



Trauma Release Through Information Medicine and Imprinted Water

Guest: Harry Massey

Niki Gratrix: Hi, this is Niki Gratrix, and welcome to the Trauma and Mind Body Super Conference. I'm very happy to introduce Harry Massey, who is our guest today.

Harry is the CEO of Nes Health, which is a bio energetic wellness company that has four and a half thousand practitioners worldwide. He's also been a very successful documentary filmmaker. He made the film *The Living Matrix* movie back in 2009, which was award winning and he interviewed people like Edgar Mitchell, Dr. Bruce Lipton, Limbert Tagget and many other people who are experts in the field of energy medicine.

He's also the author of the book *Decoding the Human Body Field*, which he co-wrote with Peter Fraser, who he also co-founded Nes Health with.

Harry has been on a very interesting personal journey himself as well, recovering from severe chronic illness in his twenties and he's gonna be talking about some of the tools that he used to recover from that chronic complex illness.

I started by asking him about the fact the research is showing that cells are a hundred times more sensitive to signaling from frequency and residence and energy than they are from biochemical signaling. And I said to him, isn't that suggestive of the fact that energy medicine really is part of the future of medicine? So we'll go straight to the interview now and Harry will answer the question.

Harry Massey: It is. I would query the hundred times, that sort of, I don't know, where a hundred times number, because in Quantum, you know, everything is well, things are instantaneous. I would say the field based communication system, the body is basically in an infinitely more efficient or at least thousands of times efficient, maybe infinitely more efficient than a chemical system. And it is really curious, you know what I mean? All these different control systems, there's this hormonal control system. You've got your autonomic nervous system. Then know you've got this field based thing on top.

Let's just keep it and very slightly more practical if we're looking at the autonomic nervous system. We all think that some, like your hypothalamus, controls your pituitary, you'll get this better than me, your pituitary produces or is the ACTH and then that goes to the adrenals and then, you know, somehow the adrenals produce 50 other hormones.

But is it really that logical? It's chemical to chemical. To chemical to chemical. Yet also from the same place, your hypothalamus, you've got the sympathetic nervous system in your parasympathetic, only the synthetic connects to your adrenals. So, you know, if you're in that fight or flight, you know, suddenly you have adrenaline and cortisol. It's not suddenly coming from the pituitary and going through the blood. You know, it's definitely in that sense, an electrical system. Or if you want to take a bit further to this idea, the body field, it's more likely that the nervous system is basically just a carry away. It was just setting up a field for information to be carried on the top.

In a normal wave type system, which is probably what your paper is referring to, you know, a field based system to be 100, at least 100 times more efficient, like the nervous system, be more efficient than a hormonal system. If you're looking at a quantum field and you've got action at a distance, then it's going to be probably infinite. Well, it's instantaneous.

Niki Gratrix: Yes. So essentially what you're saying is that a lot of the speed of biology isn't explained by slow moving hormones. And even the nervous system is actually quite slow compared to a quantum field where you've got instantaneous communication, right?

Harry Massey: Well yeah, and even the normal logic of the nervous system is fairly, you know, fairly screwed up. You've got the spinal column, that is I guess a nerve, is so thick, then you've got nerves coming off which are narrower then they're all joined. I can't remember the name. You know, they're all joined by a biochemical and you've basically got your nerve and then the chemical joined then back to a nerve.

Niki Gratrix: A neurotransmitter?

Harry Massey: Yeah. Through the synapse. Yes. That neurotransmitter. Yeah, exactly. It's an electrochemical system. It's not, it's not electrical. It's not chemical units. It's using both. And all of these nerve sheaths are different widths, so they all travel, waves at different speeds down. And you know, when you're getting down into your fingers or your peripheral nerves, the nerves are very, very tiny indeed. And the electrical signals travel really, really slowly. So you basically got, you know, this nervous system that's traveling all these different speeds and that somehow is meant to be coordinating everything.

For all of your trillions of cells to work, you know, optimally or to keep you alive, basically everything needs to be coordinated in real time. And, you know, there's a real conductor that's conducting everything absolutely perfectly. But that can't happen through a system that works at different speeds. But if you just look at the nervous system as something that's just sending off a field and then it's information that's just carried out over the top of it, then the information can be carried instantaneously because the field, like the electromagnetic field, is there. So anyway, there is flaws and pros in every part of biology you want to look at really.

Niki Gratrix: But it seems strange to me that people don't realize that quantum physics has practical solutions for health already, but people still don't really believe it. And yet we are made of trillions of cells and all of those cells have subatomic particles that are being influenced by frequency and waves.

So, you know, we can change how we oscillate at a subatomic level through various means, through resonance ultimately, the various mediums like a pulse of electromagnetic frequency. Or, and this is where it is going to get fascinating, we'll talk about the impact of information on water, which is a hot second topic.

But maybe let's talk about PEMF, pulsed electromagnetic frequency. You know, which is another part of the NES health system. People don't know that frequency is essential for life, like for human resonance. People don't know that. If you don't get that, like the astronauts get ill and they've done experiments shielding people from that electromagnetic frequency and like that, they can start crying uncontrollably and can't coordinate themselves and then they have shortened lifespans. And the science is that this 40 years of research.

Harry Massey: Water in the body doesn't work properly unless you're in the presence of a field. And what we are mainly talking about in the field is basically Earth's magnetic field.

There's a really interesting Russian experiment, it's done in a lab, but they are basically just trying to prove homoeopathy. I'll have to describe the full experiments. So they would basically take the homoeopathy, they would dilute it in the still distilled water and then they would shine a laser through the water. Then they have some type of microscope and it was basically looking at nano clusters of the water. And what's absolutely amazing is they could spot, they found all of these nano clusters, hundreds of millions of water molecules long that all had different shapes, depending on the original imprint, the original homeopathic.

But I'm where I'm getting to, is the electromagnetic field part. If they did that in a Faraday cage, it didn't work. It was just distilled water, there were no nano clusters at all. So unless you're in Earth's magnetic field, it doesn't happen.

And then when we're getting into the body and how water is working the body and it also go to all these nano clusters inside the cells, inside the brain that may be related to memory and information as well. And unless there are fields present in the body, that wouldn't work. Now, of course, there are fields present in the bodies so that's all good. So anyway, a little bit of extra info.

Niki Gratrix: Yeah, that's fascinating. So. Yeah. And the medium of delivery, the fact that we, we are subatomic beings as well as biochemical beings means that we can use frequency; light is another one and there are almost 5000 cases on the power of red light. And now it's basically saying oh we run off the sun, and its photons and red light that feed the mitochondria.

Harry Massey: It was the most obvious application of quantum biology, isn't it? It was just photosynthesis. We're all well, I'll point my camera outside to all those lovely green trees. I mean, what on earth is a plant or a tree? It's frigging amazing.

All it is, when you break it down, is sunlight and air and minerals and water and stuff out of the ground. But then it's taken energy from the sun, sequestered carbon from the air, carbon dioxide and then created all of that material. And as you say, there's a bit of water in some minerals from the ground as well. And then for some reason in our heads, we're like, well, photosynthesis happens in the plant kingdom but it doesn't happen in the animal kingdom.

And, you know, that's just rubbish because the reason photosynthesis works is basically structured water, as in H_2O_3 in the leaf. And basically a photon hits H_2O and it spins, spins off an electron. Electrons are basically the source of energy for growth and everything that happens in the plant. But if light hits you in structured water in a cell, well it's still spinning off an electron. That electron is going to attach itself to the cell membranes like a capacitor and you know that, it's another source of energy. And it's actually the same source of energy in the whole, you know, the conventional ATP chain, because that's also just an electron transfer chain.

Well, you know, if you're in the middle of winter, you need to eat lots of fat and nutritious foods. And this summer, we all live off salads and run around all day without eating very much. That's because we are getting our energy from the heat, from the sun, but it's obvious. But we miss it somehow.

Niki Gratrix: OK. Yes, we should talk a little bit more about what I'm thinking about, like just pulsed electromagnetic frequency from a device. It's not only is it directly affecting cell membranes, affecting how electrons are resonating, but it's affecting the water in our body as well.

Let's talk just a little bit. We should touch on it. What is this fourth phase of water? It is a recent discovery, isn't it? Not gone mainstream yet and yet it's pretty profound, right?

Harry Massey: Yeah. I mean, Gilbert, he didn't call it four phase, but Gilbert who won a Nobel Prize, cell biologist back in the 60s. So he was sort of the discoverer of water in a gel form in the body. I think he was from around Seattle, anyway, you know, became a friend of Pollack and Pollack obviously took those ideas a lot further. And then Gerard Pollack basically renamed it or named it properly; four phases of water or E-Z Water.

Basically, what he was saying is you've got four stages of water, which is solid, solid ice; this fourth phase, gel type water, where it is H_2O_2 instead of H_2O ; then your normal liquid water; and then vapor. But why this structured water is so interesting is that when it's in this gel like format, it basically has all of these different properties.

You know what one is: it's able to convert photons into electrons. Two, it's able to excrete basic excrete toxins out. Three, It's able to create a charge differential between this structured water and the bulk water. So the structure, if I have it right, has a negative charge in the bulk water then has a positive charge. So that's where you get this idea that the body is a battery. So you can create a charge separation in the cell and where you create a mechanism for your cells being a battery in a store. Well, a storage of energy and a transfer of energy.

And then, of course, the interesting one for us is also this idea that basically water can hold a memory and say, you know, when people think water contains memory, sounds like bullshit. And it actually is bullshit for bulk water, but for structured water, it's not. Because as soon as we have that structure, it's very similar to magnetic tape and that, you know, you can basically store, you can imprint an electromagnetic field onto that structured water because it has this magnetic capacity, because it has this charge like capacity.

There might also be more of a quantum effect. But I think that we'll go for an electrical explanation before we go down the rabbit hole

Niki Gratrix: So just to summaries so people get the relevance of what you just said because it's really important. What we're saying is that frequency and sunlight; we are electromagnetic beings, and when we get those things from nature, it's that they're all around us they are creating this full face of water in our bodies.

So the water around our cells increases in those properties that you said, which includes amazing possibilities for detoxification. We're creating a charge that means that the blood is running through our veins and our capillaries. In fact, Gerard Pollack says, the heart can't pump blood through the capillaries. There is no research, there's not enough evidence to show that is strong enough to do that. But when the water is structured, it's moving through the capillaries, in other words, we are talking about circulation, detoxification charge. In other words, when you get sunlight and frequency, water is one of the mediums that you're charging the body, getting energy and able to detox and feel happy and healthy.

Harry Massey: I mean, the other thing is, I mean, people think we're, whatever it is, 78 percent water but if you actually look at just water molecules alone, it's ninety nine percent, because they even approach, you know, protein and the fat has H₂O in it as well. So if you're just looking to mean, it means you know, well, protein has a few carbons attached to the H₂O, etc. say yeah, we're pretty much all water.

Niki Gratrix: It's amazing. So therefore it totally makes sense why you have a history of homoeopathy and you can put information into water and ingest the water and it would affect the water in your body. I saw this amazing link that you sent me yesterday where there were Russian researchers who basically did a kind of homeopathy experiment within

aspirin, so they to the frequency of aspirin imprinted it on water and got the same improvement with I think it was mice or rat experiments.

Harry Massey: They were looking at viscosity. We could maybe attach that video underneath your podcast. Yeah, the viscosity of the drops of blood, were the same, weren't they?

Niki Gratrix: It's just unbelievable that they got the results, an aspirin, just by imprinting the information frequency of aspirin on the water. And I was amazed to see they are printing the information on the water by having a vial of water that they were putting on a CD.

It's mind blowing isn't it. That is literally the digital information on a CD.

Harry Massey: Yeah, they used to call infoceuticals, now they call it informational copies. I don't know if they realized that institutions or trade works, but who knows?

Niki Gratrix: So, yes, I think this is fascinating. Let's talk a little more about this, I'm always talking about, you know, mindset and emotions and stuff. Let's just talk about that so we can also get back to, how you could take some of the information imprinted on water and how it could even change your emotional state.

But then we need to talk about what memories are and where they are stored. And I always say this, I know it does actually zero science showing that memories and thoughts actually exist in the neurons or between the neurons. There's zero evidence.

There is a theory by the famous neuroscientist Karl Pribram who is German and said it's the memories stored in the field that's produced by all the neurons in the brain firing together. So until this field theory, he's saying the memories exist in the field, there's nothing we know that trauma and emotional trauma leaves the biochemical in previous epigenetics affects the nervous system. It doesn't actually...

Harry Massey: But yeah. Well, I say yeah. And what you were just saying. So the neurons are producing that. Well, there's a few things. Let's backtrack.

So in chemistry because, you know, because Western - well, what medicine generally tries to do is create a paintable drug scene, they look like they're looking for a chemical that has to be responsible for these things. Yeah. Of course, as you just mentioned, the brain is one of the most - well, the heart is a very strong electromagnetic organ - but the brain, you know, the brain incredibly, it's just a huge electric field in there.

But what I was going to say is, so there's a couple of ideas. Basically, that is when all the neurons are firing, basically some big improvement to the receiver and then the question is,

what is it imprinting into? I mean, it could be imprinting into space, into nothing. I mean, that's an idea.

Probably a more logical fit is this whole whole water research idea is basically imprinting information into structured water because your brain is full, full, full of water, but not normal water. It's full of structured water. And just just like we were taught.

Well, I don't, this is just an idea, this is just a Harry theory. I don't know. It may be completely wrong. But, you know, when I was looking at this Russian research of how, you know, you get hundreds of millions of hundreds of millions of nano clusters long, I say, well, you know, they could be antennas or they could be like literally antennas or receivers. So, yeah, so when you're recording, let's say your trauma, for instance, you know, you have some trauma early on, you know, you've got that memory of water and it's sort of like an antenna.

So then, you know, later in your life, you then continually pick up on that same, sort of, creeps in, attracting more and more of the same, because maybe I should explain one more part of it. So, I mean, the carbon fiber and stuff, he's looking at this whole holographic theory, really. I think one of the experiments he did, if I remember correctly, he minced up a mouse brain, and it could still find its way round a maze.

Niki Gratrix: Yes. And some other experiments have been done that show people losing huge parts of their brain are still able to function, still have...

Harry Massey: So basically isn't anything to the structure of the brain, it's probably not through the water in the brain in that sense. It's picking up the information from the field, from space, basically. And back again. So, yeah. So sorry. Where I was going with this is, therefore if you have a lot of trauma and it's been imprinted in all the water in your brain, that information and then forming all these nano clusters are likely that therefore the forms these antenna and what you then receive and transmit continually to the universe because your life is not in your life, it is not just what's in you. It's what you're transmitting and picking up from the universe too. So you end up repeating that trauma whereas you know what, the most significant thing you can do, really, in your life, is re imprint the brain, basically.

Niki Gratrix: Re-imprint field. Exactly. I find it fascinating. I know that Peter Fraser always said that with trauma, that it could be it's like a corrupting kind of standing wave in the field. So trauma as well is just distortion in the field around the body, which obviously can have a negative impact on biology. But it's also like an attractor field as well. Just hence going back to what you said about you, keep then attracting the same traumatic and repetitive events.

But I just love the connection, how we've linked it into water as well, because that's just another medium of how it's stored and therefore also how you can deliver, you know, of curing or changing the frequency so you stop attracting...

Anyway, trauma and memory definitely have an electromagnetic frequency component. It exists in the nervous system. You can see a biological footprint, but the root is also electromagnetic. And that's why, I mean, we've just really explained why you can use infoceuticals to support emotional growth and clearing out the emotional body, really, isn't it?

Harry Massey: Well it is the most important thing you know, it's at the top of the tree and you know, I guess all your lower, I don't know; your kidneys and skin, all sorts of organs, then you've got the next layer of importance, which would be like diet, digestion, circulation. Well, put those up in a nervous system, you know.

And then we're getting into this body field idea that can and then really at the top, the tree is the information and a form of information is all your thought trauma or all the positive information like infoceuticals or, you know, meditating or whatever you're trying to attract.

But because it's right at the top, it's going to govern everything underneath. And you can play around with all these things down here. But to fix your digestion, it might sound weird, but if you can correct your trauma information up here, now that has a knock down effect to the autonomic nervous system, which instead will activate more the parasympathetic instead of the sympathetic. And then your digestive system gets more relaxed and then you don't have so many digestive issues.

Or you can go and do the heaviest known cleanse to manage your digestive system by actually doing it up here, is more likely to have a more, more impact for less, I guess, for less time, time and energy and money put into the problem.

Niki Gratrix: You've actually hit the nail on the head. This is what I say all the time. If someone has unresolved trauma, and let's say that their psycho energetic nervous system is set into the stress mode because of trauma and corrupting fields and so on. Either the biochemistry work you do either doesn't work at all or it doesn't work as effectively. And when you work at a psycho energetic level first, your - it's not to say don't do it, the diet stuff is important, but do that stuff and reset the nervous system and then do the biochemistry because it's more likely to be successful. That is the message I'm saying all the time.

I speak to psychiatrists all the time and they understand, for example, about the adverse childhood event study, the prevalence of trauma, and that's the functional medicine psychiatrist that will say that nobody really in the functional medicine community is talking about the fact that all that gut work doesn't really work if the neuro end economy system is not being reset.

So you better do the psych stuff and in psychology some of the frontline therapies are energetic based. So, like EMDR, eye movement desensitization and reprocessing, that's based in traditional Chinese medicine and it's conventional front line therapy where you are thinking about the trauma and then you move your eyes to each side and it helps clear the trauma. I mean, so that's the conventional therapy. But it's the same, EFT, you're tapping on acupressure points, loads of research behind it. One of those popular things out there to use world class leading experts who are leading the way in trauma and using all that and it's all energy based.

Harry Massey: Well, that's sort of a new outlook, a new application for my help, but it's sort of an interesting area. I'm looking into something, putting these two electrodes into both my ears because the ears are an access to the vagus nerve to the parasympathetic, just to just calm down. I've just been putting it over the ear, been doing it on the third eye and in the top here, the thousand gates or something, but that connects the hypothalamus and the pineal gland. Those two points. Yeah. It's the line I've been going down recently for myself for fun.

Niki Gratrix: Pulse electromagnetic frequency is definitely treating severe, like resistant major depression. And it's working. It's working where everything else fails. So yeah. Pulse electromagnetic frequency, it's once again, it's showing that we are frequency beings both physiologically and emotionally, and that has a profound impact on our chemistry as well.

So actually, just so that people know what we're talking about. I'm going to show people my health and my health device is the name of the NES device. Just hold on for a second,

Harry Massey: It matches your dress.

Niki Gratrix: So this is my Health device. This is where the magnetic waves can be set on broadcast mode. So that they're coming out, I always use this on broadcast mode, I use it every single day. I have it on my sleeve, and I'm just amazed by it. People don't realize that it is FDA approved for pain relief. I have friends who come around and they're like 'can I use this, I've got this pain here'. So the inflammation goes down in like five to ten minutes.

Harry Massey: I should tell you, that is not technically correct because it's not approved for pain relief, it's approved as a biofeedback device for retraining muscles, nerves, tissues, organs, blah, blah, blah. It is proof of pain relief in Australia, Canada and all of Europe, just not in the States.

Niki Gratrix: OK. But there are devices that are FDA approved, so we just maybe talk about that specifically. But it is quite amazing. And actually I will include the link to the video of Cyril, who I should have on the podcast. Cyril was the co developer - would you say that? - for the My Health serial....

Harry Massey: Yeah.

Niki Gratrix: So, in the video Cyril is holding it just holding up against the forehead of like a thousand pound bull that's very angry. And he's holding it here on the bull, and within 30 seconds, it calms down. And it's amazing to see.

Harry Massey: Have you seen the one where he is treating his balls?

Niki Gratrix: No

Harry Massey: Now that it's in another clip of the same the same day. Yeah, he is literally treating the bulls balls, which was very brave!

Niki Gratrix: Because it was yes, it was a big deal that he calmed down because it is a breeding bulls. But, yeah, people don't know about these because we still live in that paradigm of the biochemical paradigm. And drugs paradigm. And this is, I've seen, just even holding it when I've got a cold, you know, you get the flu symptoms, you just put on cold settings, the CFI setting, the influenza and just it disappears, like the symptoms disappear in five minutes. People don't realise that that's real. That is actually happening.

Harry Massey: Well I mean, because it's not a normal you know, people look up PEMF and there this isn't really a PEMF device in that sense, because you know the reason it's able to help with a cold or flu is because it's basically able to carry information from that device into your overall body field and then your your cells are picking up that information and then and they're doing something else.

It is not the same as just a pulse magnetic field because, you know, you get pulse magnetic field devices. What they're doing is actually just pulsing a magnetic field. They're not some, they're not trying to influence the body fields information like it's ultimate control system.

Niki Gratrix: Your dog Abby's making her appearance.

And so is there anything else that you also want to tell us about in terms of anything, whether it's success stories or, I mean, actually, we couldn't talk a little bit about...

Harry Massey: Maybe we should say what it all is. I don't think we even really said what an infoceuticals is, we sort of went around.

Niki Gratrix: Yeah. I'll go into this in another session in more detail. We can do a whole podcast on it. So let's talk about infoceuticals and a little bit more about those. It's a good idea. I use them for all my clients. I feel they can get to things that nutrition calms. I can use them remotely with people. I can have people scan remotely and then just take....

Harry Massey: Maybe I'll just talk people through what happens if they visited like a practitioner, because that might give us some context though. So back, back in our early days, we wanted to create this, basically a health system. So, you know, our mission is basically to create the easiest, most effective and educated health system in the world.

I don't know if it is yet, but anyway, it's getting there, but basically. So if you're a patient or a client, you basically receive a little scanner in the post. You can put your hand on the device and then a practitioner will basically then interpret your scan and you can see up on both your screen and the practitioners screen and basically your body, your body's fields of different organ fields and meridians and nutrition and of course trauma and emotions, etc, etc.. And then what it's really doing is it's basically working out the priority to get you better.

So it's basically looking at the most significant infoceuticals that will basically help improve your body field. And then so when we get to infoceuticals.

And so then infoceuticals, I've got one somewhere. Let me pick one up. So an infoceutical is basically, here this is what I am taking to be a very good boy. I'm taking 'Liberate' today.

Niki Gratrix: Great. So that's right. That's what an infoceutical looks like. That's great.

Harry Massey: It is basically just information imprinted into structured water. And then instead of the idea of homeopathy where we imprint a negative message because you're just trying to dilute some weird herbal toxin to get the body to react to. We basically mapped out the optimal fields of the body. So we would say, well, what would help a cell respond well? What would help the kidney? What would help a liver field, etc.? And then we basically imprint that information into the liquid.

So in this case, it was, it's Liberator. So this basically helps to release things from our subconscious into our conscious for better processing. Well, basically, that's an infoceutical - there are seventy two of them. And you know which one to take, because basically the system works out the recommendations for use. There's no guessing in it. And then generally just take four, four of those a month and then you go back for a rescan.

Niki Gratrix: And what's great, I think, is that most of the time, with my experience, when I take them as well for myself and I still take them ongoing. It's the fact that you might have the experience of it, obviously, of physical changes. Often it can be that you're getting an emotional release at the same time. I think that's why I use the system, it's obvious I'm like a mind body person. So this is what I..

Harry Massey: Yeah. You get so many amazing dreams. So, you know, I always wake up with some great insight or, you know, or you just see some event that happened in the past, like, oh, what does that mean? You know, I was...

Niki Gratrix: Yeah. And that's a sense of emotions. You have to see those emotions clearing through the field. They're just purging. So any dreams or somebody might feel an emotion during the day for no reason that I can think of this for the present reason. It's just that it's cleansing the system. Old stuff is clearing out, basically. And I've seen that constantly.

Harry Massey: Well, there's one other little thing all the talk about which is sort of new. Yeah. And it's basically this mission of decoding the human body to get to the root cause and restore people's energy for life. Well, when we met Peter, we, you know, we decoded what we decoded and an amount of the body field. Where it is getting really interesting, because now the system is all in the cloud.

So we're basically starting to collect both voice patterns and also ECG and HRV data. And then we're also collecting photon emissions that come off your fingers. And then we're basically applying... Well, actually, and we're also collecting questionnaires that go with all that. So we basically do machine learning to fully decode the human body field. I say fully, but to continue the decoding of the body field because there's information that comes from there, there's information in your voice pattern. There's information in ECGs that isn't looked at by medicine. As I say, there's all these photon emissions coming out of meridians which aren't looked at either. And so, you know, although we already have a scanner that actually already tests 440 items, it's pretty good.

You know, we're sort of jumping off another research cliff with that. So, you know, if people do sort of get involved, we'll have a scan that they'll also be part of this great research of decoding the human body field because, well, for me, I just think it's incredibly important because the genome has been mapped. And we had all these amazing promises of it being able to, you know, cure this disease and that disease. And we'd mapped out all these genes and I guess, well, here we are years later and the genes have been mapped, but it's not like it's curing everybody of everything yet.

Well, at least from, you know, at least from my point of view, the body field is a higher level system because the body field is actually a control system that is able to affect epigenetic expression. So it does have more impact and it has the potential to have a massive impact.

And if we fully map out that that body field, I just, anyway, it's going to have huge societal implications. And because of collecting so much data and obviously with modern techniques of machine learning, because it becomes way more credible. You know, if we have a million scans, two million scans and this is the data that it is, it's not like doing some little study with two hundred people, 500 people, 50 people, you know, a million people. And that's what the data says. You can't you can't really argue against it and then basically we're going to build this research platform. So other researchers who aren't NES can basically access all of that data and decode it and, you know, make insights and publish papers themselves on

the data and just break it. But open source projects like the genome project. So that's our next little venture.

Niki Gratrix: So that's all that's really exciting. So like the run of the genome, it's the information decoding that's really good to hear that. This is the next stage and you're jumping on the research bandwagon is the next stage to kind of make sure that this work continues and goes to the next level and you talk about AI, weren't you - machine learning? That's awesome. So this is happening. So it is really exciting. I'm just glad to be part of it all.

I'm going to have all the links to everything that we've talked about here on the show notes of the podcast, including the link that I mentioned, which is the author practitioners, which I'll go over again in a second as well. Harry, is there anything else that you want to share, just in the last few minutes here?

Harry Massey: I mean, I would just say, you know, anyone who is in a, you know, feeling when in a dire situation and the body can and does change. Now, if you are, if you're willing to change yourself and to do what it takes, the body will respond. And so, you know, just put yourself in an environment where you can change and find out what's going, you know, find out what's going on. So that's something that's great with NES. It helps to get to the root cause pretty quickly so we can work out what you should do to get better. Don't don't give, that's all I am saying, there's a lot, a lot you can do.

Niki Gratrix: That's brilliant. Thank you so much, Harry. Couldn't agree more with that, the body knows how to heal it itself. So thanks so much for your time Harry. Also, I really enjoyed it. Always enjoy talking to you. And take care for now everybody.

Harry Massey: Thank you.

Niki Gratrix: Hi. So that was the interview with Harry Massey, I hope you enjoyed it. If you want to find out more about Harry's work and NES health, go to his website, which is www.neshealth.com. I hope you enjoyed the interview and plenty to look at on Harry's Web site, both if you are a practitioner or an individual consumer as well. So that's it for now. And take care. See you in the next episode.