



THE
FATIGUE
SUPER
CONFERENCE

Energy medicine solutions for fatigue

Guest: Harry Massey

Alex: Welcome to this interview of The Fatigue Super Conference. For this interview I'm joined by Harry Massey. Hi Harry.

Harry: Hi Alex.

Alex: I'm excited to get into this interview I feel like Harry I've known you for a number of years, without every actually speaking to you, through our mutual friend and colleague Niki Gratrix. So I am curious to dive into both more of your story, I think we have some similarities in terms if story, but also specifically getting into the area of subtle energy work and how you've developed what sounds like a pretty incredible system as a way of people getting much more clarity of what's happening and addressing those issues in their system.

For people that don't know who Harry is, to give a bit of Harry's background, Harry overcame a serious illness in his youth. Harry Founded Nes Health in 2002, the company is dedicated to fostering a 21st Century system of healthcare based on the integration of physics and biology. After years of research Harry invented 'The Total Wellness system' a device that is able to read and correct the energy of the human body field, helping millions of people improve their health.

In 2009 he wrote and executive produced 'The Living Matrix: The New Science of Healing' thelivingmatrixmovie.com, to educate and inspire the general public about cutting edge bioenergetics and bioinformational approaches to health and wellbeing.

So Harry great to be talking with you. I'd like to start off, if you don't mind, by jumping a bit into your story. So I know that you suffered from severe fatigue, I guess you might say ME/Chronic Fatigue, as a teenager. So tell us a bit about how that started for you.

Harry: Yeah it was actually at 21 but basically when I was a teenager I was a pretty hedonistic, party animal type teenager and went to University and the first couple of years at University were fine but I like to play everything really full on so I was basically like a really avid rock climber and spent all my weekends rock climbing and at least generally about two/three days during the week as well as studying and enjoying life as you do. Unfortunately when I entered my final year at University I'd just spent the summer in the French Alps, which for American's, I hate to say that but they're basically a range of mountains in Europe, and while I was there I ended up catching, I think because you never quite know, but I basically got some nasty virus while I was rock climbing and ended up with what was probably glandular fever, all the glands and full on flu type symptoms. Went back to University that September and basically never quite felt the same but you don't really realise, you don't really know what's going on at 21, you're in your final year at University, you're enjoying life and stuff and so I was pushing it and then my glands would be a bit funny and I kept on pushing it through for the whole of the next year but by the time I left University I was basically completely exhausted.

But because I was so head strong, which was a dangerous characteristic for someone entering Chronic Fatigue, I was still try to push at climbing and all these sorts of things and for instance I went to Ben Nevis, which is Scotland's tallest mountain. It's only a mile high so it's not that tall and I was doing some ice climbing there but because my concentration was not really very good because I was so fatigued I ended up falling off that and ended up fracturing my spine, although I didn't know it at the time I was just in a lot of back pain. I didn't know it for another three years until I had an x-ray from a paragliding accident, again because I was tired I fell out the sky.

Alex: So not accident prone by nature just a refusal...

(14.05)

Harry: Yeah I wasn't accident prone before the chronic fatigue but when you're tired you become accident prone. So I basically had that incident and then all of that started to lead into basically what ended up as bed bound chronic fatigue. I did get my first job in London as a Financial Analyst, which you'd never think it now, but I had so many sick days I was basically told to leave. Well I guess you could say I was fired and then I was really, you don't really know what to do with yourself so then I ended up re-enrolling in University and enrolled to do an MBNA. Didn't realise that that would half kill me or did kill me so I ended up splitting that one year course into two years and by the second year of that I was actually fully bedbound and basically I ended up back at home and couldn't walk so my parents did take me to the exams and did exams in my own little room. I think I was given a little bit of

extra time and I'm not quite sure how to be honest but I did walk out with an MBA and that was one of the most horrendous experiences, which I would never want anyone else to go through and in retrospect yeah I should have just stopped and got better.

Alex: I mean it must have been, for someone that was so used to being physically active, to reach the point where you're parents were pushing you around in a wheelchair, that must have been just on an emotional level immensely difficult.

Harry: Yeah. It's actually horrendous because you know as a child you get to 18/19 you leave the nest, you go to University, you get independence and then you three, four years later you're back, it is almost like being a baby. It's an interesting thing you said, I think it's a really common thing that we're all really afraid of is lack of freedom and lack of movement and maybe that's a definition of the opposite of fatigue or life is to basically being free to move and do whatever you want and anything that restricts that is taking you closer to death and a fairly miserable existence for sure.

Alex: I remember reading as I was prepping for the interview that you tried a number of things along the way. One of the things that you tried was Gerson Therapy, which for people that aren't aware is basically intense juice fasting, I know it's a bit more than that but that's kind of the essence of it. I remember reading that you found that was something that made things significantly worse. I think that's also relatively quite challenging that ones intention to try and find answers and those supposed answers end up causing more suffering.

So maybe say a little bit about that journey of trying to get out of the health you're in?

Harry: Yeah it's a very delicate thing. So there's nothing wrong with, you know just to make that bit clear, with Gerson Therapy itself and doing juicing is incredibly beneficial and have you never done a coffee enema, you must of?

Alex: Funnily enough I haven't done a coffee enema, I have done some enemas, but I will say though is I've done some enormous amounts of juicing and thank you for qualifying that point and my comment was absolutely not a disrespect of juicing but clearly the way your body at that point it wasn't the thing which was helpful for you.

Harry: Yeah. Well basically the issue I had at the time with it was to do Gerson Therapy properly you basically have to juice 5 individual pints of juice per day but in a very specific condensed way. You do like 3 coffee enemas a day and the food is also prepared, everything is basically slow cooked and it's

all vegetables etc. But to actually do that lifestyle it consumes an awful lot of energy and if you don't have the energy in the first place you basically end up stressing yourself out too much and draining yourself out.

Maybe in the ideal world if you had a full time carer who's like 'here's your juice', you know whose running the whole thing behind the scenes for you, then I think it would have been a different experience but that certainly wasn't the case.

Alex: And what were some of the other things that you tried at that time, and also I suppose what was the recognition that you realised if you wanted the circumstances to change that you were going to have to take some action towards that? Was that it's own moment of insight because I think for a lot of us we just assume you get ill and someone else gives you the answers, sort of thing.

(19.30)

Harry: So I would say for the first year and a half or so basically I did an economics degree and I was a finance analyst so I hadn't studied biology or health or anything like that, so obviously my natural place to go was just to the local NHS doctor. The first year or so, I don't know what they thought, but they basically just thought it was in my head or something like that. After a while some blood tests, and I really don't remember what it was now, but they said oh you know there is something a bit odd but within the NHS they just didn't know what to do.

So I then sort of went beyond that to an integrated doctor and a nutritionist because that seemed to make some logical sense, I didn't know much about it and then I went down that whole natural healing path but from a nutrition point of view. Then I went down the ozone type views so I had my own ozone tents and all that sort of stuff. I tried fasting as well, I think 'd read all the naturopathic thing and I'd heard of a friend who'd been healed from ME through fasting so I was like oh that sounds like a good idea.

I went to South Africa to this fasting clinic and that's actually when I came back in a wheelchair because I ended up so weak from that experience, basically it just depleted me too far and it took a year to get really much strength to walk around again in a house outside of the wheelchair and that type stuff.

But in my mind I basically just thought well let's just give most things a go for like one to two years because if you're going to follow like the raw food thing, fasting thing or you know ozone or Gerson or whatever. So I mean Gerson I did for a year and a half and this is over a 7 year period. So basically I would

try a therapy for a pretty considerable time to see if I could get somewhere but you know, unfortunately I was just so depleted in the first place I just didn't have quite enough energy to heal. In retrospect now, you know your body is this really beautiful own healing system, if you don't have that much stress and you have enough energy basically your body can trigger off its own healing system and will help bring you upwards. But if the stress is so great and your energy is so little, which I think is definitely what was happening to me and I think is what happens to most people who are chronically ill, like the stressors are just so high and they are so depleted that they can never get enough reserves to start that upward journey to get better.

So despite doing all those amazing therapies I think those two underlying pins were just too far out of whack to really work but, you know, now because I have considerable reserves and I can handle stress a lot more easily now, if I do any of those types of things I get a massive rush in energy but that's because I'm in a different state to how I was.

Alex: Yes and of course there's a interesting cycle that people get into where stress is a factor in the system crashing, it may not be the only factor there may well be a number of factors, but then there's the stress of living with a medically unexplained illness and all of the symptoms that are going with that so you kind of get a perpetuating cycle of that stress as well, which I think can often be quite difficult for people.

So you were trying different things and it sounds like you were also had a lot of discipline and diligence in the way that you were trying things, so I think what can often happen is people will try something and it doesn't happen and give it up. It sounds like you had, almost to the point of being it's own set of problems, a kind of determination that you were going to find a forward.

At what point did you find some things that actually did make a positive impact for you? I know that obviously we'll come in time as well to when you discovered Professor Fraser in Australia and how that kind of opened up the work you're doing now, but just talk us through some of the sequence of the things that you came to that started to be helpful to you.

(24.13)

Harry: Sure. Well basically I was going through this sequence where I was basically studying with a very conventional doctor, staying in the bio chemistry path but coming from a nutrition point of view then you're going I guess into natrophy and maybe the more extreme kind of natural therapies.

And then from there this sort of this ground, I guess after 4 or 5 years you're like well OK this isn't really working, this doesn't mean that it's philosophically wrong, but it wasn't really working. So at that point that's when I really started looking at some mind stuff, subtle energy ideas and that type of stuff. But really I guess it was a fundamental philosophy shift and I just thought well, a couple of things, but I just thought well if I don't have any energy then maybe I need to study where does energy come from and it's basically coincidental basically in going down that path I came across this field of bioenergetics, which actually has a dual, I mean maybe I've given it a new meaning over the last 17 years, but originally you had a William Reike type psychology meaning to bioenergetics and then there's a conventional, well it's just studying cellular metabolism or where energy comes from in the cells.

But anyway I came across this field of bioenergetics, which is how I met Peter Fraser the scientist from Australia.

Alex: And I remember reading that the book 'The Field' by Linn McTaggart was a key turning point. Maybe say a bit about, you started to understand the role of energy and I think in quite a revolutionary way. When you came across that was it a big lightbulb moment or was it a kind of sense well that's just super obvious to you. Yeah what was the impact?

Harry: Yeah it is that sort of philosophical shift really because, even in alternative medicine and I don't know conventional medicine, we are very into what's the cause, what's the symptoms? Oh it's this toxin that's caused this or it's the mono virus or how can we kill the virus with ozone. It's all that type of cause elimination type thinking and that really the fundamental shift I made in my head was why don't we just study the positive. You know if you take someone with a high amount of energy why is that system working optimally versus this system that isn't.

So yeah that was really this shift for me to study how energy can work in the body from an optimal point of view. That also massively helps your mindset that you were talking about earlier because when you're really ill you do unfortunately just go round in this loop because you're feeling bad and you're trying to work out what it is or what you can do about it and therefore you think you're limited in all these sorts of ways. As soon as you start to escape yourself out from that and think with a more positive outlook you do slowly but surely you end up being drawn out of that.

Alex: So as I understand it there was this life changing conversation that you had with Professor Fraser in Australia where you, I think you read a paper by him and then you got him on the phone? Yeah tell us that story because it was obviously a massive turning point both in your recovery but also it was

really the foundation for Nes Health and what you've been doing for several decades since then.

Harry: Sure. Yeah so I was a patient of Dr Gene Kenya of The Dove Clinic.

Alex: Oh were you, interesting.

Harry: Well of one of his sub doctors and basically I was having all the Vitamin C IV's but I'd started looking into energy medicine at that point and he was walking past the IV station and I was like 'Dr Kenya whose the most prominent energy medicine researcher in the world?' you know I had it all bottled up and I was gonna like spit it out, and I spat it out and he turned round and said why you want to know. I was like well I mean I am going to put up this website on stuff and he gave me half an hour of his time, which was great because he was too expensive for me to go and see, and he just gave me this name, which was Professor Fraser, that he'd basically been working with an oncologist from a London Cancer hospital, physicist from Paris, there was another scientist in Australia and Peter himself whose from Australia.

They'd been working on a cancer diagnostic machine, which Peter had basically been able to get a 97% correlation between cancer in different tissues and the 8 stages of cancer. So they were all trying to work on that but it all blew apart because of personality clashes but he had stayed in touch, so he just gave me this fax number and said well I think this guy can help you, or something.

(30.32)

So I wrote a fax.

Alex: Back in the day faxes were a thing.

Harry: I think email did just exist but Peter wasn't on email and he sent a fax back saying I don't know why I'm sending you this and then there was this title state called Quantum Biology, which was his initial thinking on how fields could work as a control system in the body, it comes from beyond the biochemical idea. And I was like ooh that's interesting but didn't understand it but I did put it up on this site that doesn't really exist anymore but it was enery-medicine.net, but don't bother looking it up.

Alex: (laughs) Funnily enough I tried last night and it wasn't there.

Harry: Yeah it's all being replaced by a new institute, which is going to be bioenergetics.org so we're building basically a new sort of research site which

hopefully will be out 1st March so probably it will be out by the time this is out.

Alex: You've got a good start, it sounds like it will be out for the summit, yeah.

Harry: Cool, cool. Anyway so that's how I met, but I didn't really, I wasn't necessarily thinking about creating a system or anything like that at that point but this other thought was going through my mind. I was like, well I was basically stuck at home I didn't know what was wrong with me or how to get better, you know I was still really, really sick, but I just thought wouldn't it be great if there was a way of working out what was wrong with you from the comfort of your own home and then a remote, I actually wasn't even thinking of a remote practitioner, I was just basically thinking like an X-box or some sort of games console that would basically work out what was wrong with you and plug you in and get you better. I was just thinking it would educate you on how to get better.

I think it was another year, year and a half, so I contacted Peter again and said I had this idea of creating this home wellness system and I just had a sense, because he seemed to know about fields, I basically didn't know how to do it but I thought if this guy knows about fields maybe we can work out some electronics that will do such a thing. We had a phone call and that sort of outlined that idea and I did have a sense of like how it could be done anyway he basically thought it could be done and all you really need, I say all you really need, you just need two people to believe that something can be done and amazing things can happen.

So basically for whatever reason this 60 plus year old scientist from Australia had faith in this 26 year old really sick English person and you know I had faith in this Australian and we ended up meeting in Los Angeles, which was a massive thing for us because we basically hadn't flown or been anywhere and I was stupendously sick. But we did it anyway, we spent 10 days together yap, yap, yapping and I mean the short version it took a few years after that but basically that was the seed of us going out to create what we now call the 'Bioenergetic Wellness System'. The whole story is completely weaved in together really of how I got better, of inventing the system and then the business side of it as well. I mean it was all one interlinked beautiful mess (laughs).

Alex: (laughs) Before we come a bit more into bioenergetics maybe just to complete that story just say a little bit about perhaps some of the, because I know there was quite a lot of experimentation in that early period about how you were trying things with yourself and in a sense you were doing biohacking before biohacking was really a thing, right.

So, yeah, just talk a bit about some of those early experiences you had and how that impacted quite enormously.
(35.00)

Harry: Bio healing or something?

Alex: Yeah, yeah.

Harry: Yeah absolutely. So well the very first thing that basically we made, well one of the first things that sort of Peter said, he said this body field was there as a control system and I was like well you know how can we access that, what can we do to help information basically work across this network of fields in the body. And then he basically came up with what are now called the energetic integrators but basically they're these information pathways within the body where certain tissues will communicate, you know, more frequently to each other than other tissues. You could call that the meridian system, in our research it's basically broader than the meridian system, they sit within it but we found all these other tissues that connect as well that aren't in the Chinese system.

So yeah I think the first remedy made was for one of the energetic integrators and the first time we took that over a huge boil right where I'd had an MMR vaccine shot and then I took another one, which was for the colon meridian. I remember under my eyes started going really green and had the most gross sort greeny whatever stools and all of that. Anyway they were too strong for public consumption so we ended up tagging these pure information pathways with all the different body tissues so it was more of a coherent effect and I call it less jumpy. I'm alright with healing reactions but a lot of people don't like them so we basically calmed a lot of our stuff down so it was more, yeah, nice for people (laughs).

Alex: And I guess also when you're researching in that way, if you have a somewhat extreme reaction it's also quite helpful because there's no ambiguity as to whether you're having a reaction at all. It's a helpful way to test it.

Harry: No yeah you know something's happening and that was a thing, as I say, we'd tried all these other things for a year and a half and this to me was another extension. We're going to go down this journey with Peter and I didn't know what was going to happen but I knew I was ridiculously sick and had been sick for six years so might as well go down it and it was more than a fascinating journey.

I'm trying to think what else happened. The ESR was quite a nice one, it stands for Emotional Stress Release. So as I was mentioning earlier I was basically really, really stressed as you naturally would be and I was basically chronically wired while being chronically tired at the same time and he basically made a remedy that would basically calm the overall body fields and just calm down the system and then I started just getting beautifully, wonderfully tired and basically less wired. And it's not like my energy shot up or anything because I had been so sick for so long but over many, many months you start to notice you start to recover because for once you can actually get sleep or rest. The most bizarre thing when you have Chronic Fatigue, like you get tired and like you sleep well, and then there's another level where you're so friggin' tired you can't rest and it's the most bizarre, annoying thing.

Alex: I know a lot about that experience.

Harry: It's so frustrating yeah. So it helped me get out of that which was massively helpful. I mean there's 72 infoceuticals and there's some story for everyone (laughs).

Alex: (laughs) Before we come into neutroceuticals and kind of how you're working that way, you kind of touched on it in some different ways, but how would you encapsulate the concept of bioenergetics? Like if you were explaining to someone for the first time what that is how would you conceptualise it?

(39.47)

Harry: So its Wikipedia definition is 'the study of energy in living systems'. I slightly broaden it to say it's the study, detection and correction of energy living systems, basically because we want to get people well. When you're looking at that there's a number of conventional ways at looking at energy in the body so if you go and have an MRI, that stands for Magnetic Resonance Imaging, that's basically able to look at the magnetic fields produced by water in your cells in the body. You know ECG's or EKG's are the ways of looking at fields in the bodies but really where conventional medicine sort of missed out is they haven't looked at it in the reverse point of view as like well if all of these fields are emanating from the body and you know there truly is a body field, no one would deny that per say, but the part that they're in denial about is that those fields in reverse can have an affect on you, i.e. can act as a control system and if you correct a part of the body field that is basically distorted that that will have a beneficial affect on health. So it's the study of energy in living systems and then one bracket down from that is looking at a field based control system and from a conventional point of view everyone

talks about a biochemical control system but there is also this field based control system that is many, many orders of magnitude more efficient than a chemical controlled system because of basically non-locality it can be instantaneous.

So basically a bioenergetics practitioner is simply reading that body field and they're correcting that body field and obviously that gives a great insight and benefit to your health.

Alex: So I know that part of what you and Professor Fraser ended up creating was a system to measure and read that energy system, which then provides a kind of diagnostic tool to inform the ways that you work with that and you mentioned infoceuticals. So maybe, yeah, say a little bit about how that system works and then lets come in to the methodology and the way that you'd then interpret that to come to some of the tools that you use.

Harry: Sure. So it's fairly straight forward but basically we call it 'The Bioenergetic Wellness System' so if you're a client you could go and visit either a practitioner in person or you can just do it from home and they send you a scanner. You just put your hand on the scanner, it basically scans your overall body field and then what's displayed on the computer is an overview of the strength of the body field of your main organ systems, what we call integrators we'll say meridians. Then we look at emotions and also cellular terrain and various mind body type stuff. Then from that it basically makes recommendations on what it thinks will be the optimal sequence of healing to basically get you better i.e. what an earth could trigger a healing response, and that's really where we get into infoceuticals, which would definitely take five minutes.

Alex: You are granted five minutes (laughs).

Harry: Cool, and basically we use what are called infoceuticals that earlier I was just saying are remedies but basically it's a way of triggering a healing response back in the body by using the positive blueprint of a particular tissue or a particular function in the body that we want to correct.

So if we are looking at your liver field or your kidney field we basically recorded the information of a healthy liver or a healthy kidney, which is the same information that we are using in the scanning software side, and we basically imprint that information into colloidal water, or you know what we would call structured water, and then well it's really simple you just put those drops in a glass of water and basically drink the water and then that will trigger off a response towards your optimal blueprint.

I should probably give all that some history because it's definitely a new concept for most people. Obviously it's very, very grounded in about 200 years ago Hanuman with homeopathy was basically doing the exact opposite. He would basically take negative information, i.e. he would take something like nux vomica that would make you vomit if you ate a lot of it but he would use a tiny amount of it and the body would basically elicit a healing response and provide it's own positive healing information to get you better. So we just sort of said well why do this indirect thing, provide the negative message, why not just provide the positive message in the first place, that was 200 years ago.

(45.41)

Then you've got, a lot Europeans here, but basically then we had Jack Benoist. He was a runner up for the Nobel Prize but he wasn't a homeopathic researcher he was an immunologist and he was basically looking at how mast cells would react to just the information imprint of an allergen. So he would take an allergen in a vile, an electromagnetic coil round the vile, transmit the information electromagnetically to another vile of water and then he would just take drops of that water. So in homeopathy there was an original substance, in electronic homeopathy if you like there is no substance at all, it's just a pure information signal. So yeah then he would take that drop and drop it in the culture dish with the mast cells and he would see how the mast cells would react.

Anyway, he found that just that pure information would create a reaction just the same as an allergen. There's a whole story behind this but he tried publish it in Nature but they refused and said well we will only do it if you can have it repeated in other labs. He had it repeated in another three labs across the world so then they had to publish it but they published it saying well we believe it's fake. Then they sent someone to his lab to basically say it was fake and because they couldn't understand what he did at his lab they then wrote a second thing in Nature saying it was fake. He died, I can't remember if he committed suicide, where he died within 18 months of that under fairly mysterious circumstances.

Long and short anyone in the sort of memory of water arena, because you know water's this odd thing. There's a gazillion properties of water that aren't well understood and well researched but because of what happened to Benoist scientists generally didn't want to touch it because of how Nature just destroyed this perfectly great scientist.

Fast forward 30 years a real Nobel prize winner, which was Luc Montagnier who won the Nobel Prize for discovering the AIDS virus, he sort of took up some of that research because he's a virologist he was basically transmitting,

it's an amazing experiment where he basically transmitted the information of a virus into a vial which had all the base pairs, ACTH in it, and just with the raw material and the information it would recreate a virus to 99.8% the same as the original virus. Wonderful but we don't want to recreate AIDS viruses in our bodies.

So the direction that me and Peter took was well let's record a healthy epigenetic expression, let's record how things can be when they're healthy, and imprint that. Let's say, and you know we've had 17 years of great client results based on that idea instead of the homeopathic negative type. I mean I'm sure you're familiar with hormesis, an awfully lot of therapies actually work through that idea of hormesis, where you're giving a small little negative message and then the body will respond in a positive way. And yeah we're just saying well why don't we just give the positive and I do think that there's a case, it doesn't exist and I haven't done it, you could do both at the same time, give a negative and a positive message. You know you could get a hermetic herbal substance, we could imprint it with the positive effect we want the body to go to and that would create a whole new category of medicinal supplement. If anyone wants to do it, I'll tell you how to do it because I don't know if I've got time to do it myself (laughs).

Alex: And then in the way that you're working with the kind of energetic quality, let's say, of the body then talk a bit about how that then impacts on the other aspects in a sense. So I guess you could talk about it perhaps as different levels of healing, at what level you target. So for people who are perhaps watching or listening thinking 'yeah but my problem is I have this physical test result, which is showing this', how can working with information energy have an impact on that?

Harry: Absolutely. So, well I have to go into physics, but basically Einstein, hopefully no one argues with Einstein, but his most famous equation is $E=MC^2$, so he's basically saying that energy is the equivalent to matter. I would just slightly re-word that to say basically matter is equivalent to information structured energy i.e. it's a pattern of energy, it's not just pure chaotic energy. So if we hold that in ones mind for a minute and then we'll add his second great quote, which is 'the field is the sole governing force of the particle'. What he means by that is without a field basically there's not such thing as a particle or you could just view it as you basically need a field to hold the position of a particle and what he's really saying is fields ultimately are the most influential thing behind reality in controlling everything.
(52.06)

Which sounds very matrix like and you can go down Buddhist philosophies and all sort of amazing mind journeys on that one but if we're looking at it from a health point of view or a biological point of view we you can just

extrapolate one tiny bit further and just say well the body field is the sole governing force of life, if you like, the body field is basically the control system of what's going on in your health so if you can correct the information, the word information is the same as fields, the same as patterns, but basically if you can correct the information, i.e. the pattern of the field that's going on within your body it basically then influences and directs the physical molecules and the control systems that are going on in your body.

It's an interesting one as you can sort of look at it from many different levels like a physical level, an electromagnetic with EKG's and MRI's type level, but you know it really work down at the quantum level and yeah it depends how far down the rabbit hole you want to go.

Alex: And I guess it's also important to say that you're using this as part of a wider system of optimizing health and well being right. So there's the kind of diagnostic element, there's the infoceuticals element and then there's the kind of wider life changes and habits and stuff that one may address as well.

So maybe say a little bit about that in terms of what you see as, in addition to that piece, what you see as some of the key pieces for one to address as part of particularly fatigue related conditions?

Harry: I mean I'm assuming you've interviewed Niki.

Alex: I will be interviewing Niki but I don't know how we be released first.

Harry: So curiously it probably links into whatever Niki's going to say but obviously the other side of it we've looked at the quantum level but now we'll go all the way back up to sort of a macro level. All of us our basically exchanging energy with our environment all the time, you know you've got five really big basic blocks. We're breathing oxygen, excreting carbon dioxide, we're drinking water we're excreting water, we're eating nutrients excreting nutrients, and then we also there's earth electrons if you're grounding and then the other big block is sunlight, there's a sort of form of photosynthesis that going on in the body.

Pretty much most therapies or most of the good things you can do for you're body, they're all interacting with those five core things of life. You know if you took any of those away you'd basically drop dead. So we really look into how you can optimize all of those and it's not about having excess oxygen and living in a hyperbaric chamber because then you'd die of oxygen toxicity (laughs), which I have done some of that well I didn't die but that's another story, but basically there's this sort of principal of variants. You really want to vary how you're exchanging energy with the outside environment because that

helps to broaden your metabolic flexibility and allow you to have more energy and more varied conditions and then as I say there's sort of optimising it as well. And there's just a gazillion ways to do it but Niki, who obviously built the clinic with yourself, I don't know quite how all that worked but I know she worked with you for 10 plus years.

Alex: She had an enormously important role in the founding of the clinic.

Harry: So she's been studying her whole life basically how you can optimise energy exchange and she's put together this huge, huge, wealth of material that we've actually got built into our system so when someone does a scan and let's say they weren't exercising properly or whatever, it will basically point you in the right direction for what to do, for how you can optimize your habits. It's like 1,000 pages long, it's pretty insane, but I know she'll give you a proper talk on it.

But basically, yeah, all of that side is really important too because from a very basic level if you optimize the exchange of energy between you and your environment through your habit changes and you optimize your own internal control system, health is basically going to be the outcome from doing those two things. That's, yeah, in short what we try to do.

(57.44)

Alex: And of course there's also a kind of attitude and kind of approach that ones takes and it's interesting, just kind of taking this full circle back to your own journey, because there was a certain open-mindedness and determination and commitment that was there in your path and I know that some of the ways that you tell some of the stories is that you recognise that perhaps that went too far sometimes, but nonetheless that kind of commitment and willingness to try things and find answers was also really, really important.

I don't know if there is anything you want to say I terms of, you have a very unique overview, I think because you have many practitioners that are using the methodology and the kind of actual system that you've designed, of what you see in terms of those that are successful as people on complex healing journeys what are some of the characteristics or what are some of the qualities of how those people approach that process that you see as being important.

Harry: Yes it's interesting. So you know there's this concept, I sort of word it as a concept called emotional immunity, and there's sort of some core, maybe I will come at it from a Chinese aspect. The Chinese have these five core emotions, which are, I won't remember them all right now but there's basically

there's rancor, fear, and the fifth one is joy, from the heart. Only one of them is positive and only one of the is, which is from the heart and basically within our own bioenergetic testing we found the ones that you can shift into a more positive emotional state, that's basically when you can start to get the bodies own healing system to switch itself on and start resolving all those things.

So you are in a pretty negative state when you're ill but if you can get yourself out of it for periods it's really helpful and I guess, from my own long term journey of that, I hate the I never give up, that's a horrible statement...

Alex: But it's true though.

Harry: But it's true and you know I would say you keep on going and you sort of plateau, you learn what you need to learn from nutrition and once you've done that for a year and half you know you might throw yourself from here to here, but if you never really looked at all the deep mind stuff and all the trauma that might be behind your beliefs that are keeping you there then go and look there. Then you might have done all this mental work, all this perfect diet but you know you're not out enjoying and there might have been some sport or hobby that you loved 15 years ago that honestly you could do. I will say this, I'm someone who was bedridden for years, fractured spine too, you know, basically now I moved from England and moved to the States. There isn't any rock climbing in Florida so I took up hydrofoiling, which is this thing on a very sharp, big diving board, hovering above the ocean, if you slip it hurts, but despite all the reasons that one wouldn't or shouldn't I'm just willing to try it and fail, and fail, and fail. You know I started that last March and now I can go around on hydrofoil and look pretty proficient and that's definitely a certain attitude and I meet so many people who are like 'I can't I'm just too tired, I'm too tired' but I'm like the amount of exercise and things that I've done when I'm tired but if I hadn't I know my body would be well out of condition. It don't know how you feel about it but I know in some of the crashes, deep nasty chronic fatigue crashes, you just stay in bed and just stay there it doesn't actually help. Personally I've found it better to force yourself to do a 40 minute gentle walk even on those exhausting days and you actually pull yourself out of it in less days than if you just stay at home being miserable.

Alex: Yeah. It's different for different people and we talk about different stages of the recovery process and at certain stages it tends to be more helpful to fully surrender to where the body is and other stages actually the body responds well to certain challenges. I think it's very different for different people.

Harry: Yeah it's very delicate, it's definitely a delicate balance.

(1.03.21)

Alex: What's also I think really compelling in the story that you're telling is that you now are someone that's kind of fully recovered and kind of well, there's still something about that attitude of getting knocked over and getting back up again, which was crucial along the recovery path where it's like you try something, it fails, you try something else it fails, but you have to keep on moving forwards.

Harry I'm mindful of time, if there's anything else that feels important to you that we haven't made space for so far, really my final question is how people can find out more about you, your work, Nes Health. So yes say a bit more about that.

Harry: Yeah I think a little final thing I would just like to mention is probably like the future of where this stuff is going, which is an interesting one because I was thinking about that. Where we were 17 years ago, this was very, very alternative ideas and you know you get bracketed about what on earth is all this about etc. Then I was just browsing on the internet last night actually, there's this exponential technology movement, where they're using AI to decode all these sensors and all this, and I was jus like well God maybe we were just slightly 17 years to early, but it's just a language thing. I really do think that we are in this exciting era where actually we're going to get a convergence of both technology and the holistic alternative ideas with conventional medicine but the data is really gonna bring a lot of credibility to a lot of ancient ideas and hopefully prove out what we're saying and doing. So as a personal researching a company point of view we did everything on a, well it was me and Peter and then with his patients and patients we met. In the early days it wasn't with too many people we did the research but now we're in a totally different place where we're basically starting to collect people's voice samples, al their pulse information because the Chinese would recognise these 27 pulses, everyone's doing HRV but they're not looking at the 27 pulses. There's also other senses that you can get photon emissions from your fingers that basically have a correspondence to the meridians etc.

So basically as we got into this new era, we're making a new scanner at the moment that is basically collecting all of those other sets of information, so that we can decode the human body field at a much broader level, which brings much legitimacy and also furthers our philosophy because we can just simply see through the cloud data when someone's taking this infoceutical or that infoceutical. You know we have our theory of how we think what's happening or how that should be but now we're going to enter a period where

actually the data I believe is going to prove out or show us really how healing is working in the body.

So that's a personal life long mission I guess is to decode or recode the bodies healing system, I just want to understand as much as we can so that's pretty exciting.

Alex: That's very cool.

Harry: So a lot of that information will be on the institute website, which is bioenergetics.org and yeah if you want a Nes scan or to try a system if you're a practitioner etc that's all on neshealth.com.

Alex: Fantastic. Harry it's been fascinating and it's been a real pleasure as well, thank you very much for sharing your wisdom and for making the time today.

Harry: Thank you very much Alex it's been great actually.