

## Harmoni For EMF Protection And Stress Reduction

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**Host: Lloyd Burrell**

**Guest: Wendy Myers, FDN-P, NC, CHHC**

**Lloyd:** Welcome, welcome. My name is Lloyd Burrell. Today I'm thrilled to have as my guest, Wendy Myers. Wendy is the founder of [www.myersdetox.com](http://www.myersdetox.com). She is a bioenergetics expert, heavy metal detox expert, and functional diagnostic nutritionist. She is the number one best-selling author of *Limitless Energy - How to Detox Toxic Metals to End Exhaustion and Chronic Fatigue*. Wendy hosts *The Myers Detox* podcast and *The Supercharged* podcast about bioenergetics. She's passionate about educating people on the importance of bioenergetics and detox to live a long, disease-free life. She created the revolutionary Myers Detox Protocol and mitochondria detox programs after working with thousands of clients around the world. Wendy, welcome.

**Wendy:** Thanks so much for having me here.

**Lloyd:** Listen, it's a pleasure to have you on and to be talking about this Harmoni pendant. My first question is quite simply, where did the idea come from for this and how did you get involved?

**Wendy:** Well, I had been interested in the concept of bioenergetics for a couple of years before I met the founder and developer of the Harmoni pendant. His name is Robert Marking. He's a really dear friend of mine and I met him at an NES Health Bioenergetics training. He said, "Hi, my name is Robert. I love your work and I follow you. I want to introduce you to this pendant. I'm wearing one right now." So **I was going through a lot of stress at that time, very, very stressed in every aspect of my life, not sleeping well, not feeling well. He put this pendant on me. He activated it, or what he calls harmonizing your body with the pendant. I just went from this high-stress state to more of a parasympathetic relaxed state where I was yawning, ready to go to sleep because I was so relaxed. I was really taken aback by how I felt. I've never experienced anything like that before, such a quick reaction after being so quickly introduced to a protocol.** That obviously got my interest and Dr. Mercola was also at this training, his personal physician, Dr. Lee Cowden. Everyone got harmonized with the pendant. Nick Pineault was there as well. He's an EMF expert and he got activated with the pendant as well. Everyone was just raving in the subsequent days about how much better they felt. So that obviously got my attention and just over a couple of year period decided to get the harmony pendant message out to the world. I think it's just a very simple tool that can help people on many, many levels for stress reduction, EMF protection, and just helping with sleep and energy levels.

**Lloyd:** So personal experience, that's what really brought you to this which I can perfectly understand. I've got the pendant here because you sent one and honestly, it's well, it's just a bit of metal. It's a cute bit of metal, but it's a bit of metal. Stainless steel, yes? Really, it doesn't look anything special. So my question is what is special about it? Clearly, there is something special about it. I've not looked at this under a microscope but I don't think I would see much more, or

maybe I would. I would see something in the grain there that gives something away. So how does this work?

**Wendy:** I understand people will look at it and just think it's a pendant with some holes in it, like, "Are you kidding me?" To understand how the pendant works, I must explain the concept of bioenergetics. So the pendant works bioenergetically. So it changes the body's energy field so that the physical field works better. We have an energy field in our body and that's the governor. That's what regulates the body's physical functioning. So you end up feeling better as a result of using this pendant to regulate your body's energy field, which then improves physical functioning. **Let me explain the concept of the energy field. You just have this energy field in your body. HeartMath has proven this, that your heart gives out an energy field that's about 10 feet in diameter around your body. Your body communicates in this energy field. It sends information on energy waves, sending little packets of information, operating instructions to various parts of your body. That's one of the main ways your body communicates. It also communicates physically with hormones, neurotransmitters, electrical impulses on your nervous system, and whatnot. But the ultimate governing aspect of your physical body is this energy field. And so, this energy field that you have becomes blocked or inefficient or unregulated, if you will, interrupted due to frequencies like EMFs from non-native frequencies, from heavy metals, chemicals, emotional trauma, bad food, emotional stress, these create blocks in your energy field that cause it to become disharmonious and not provide that clear communication highway in the body. So the circles in the pendant, these are kind of the geometry that communicates information to the field to clear it and optimizes its function on a bioenergetic level. So the geometry found in this pendant design changes the waves or how the information is communicated in the body. So when you think of a waveform or information communicated on a wave, think about a radio. So there's this wave and there's information, like the radio host is talking. That information gets transmitted on the wave. You tune the radio to 98.6 and you hear that information coming out. So what the geometry in the pendant is doing is correcting and improving or changing that waveform, which changes the information in the energy field which improves how the body is communicating in the energy field.** When you do that, it improves efficiency, it clears a lot of different stressors and energetic blocks in the body's energy field. This is also the level that human intention and thought work on as well. You may have heard of Bruce Lipton and his book, *The Biology of Belief* where he found that your thoughts impact your biochemistry. This is how the pendant is working but through geometry. I don't want to call it sacred geometry. But it's just that the geometry changes the body's energy field. **So working on the quantum level like this, it really sets the stage for good physical and emotional well-being. I really believe it's that missing link that people are looking for when they're trying to improve their health. They're trying all these different physical things and supplements and diet and medication or whatever they're doing but they're really not getting where they are wanting to go. You really need to take a step back and see the base level, the quantum level. It's easier to work on that level to elicit physical changes in the body.**

**Lloyd:** Yes, makes a lot of sense. This is what we've been talking about many, many times with different speakers on the Summit, about how important this energy field is, how it impacts us in many different ways, and how that kind of trickles down into the physical, or goes up, or rises

up, however you want to look at it. It feeds through to our physical well-being. It makes a lot of sense. So that's how your device works. There are lots of devices out there, and that's what we're doing in this little series. We're exploring different ways of harmonizing, of protecting ourselves from EMFs. Can you compare this with other devices that are out there?

**Wendy:** Yes, exactly. **So how the Harmoni pendant works is it's not blocking EMFs so much. It is improving the body's ability to adapt and process EMFs, by improving the body's energy field and clearing the body's energy field.** That's how it kind of works. So when the EMFs hit you, your body is better able to deal with that. We show in our study - which we'll talk about in a minute - where we are able to show that when the body is hit with the EMF stressor, the body is able to adapt to that and it doesn't kind of tank on much of different variables. **So a lot of different products out there, for EMF, they will help to block it. They will absorb the EMFs. There are devices that will scramble the EMF signals. There are things like stickers, plugs, pads, other pendants, fabrics, Faraday cages, aluminum-based EMF-blocking paint, there are crystals as well. These are all things that certainly I've used and employed and they worked in different ways. But I find a lot of them are kind of a one size fits all approach, whereas the pendant clears your body's energy field. It tunes your energy field so that your body's able to kind of defend itself from EMF better and it goes everywhere with you.** Whereas a cellphone sticker might work on the cellphone, or the pad might absorb some EMFs from your computer. Fabrics will help you if you're sleeping in them. EMF-protecting sheets have silver or copper in them. But the pendant goes with you everywhere and that's the difference. For me, I have an EMF-safe cocoon in my home. But when I leave my home, then what? What if I go to my office? What if I'm going to an area like a cafe where there's EMFs? I want something that's helping to protect to a certain degree. The pendant is not 100% EMF protection. Nothing out there is. But every little bit helps. So it's one of those things that it's not the only thing that you need. I certainly use other EMF protection devices. But it goes a long way to helping to protect you to a certain degree. We all need some amount of protection from EMF these days.

**Lloyd:** So yes, I'm pleased you pointed that out, that it's not 100%. We're not trying to mislead people. It's not a panacea. It's not a cure for all ails. In terms of the benefits that we can have from using this, you mentioned when you were using it firstly, you got this yawning and impacts on the parasympathetic system. Is that kind of typical of the benefits people are experiencing?

**Wendy:** Absolutely. You feel that very quickly when you put your pendant on you and activate it. Not everybody but most people will feel this distress. **They feel themselves feeling less stressed. That's one of the main benefits that people experience. But I've also heard people sleeping better. So many people said they slept better than they had in years. I certainly experienced that. We had people that have less brain fog. They feel very, very clear. I certainly experienced that where I felt so, so clear. I was living in a moldy environment at the time and when I got activated with the pendant, I just had this clarity that I had not had in a long time. I'm able to communicate and speak better. People finally have better connection, better communication with their friends and loved ones, especially if they are also wearing the pendant, we've reported that. People have better sports performance. We have UFC fighters, professional athletes, professional water skiers, jockeys, all kinds of people that have dramatically improved performance. We have Gilbert Burns who's a UFC fighter. As soon as he started wearing it, he got two**

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**knockouts in a row.** He never had a knockout in his entire career. He just felt everything was flowing and aligning better. We have people who have less aches and pains. I had it as well. My lower back and my hip always felt off and tight. Nothing I did worked. After I harmonized with the pendant, it was just gone. I never had that pain again. A lot of people tell us that as well. So, many interesting benefits from the pendant. It's very simple, you're just kind of clearing your body's energy fields, clearing out some energetic blocks, and your whole body starts communicating better. So those benefits are a result of that.

**Lloyd:** Right. We've actually got some results back from some research I believe. Perhaps we could talk to that?

**Wendy:** I have some slides I can show you.

**Lloyd:** That would be great!

**Wendy:** So if you look at the slide, what this study did was we did a baseline scan. It's called a heartsine vague HRV, which is measuring a lot of measures of stress like heart rate variability. **So we have this baseline check that we did with the pendant. Then we expose people to a high-EMF. It was this little portable fan that emitted a tremendous amount of EMF. So we used that for EMF stressor. Then we exposed the patient to that. Then we did this second HRV scan. Then we introduced the pendant right here. We activated this pendant. After five or ten minutes, we did another HRV scan to see how they reacted.**

**Lloyd:** So HRV, heart rate variability.

**Wendy:** Exactly. So what we did was we did this study with six different doctors, some of the medical doctors. **We tested 70 patients to date. We're still doing more patients right now. We saw a tremendous improvement in people's heart rate, their stress index, their total power, like their mitochondrial power output, their overall vitality, and just these other states that we'll go into in a second. So we did all the statistical analysis.** There were 71 patients. Mean age was 43 years old, half male, half female. We did it with six different doctors here. We look at this first slide here, this is the stress index. So we're looking at different measures of stress like the heart rate variability and the heart rate itself. We saw a 79% reduction in markers of stress. That's why people feel marginally less stressed after wearing this. This is statistically significant with all of the patients. The next index, the total power, we saw an 884% increase in total power. So this is over the baseline, that very first scan they did before they were exposed to the EMFs. From that point to after getting their pendant activated, they had an 884% increase. That's huge. Then, the next one, biological age, that went down two years. So they were two years younger because of a lot of different markers. There are so many different variables, 30 different variables scientific report or system uses or measures.

**Lloyd:** It's kind of incredible. I mean, the other one is too, but you're gonna be two years younger from wearing this?

**Wendy:** Exactly. I think as we get more patients, that will further reduce as well. So yes, I'll take it. Any shaving off of years, I'll take it. So the next slide here, neurohormonal regulation. This is kind of your brain's ability to regulate hormones, the efficiency of the left and right hemisphere

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talking to each other. The communication improved by 105%. And then we have here the complex state index. This is just a tally of a lot of other different markers of stress and variables on the test, improved by 111%. And then we have here the energy balance, so the meridians, the auras, the energy balance in the body had a 70% improvement. We have the psycho-emotional state here. We had an 85% increase, just an improvement of emotional regulation. This last one, I'm not going to go into that one. It's just a summary of what we talked about. **But overall, the conclusions are we have a study writer that's done hundreds of studies. He's got 50 studies published on PubMed. Based on his statistical analysis, his conclusions are that the Harmoni pendant significantly reduced bodily stress induced by EMF, it significantly increased total energy and neurohormonal regulation. The Harmoni pendant significantly reduces biological age and it improved total energy, even over the baseline.** So it's pretty much the pretty amazing study results. I was really surprised by that. I know personally that I had a lot of improvements with the pendant. But I was really, really thrilled to see this quantified within a study.

**Lloyd:** Yes, it is impressive. How long did that take, to get this two-year reduction in biological age? How long was the study?

**Wendy:** It takes just maybe 20 minutes for someone to come in. We do an HRV test, expose them to EMF, do another HRV test, then activate the pendant, then do another test. So it's really after they put the pendant on, we test them about 5 or 10 minutes after that. So it's really 5 or 10 minutes to get these results. So it's amazing. But what happens is it actually takes three to four days once we see the changes in the body's energy field for then the physical body to follow suit and measure all of the different, amazing benefits. So we know if we design the study a little bit better - **we just wanted to make this happen as quickly as possible and get these results out. But if we had designed the study where the patient waits even an hour or a day to then measure that last HRV, we think we know that we would then see even more improvements and even more amazing results on the study.**

**Lloyd:** So we can't say this is conclusive. So we've got your own personal experience, the experience of people that you met, that you talked about before that were in this initial group where the whole thing started. You've got the study. And then, you've got all this feedback from people who are using the pendant and also telling pretty miraculous stories about how it's changed their lives.

**Wendy:** Oh yes, absolutely. I mean, I've seen hundreds of people harmonized. I went to Robert Marking to a bulletproof conference, to Paleo(fx) Conference, and we harmonized Ben Lynch and all these different influencers and Dr. Mercola, like I mentioned, all these different people that saw benefits either immediately or they'd come back the next day and say they had significantly less pain. They had slept amazing that night. They felt really good. They felt really relaxed and grounded when they were really stressed before. **Robert over the course of his career. It took him about 10 years to develop this pendant, to kind of learn about in his own journey. He was bedridden for about 10 years, very, very ill and desperately trying to figure out why. He found a doctor that was using bioenergetics to help clear his energy field. That's when he dove right into learning about frequency medicine and energy medicine.** He figured all that out and he worked, really, with thousands of people, using this pendant on them to try to clear their body's energy field. So it took him a long time to figure

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this out but like I said, he used it on thousands of people including the professional athletes I mentioned before, helping to improve their performance. **You can use it on pets, even. I used to use it on my dogs when they were alive. You can use it on your children, your whole family - we've harmonized whole families where they have activated the pendant and they just feel better together as a family. I know with my own daughter, when I'm harmonized and she's harmonized with the pendant, we have much better communication, less friction, less combativeness, both of us are more relaxed.** We're just more in sync with each other in that way. So a lot of reports of that as well. But most notably it's reduced stress, better sleep, and better energy.

**Lloyd:** Just to be clear, if we're wearing the Harmoni pendant, does that mean we can put our cellphone to our ear and speak to it willy-nilly all day long and we don't have to be careful about our EMF exposures generally? Or we still have to kind of do some fundamental, basic, or conventional EMF protection as well?

**Wendy:** So the pendant is not 100% protection, **I wouldn't even really categorize it as an EMF protector. It's more serving to improve your body's energy field so it deals with EMFs and other frequencies better. You still want to take as many precautions as possible. You still want to go into your environment, identify sources of EMF, get rid of those, mitigate them, and you also want to - I have all kinds of stuff I use. I have the cellphone stickers, I've got all kinds of little doohickeys. I got the plugs. I've got the router that turns off automatically when it's not being used. I go through a lot of effort to mitigate EMF in my environment.** I'm going to get a Faraday cage pretty soon for when I'm sleeping, so I don't wear the pendant when I'm sleeping. So there's just a lot of things that I do and will continue to do and advise other people to do to protect from EMFs. I don't want the pendant to give people a false sense of security but it's certainly a step in the right direction, especially because there's a learning curve and cost involved in figuring all this EMF protection stuff out. So at least, you can be wearing a pendant while you're progressing through that learning curve and taking other measures of protection.

**Lloyd:** Yes, very good advice. And for people that are electrically sensitive - I still feel it but I'm not hypersensitive. I'm not symptomatic but there are more and more people that are. Have you any feedback about how it's helping them at all?

**Wendy:** Absolutely, yes. We have a number of people that have sought out the pendant to help them because being very electrosensitive is very debilitating when you can't use your computer and cellphones in ways that people communicate and connect with each other. **The more sensitive someone is to frequencies, the more they feel the results of the pendant. There's a whole spectrum of people. There are people who are not electrosensitive. They're still going to have negative effects from it but they won't feel as much. Then there are people who are very electrically sensitive. So that's why we see some people who really don't feel bad when they're exposed to EMFs and other people, they're just completely debilitated and wiped out. There's a spectrum with anything. So the more sensitive someone is, the more they are going to feel the benefits of the pendant, the more they're going to feel better because of that, and they're going to get some of their life back by being able to tolerate frequencies that they weren't able to before.**

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**Lloyd:** Are there any instances where we shouldn't be using this pendant, where it's ill-advised, where it could be dangerous?

**Wendy:** No, there's nothing I can think of. There's no contraindications or anyone that shouldn't be wearing it. Babies, children, pets, I mean, there isn't really anyone that shouldn't wear it or any contraindications, any health issues. It's not going to interfere with someone who's not going to have any negative effects on the body. **One that you might want to be aware of is some people start to not feel well after they put the pendant on. That isn't because the pendant is making them feel bad. This is not everyone, this is just some people. They put the pendant on, their body starts working better and they start detoxing. So they can start having more mobilization of toxins and excretion of those toxins. That can make people feel kind of off a little bit. I recommend taking a binder, like activated charcoal or a citrus pectin.** That can really help to reduce those symptoms. But that's not a bad sign. It's just that some people, once they go from this high-stress state to this more parasympathetic, relaxed state, that's the state you need to be in to detox and to sleep. Once that starts happening, your body starts going to work, processing toxins that maybe it wasn't able to before. So that's something to be aware of but it's not bad. You can just take a binder and completely reduce any negative symptoms you might be having.

**Lloyd:** So if we do start to feel symptomatic when we're wearing it initially, try a binder or something to help you with that, but see it through. Don't automatically conclude that it's not for you, that there's a problem, or that it's not compatible.

**Wendy:** Yes, exactly. The pendant ultimately is helping your body work better. You will feel better. There's changes going on and some people don't like it. They don't like feeling more relaxed. They're addicted to the cortisol, adrenaline high. Some people don't like that. They're like, "Oh, I feel tired." But once you habituate to that new normal, it is good for you. You do feel better and there's no downside to the pendant at all. **We've also had people like Elle Macpherson wearing our pendant. She did a bunch of Instagram stories. I don't have the photos on my computer. But she loves her pendant. We have people like Jason Momoa, he's Aquaman and in Game of Thrones. He's also wearing the pendant. We have, like I said, tons of professional athletes like Gilbert Burns who's a big UFC fighter, lots of people from all walks of life wearing the pendant. I've been wearing mine for three years and I will not be taking my pendant off.** It's helped me way too much. Another thing I wanted to mention is that when people are trying out all kinds of different protocols and bioenergetic devices and taking different supplements, just doing different things to help improve their health. What I'm finding from a lot of practitioners and doctors, Niki Gratrix even, who's a big trauma expert, a lot of these people have said they like to use it. I detox people of heavy metals. I like to use the pendant as a starting point to get the body working better because that is going to increase the efficacy and improve the results of any other protocol that I'm trying to do with people. When you're in this really high-stress state, you're not able to sleep well. You're not able to heal. You're not able to regenerate at night when you're sleeping. A lot of things in your body are thrown off. The pendant is a great starting point to get the body's energy field regulating better so that other things are doing work better.

**Lloyd:** Yes. It's kind of a leverage effect, using this with other protocols. We get this kind of leverage of synergistic effect.

**Wendy:** Yes, exactly.

**Lloyd:** Wendy, it's been fascinating speaking with you. Lastly, where can we get the pendant?

**Wendy:** You guys can click the link below. I know that Lloyd has the link for you guys if you want to get one. Right now, it's a surgical grade stainless steel, but we're going to have 18-karat gold-plated very soon.

**Lloyd:** Wonderful. It's been fascinating speaking with you today, learning about this pendant and how it works, back to bioenergetics. Great work you're doing here. Thanks so much for sharing this with us and thanks for the work you've been doing.

**Wendy:** Yes, thanks for having me. **I'm really fascinated by the field of bioenergetics and energy medicine. The more I learn about it, it's really my first go-to when I'm trying to accomplish anything with my health. I'm looking at a bioenergetic modality first. I really think bioenergetics is the future of medicine, the future of healthcare. I love that you're doing this summit, talking all about these concepts because you know, I think a lot of people have tried all these physical things like diet, exercise, supplements, medications, protocols, detox, and all these things and might feel frustrated with the results. You really need to go back to the basics, the energy field and working there. It's much more elegant and it's much more effective.** You don't want to ignore all those other things. You still have to tend to all those things physically, but it potentiates all of these efforts and that it improves all the effects of the efforts you're taking, all this time and money you're spending on your health, when you also pay attention to bioenergetics.

**Lloyd:** Yes, back to basics, back to the fundamentals. Many people are totally oblivious and ignorant to this which is why it's so important to talk about this. Wendy Myers, thank you so much for being here today and sharing this.

**Wendy:** Yes, thanks for having me.

**Lloyd:** Thank you, listener and viewer, for being here today. My name is Lloyd Burrell from [www.electricsense.com](http://www.electricsense.com). Thank you so much. Until next time, take care. Bye-bye.

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