Rowena, thank you so much. I really appreciate this.

Rowena G. (53:57):

Yeah, thank you. And people are more than welcome. We can help them locate a center near them.

Donna G. (54:03):

Oh, good idea. If they

Rowena G. (54:04):

Don't already know about one. And so we're happy to help do whatever we can. It's been a wonderful, I feel honored to be associated with it because it just is so helpful to people. So I'm glad it's helpful to you, especially because you're a treasure. We want to keep it around. The other one that we want to keep around, who now has a device is Pope Francis. That's our most famous NanoVi owner is Pope Francis.

Donna G. (54:33):

Wow. And how did he get one? Of

Rowena G. (54:36):

Course,

Donna G. (54:37):

Want to know that.

Rowena G. (54:39):

We were asked about it, and a doctor in Italy highly recommended it for him. And so then we were invited to give him one, and then we got a thank you letter acknowledging it. And so it was very cool. It's quite a strict process. You can't just send things into the Vatican. So it was really, really pretty special.

Donna G. (55:02):

Have you gotten feedback from him?

Rowena G. (55:04):

No, I haven't.

Donna G. (55:08):

I hope he's getting it. I have the other priest, Bishop are not using it instead. But anyway, yeah, he has a big influence on a lot of people, but it's certainly been great for me, and I would like for everybody to look up the information on the studies and even people raving over it. So where would they go to find information and to be able to talk to you, buy one, whatever, where should they go?

Rowena G. (55:37):

N three.com. And I don't know, there was a page that we developed, especially with content related to you, which would be the best place to go, because it will tie into your listeners, and I think it's n three.com/body ecology?

Donna G. (56:02):

Yeah, slash body ecology. Oh, great. I didn't remember that even, but I, well,

Rowena G. (56:07):

I'd have to look it up right now, but maybe, do you have a place where you can put it in the notes?

Donna G. (56:12):

Oh, yeah. When we do the notes for this podcast, we'll be sure it's down at the bottom and they can just click on it.

Rowena G. (56:17):

Yeah, we'll be sure we have the right link for that. But general information is@incthree.com. But if you go in through Donna's page, because it'll be more tailored,

Donna G. (56:27):

And eing is spelled ENG, but I've heard some people like Dave er, he pronounces it in like with the soft G, it's

Rowena G. (56:35):

Engineering, he can't get over it, and then the other side do English because it's, but he thinks of engineering. Dave does actually. A name

Donna G. (56:46):

King is okay, is already saying.

Rowena G. (56:48):

Yeah, ENG three.com. Oh three.

Donna G. (56:51):

Oh, that's right. Yeah.

Rowena G. (56:53):

Okay,

Donna G. (56:53):

Perfect. Well, thank you once again, and I'll say goodbye, and I'm hoping everybody listens who's out there and really struggling with their health or really doesn't have a huge health problem, but they're aging. It's actually the number one top of my list reason I got four. I have some new grandchildren. I have a four year old than a two year old and a one year old, and I have a different, more motivation than ever to stay alive, but be healthy so I can pick them up and play with 'em and watch 'em grow.

Rowena G. (57:26):

Congratulations.

Donna G. (57:28):

Yeah. They're bringing you joy into my life.

Rowena G. (57:31):

Well,

Donna G. (57:32):

Thank you.

Rowena G. (57:32):

Okay. Thank you. It's so wonderful to see you. Thank you, Dito.

Donna G. (57:37):

I think very much Ena.

Rowena G. (57:39):

Okay, bye-Bye Now.

Donna G. (57:42):

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