

BODY ELECTRIC

ENERGY, FREQUENCY, AND VIBRATIONAL HEALING summit

Biomagnetism, Bioenergy and Beyond

Guest: Dr. Luis F. Garcia



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Dr. Schaffner: Welcome everyone, I'm here with Dr. Luis Garcia and we're going to be talking about Biomagnetism, Bioenergy and Beyond. Dr. Luis Garcia growing up in a medical family follows the passion of his father and grandfather and chose this field with a vision to serve the people. He received his Bachelor of Science degree in biology from Boston College in 1997.

And his medical degree from Universidad de la Sabana, I'm not going to be able to say that correctly, in Bogota, Colombia in 2005. And then Dr. Garcia served as Medical Director and Chief Science Officer at "Salud Futura" Clinic in Bogota, Colombia until June 2010, where he worked with Neurofeedback, Neurol therapy, Ozone therapy, Homo toxicology, Neuro linguistic programming, Chelation therapy, DMSO therapy, Bioenergetics, Nutritional therapies, Biological medicine, Traditional Western medicine and Biomagnetism.

His extensive practice has given testimony of how biomagnetism may improve the lives of those with diabetes, fibromyalgia, chronic fatigue, lime allergies, memory problems, digestive, respiratory and cardiovascular issues among other health complaints. His goal is to stabilize the body's pH and stimulate the immune system through the use of magnets and bioenergy.

Dr. Garcia, I've heard so much about your work. And I'm so excited to interview you today. And this being the Body Electric summit, we have to

talk about Biomagnetism in us. We just shared your bio; you have a ton of experience and we were chatting before this call. You really are on the front

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lines of seeing the same patients that we see at Sophia. And I know that you've learned so much through really your clinical practice and you just have so much valuable information to share with us today. So thank you for being here.

Dr. Garcia: Thank you very much for having me.

Dr. Schaffner: Yeah. So many people might just be -- this might be a new concept for them. And they might have heard about magnetic therapy or magnetism, or magnet therapy, but really what is bio magnetism?

Dr. Garcia: Sure. So biomagnetism; bio means life, the magnetism, or the magnetic energy that life has, and so, falling to some deals with the use of magnets. As we can see here, I have three different sizes. And so I'll pull up the large ones, here is red, and on the other side is black. So there's North Pole and the South Pole magnets. And when you place these on the body, it can help correct different energetic imbalances.

And so the trick is, not necessarily trick but the most important thing is placing them correctly. So normal magnetic therapy oftentimes only uses one magnet place on the body, whereas in biomagnetism, it uses two magnets. So it's actually a very specific technique, where you need to use a dual placement of magnets in opposite directions or polarities, to either draw the energy from one to the other, or push the inflammation away from an area.

So magnets will move hydrogen protons around in the body. So when we have inflammation, or infections, or dysfunctions in an organ, in an area, a space, bone, kidney, ligament, joint, organ, you can use the magnets to draw the protons either away from the area or towards the area, thereby increasing circulation, reducing inflammation, restoring the natural pH to that particular area. Just like a swimming pool or an aquarium that has to maintain its pH balance through the use of magnets, you can help restore that pH balance to the different organs, and so thereby reactivating the body's normal functions.

Dr. Schaffner: So you brought in this idea of hydrogen and pH. And maybe for the average listener, they don't understand how those are connected. And you know, you studied biological medicine and homo toxicology, and this is a big foundational piece of, I would say, European biological medicine, looking at the terrain and looking at pH of the body. So please, share more about this idea.

Dr. Garcia: Absolutely. So our body functions optimally at a pH of about 7.365, to be exact. There's a slight difference between arterial blood pH and venous blood pH, as well as the pH found in different organs such as the stomach, it usually has a much lower pH to help digest food. But when there's

an infection and dysfunction, inflammation, when our body is off in any particular way, that pH balance, that matrix, that zone is no longer appropriate or optimal for that organ to function appropriately. And so through the use of the magnets you can restore.

So when we eat alkaline foods; the majority of fruits and vegetables, they have a pH greater than 7, they're 8, 9, 10 range. The more raw we eat them, the higher the pH value, and so pH stands for hydrogen potential. It lets us know what the particular hydrogen, not necessarily content, but how our body responds to it. And so even though we may taste a lime or lemon, sure, it tastes acidic, but it creates an alkalizing response from our bodies.

So when you have normal neutral pH tap water and you add a lime or lemon, you squeeze that into it and then you drink it, it will actually have an alkalizing effect. And so it helps our body detox, it helps restore pH balance to our overall body, as opposed to when we eat highly acidic foods, such as hotdogs and hamburgers and wine, alcohol, cheese, pastries, microwavable foods, preservatives, chocolate popcorn, black tea, coffee etc. All those no, no foods that we've been told for years that we all know about, but unfortunately, choose to eat on the weekends or whenever. They will acidify us and they'll drag our body's pH down as opposed to the healthy fruits and vegetables which will help maintain it higher.

So my recommendation for everyone, and obviously my family and I follow, is that we eat a 80/20 diet which 80% alkaline, as much as possible; fruits, vegetables, salads, obviously raw is best. Sometimes will steam them, boil, depends on what we're having. But you can have 20% slightly acidic. So slightly acidic foods are chicken, fish, Turkey, eggs, quinoa, beans, lentils, rice, etc. So those are okay in about a 4:1 ratio or 80/20%. But the no, no foods are the ones that I previously mentioned.

If you have an upset stomach, and all of a sudden, you're having cheese, you're throwing in pizza, you're having a hamburger. Well, of course, it's going to make your stomach even worse. The best thing that you can do for an upset stomach is have something that's alkalizing. And that will help your body detox, like you know lemon water or have an Alka Seltzer which will alkalize and raise the pH.

The other things are conditions that will also acidify our body the most are; stress, worries, lack of sleep or overworking. If normal work week hours are maybe 40 hours a week, but you're working 60, 70, 80 hours a week. Of course that's going to drag you down and rob your body of all of those extra hours of sleep and rest that your body needs to be able to raise and maintain that proper pH. Unfortunately, even though dairy whether it's cream, yogurt,

kefir, milk, pasteurized or raw, organic, you name it. Even though the majority are in the 7.0 range, which is ideal where you'd like to be. Unfortunately, all dairy products will feed virus, bacteria, fungus and parasites.

So once again, if we go back to the gut and our micro biome, is off, because we have an excess of bad bacteria or too much yeast or certain gastrointestinal viruses, or even parasites in our gut, in different areas. We have dairy and that's just going to feed all them and it's going to add fuel to the fire. So if you have a fire raging, whether you add alcohol, wood, paper, plastic, gasoline, they're all going to make that fire rage to different extent.

So through the choices in our food, and our lifestyle, we can help maintain a certain alkalinity or an alkaline balance to our body. However, if I have a headache right here, say it's a sinus headache, just over my eyebrow, it's not like I can eat raw broccoli and that broccoli is going to go and it's going to alkalinize the area in my prefrontal lobe and get rid of the headache.

No, however, if I use a magnet, and I use the black side of a magnet to push the hydrogen protons out of that area to push away the inflammation, I can place a black magnet on the right side and a red magnet on the left side. And the color I'm mentioning is the color it goes towards the skin. And this will increase circulation between my prefrontal lobes and it will also have a drainage effect.

So not only will it help pretty immediately drain whatever is kind of causing that headache, but it will also improve the flow of red blood cells in the area. And so how do I determine or how does a therapist that performs biomagnetism technique know exactly if you place is a black here or red here. Because oftentimes, if that doesn't work, then you can try red over the area of inflammation and then a black on the bladder to drain that inflammation down to the bladder so that you can pee it out later.

If there's excessive inflammation, or if it's a very acute trauma or something happened, you can also use the kidneys to drain that inflammation through. You can also use the inguinal lymph nodes or you can use the liver to drain. And so how are we going to turn all that? Through either autonomic response testing, or what we call muscle testing that we work in biomagnetism. You can work either through the feet, or the hands. And so with the feet, the majority of us practitioners like to work with shoes. And these are normal, say work shoes, that simply have the front cut off, so that all different sizes can fit in there. And so we have the person lay down. And so if they're laying down in that direction, their feet are facing up. I have their heels here. And so if you can see the edges are lined up.

When I place a magnet over an area of inflammation on patient, one of their legs will shift and they'll have a muscular contraction. Not sure if you can observe this chain here. But that lets us know that, okay, there is inflammation in that area, now, where do I place the second magnet. And so until you find the exact specific spot for that second magnet to go whether it's the liver, the kidney and you name it. It could be anywhere on the body, the leg will not restore back to its normal position. And so only through the muscle testing or Kinesiology, can you determine where you have to place that second magnet?

So once again, just to conclude this topic that I kind of went around a lot. I can't stress enough the importance of our nutrition. However, when we've done all that and it still doesn't work, that's when you have to go to some other technique. And so in this technique of bio magnetism, or what I like to call dual placement technique, because it involves the placement of two magnets in pairs. That's when you can restore the leg length of the individual. And you know that -- okay, here's where the body goes back into its optimal, metabolic and pH balanced alkaline state.

Dr. Schaffner: Thank you for sharing all that. And I'm glad you touched on this whole idea of setting the foundation for our health and this whole idea of excess acidity and how that usually leads to a lot of symptoms. And you know, Dr. Klinghardt for his lecture on the summit talks about autonomic response testing and how that works. And many of us who are in the field of treating people with complex chronic illnesses, we all have our tool to really check in with the body and figure out how we can prioritize treatment.

And so if this is a new concept, if you're listening, many of us on the front lines who are treating patients, we wouldn't be able to see the results. I believe that we all do if we didn't have a technique like this to check into someone's individual body and prioritize, because without that, you're just really guessing, you're just making educated guesses.

So you know, and I just like to share here too like -- you know, many patients find this accuracy in 20, even 50 doctors. And so they have had this opportunity for that other methodology to work. And unfortunately for chronic illness, we're left short with results because there isn't that acknowledgement or I think that the paradigm isn't there for every doctor to check in with the patient like you're saying.

So I just wanted to put that out there. So Dr. Garcia, you're talking about obviously using magnets and it's very specific. They're used in pairs, they're not used alone. And you know, the light bulb for me that has turned on hearing you is how you're increasing flow, and drainage, and circulation to the

areas where there are problems. Ultimately, I do see a foundational piece of why people are sick is this lack of proper lymphatic drainage, lack of micro circulation, low oxygen in the tissues.

And so can you talk a little bit more about how these paired magnets, you know, what you've seen with increasing the lymph drainage. And what I'm hearing is that you can get a symptom improvement pretty quickly. But is this something that you maintain the results, or do you have to do repetitively? Do you teach patients to do this at home? Or is it always in a clinical setting, but just sharing a little bit more about that?

Dr. Garcia: Absolutely. There was kind of a barrage of questions.

Dr. Schaffner: Yeah. I didn't mean to overload you. But yeah, please do. And so go with wherever you want, but I think this whole idea of how the -- you know, just breaking this down for the listener so they understand what's happening.

Dr. Garcia: Absolutely. So in my sessions, particularly, depending on the issues, the imbalances that I find, I prefer that the patients take home magnets with them so that they can reinforce the work that I have done and continue the progress going. At the same time many of the -- the majority, I will find certain infections and have to recommend that; you know what, this cough that you have had for the last six weeks that you've taken numerous antibiotics and it hasn't worked. I feel energetically that other family members are sharing it. So even though we could do a culture analysis of the flame that comes out and say it would come negative for a strep, I still find the pH imbalance that's left over from that strep infection.

So they received antibiotics and it "got rid of" may have eliminated the strep, yet the inflammation is still there. So they may go, you know, another four weeks before finally the cough goes away, but it's now a reactive cough. It's just inflammation that's left over and the body hasn't recovered appropriately. So through the use of magnets, I simply restore the pH and the body heals, sometimes instantaneously within minutes. Other times it may take 24 hours, other times it may take two or three weeks. It depends on how much inflammation there is, and what other underlying issues are occurring. But oftentimes -- so the mother took the antibiotics, she still has the cough, yet one of her sons also has the cough.

He hasn't taken antibiotics, but if that mother goes home, within two or three weeks, her son has given her back the strep, and she persists with strep. And she'll take other antibiotics, yet it is now inside the home and it's going from child to the husband, back to the mother. And so it just becomes a merry-go-

round, then six months later, the entire family has been on antibiotics and it just around and around and around that goes.

And so by having them take home magnets, she can place the magnets on their lungs, on different areas of the body to help stabilize the pH imbalance where either the strep infection was hiding out. Or where it was causing the most inflammation, whether coughing causing the reactive cough or the flaming throat or the post nasal drip, you name it. And so that way, we can take care of the entire family and that way her issue will go away, much faster.

So it's not necessarily focusing in biomagnetism therapy on the symptoms as much as the underlying issues. And so that's where, unfortunately, conventional medicine errors, because they focus just what's your symptom. You know, you have a headache, let me give you an anti inflammatory so that you no longer have a headache.

No, you still have the inflammation. It's just your body can't feel that symptom. You've turned down the volume. You haven't actually solved anything for that individual, much less raised were stimulated their immune system so that their body can overcome whatever was causing that in the first place. And so the mental focus should be okay, why is the body responding with inflammation in that particular area? Is there an infection, is there an emotion? Is there a nutrient deficiency? Is there a toxicity overload? No, what is going on?

And so through the work of biomagnetism and the bio energy work that is done with it, you can determine exactly what is going on. And so in some individuals, they have a massive headache because of underlying emotional issues that they have. They're going through a major divorce, and as much as they don't want to admit that all that stress is causing that, they can take all the pain killers they want, but that emotional stress that they're going through, is what's causing that.

And so everyone is different, but once again, using the bio energy work, and learning how to think about disease and health in a different light is just so amazing for patients, because once again, they've been for years suffering from a lot of these things. And nobody has been able to come up with the appropriate solution until you start thinking outside the box. And stop thinking about; well, let me just turn down the volume. Because ultimately the volume is going to be raised in another organ, in another area through a different mechanism.

And the body is just going to continue to keep trying to talk to that individual and show them different signs and symptoms, yet, they're going to take another painkiller, something else that's stronger. And so ultimately, you're throwing the body off in many more ways on a chemical level, on an energetic level, on a nutritional level because you continue eating the same foods that are unhealthy for you.

And just to give a few examples -- And once again, everyone is different, but I personally do not leave home without my magnets like the Hurricane Express and other never leave home without them. And so this past 4th of July, we went up to Lake George with friends, and it's a huge lake Upstate New York. And you rent the boat and you go for hours. And so I took my magnets and I put them in my pocket and I said -- you know, I never know, I never want to be without them.

We rented the boat, we were on the water five minutes, and my friend's wife said, "Oh, I think I have to go back to shore. I'm feeling nauseous. I'm seasick, you know, starting to do this to you guys. But I'm about to lose it." And I said, "I have my magnets." And I pulled them out of my back pocket and everyone's like, "No, you did not bring your magnet." And so I said, "Okay, this should be easy enough."

And so, in her case, I grabbed her arms. Because you can do the muscle testing through either legs or works with the person's arms. Not only can you do the muscle test of when you try to push it down, that's the [inaudible] ART, or you have them make a fist. And so if there's a positive response, one arm will contract relative to the other, or it will actually extend relative to the other. So in this case, I simply grabbed her arms and I asked her body very specific questions in terms of what is the underlying cause of your imbalance issue? Why are you getting seasick? Is it due to an infection and imbalance in pH, this that.

And I got my appropriate responses and so I figured out that I needed to place two magnets behind her head in this particular direction vertically. One black magnet on her medula oblongata; the brainstem, and the other magnet on her cerebellum. And fortunately, she was wearing a baseball cap, so I slipped them underneath. And then I asked her body energetically, will you require another pair of magnets in order to alleviate this seasickness? Her body responded, no.

And so I asked, okay, how many minutes? 18 minutes, we had to leave the magnets on. And so I said in how long will she receive improvement? And so I muscle tested, use the bio energy technique and responded in about eight

minutes, she'd start to feel better. So I said, "All right, let's anchor down. Let's

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wait about 10 minutes and then we'll start the boat back up again and see how she feels." And so we did that. And then she said, "You know, I think it's gone." We took off full throttle and her seasickness was gone. And we were able to continue with the rest of the three hour boat ride.

And so you know, all it took was less than 20 minutes of leaving the magnets in the back of our head. And so she no longer needed to take any type of medication or look for acupuncture points in the wrist or elsewhere. It was simply a matter of placing two magnets in the exact location that her body responded where she needed it. And so because of that particular location, amongst the answers and questions that I did, I was able to figure out that she had scrambled eggs that morning, and they were little on the wrong side.

And so it was because of those eggs they happen to contaminate with a particular virus that goes to the cerebellum and causes some equilibrium or balance issues. And so, once again, that was solved pretty quickly and we were able to enjoy the rest of the afternoon on the boat.

Dr. Schaffner: That's a fun story. And what I'm thinking too is you know, the magnet pairs seem kind of like a simple a pretty elegant, but very simple technique and you've studied. And Dr. Garcia so I mean, when I read your bio, you're very well educated. You've studied a lot of conventional but also like alternative techniques and you have stuck with bio magnetism. How did you find bio magnetism and really, what made you so passionate about it?

Dr. Garcia: Okay. Yes, excellent question. And so it's interesting because after college or as I was in college, my father who went to Columbia to learn medicine a little bit better, only because Medicine in Colombia is seven years as opposed to four years here in the United States. And so I thought, ooh, seven years as opposed to four, but all right, I'll give it a try for a year. So I went for a year after college and just loved it, fell in love with the country, the culture, everything.

And realize that, yes, I would become a more well rounded medical doctor if I did the training in Colombia, only because here in the United States, it's over the four years of medical school; it's two years academics and then two years rotation through the different specialties. In Columbia, it's also two years academics but five years of rotations through the specialties. So in the United States, as you know, it's six to eight weeks rotation through each individual specialty, in Columbia it's six months. So it's six months of review, six months of surgery, six months of Pediatrics, six months of you know, you name it.

And so, by the time I graduated, I had delivered over 150 babies by myself. And so you know, you're kind of thrown in the water and either you sink or

swim. You got to learn all these things very quickly. And so I did that. And after graduation, I said all right, I feel like I can conquer the world. Let me open up my own medical practice. And I did and in those first few weeks, a patient came to me and said, "I have reflux. I've been to top three gastroenterologists in the city. They're older and you know, you're recent graduate, what do you have? That's new for me, that's going to take away my gastritis." And I said, "More antibiotics?"

And he was like, "No, you can't help me then. You know, I thought you were bringing something new to the table. But if you're talking to me about antibiotics, I'm not interested." And so that just hit me hard. Like, wait a second, I just spent seven years studying and what do you mean it's not helping. And so that was frustrating. And that kind of led me on this path to look for what else is there that isn't conventional medicine. And that's when I started to study neuro therapy, homeopathy, homotoxicology, little bit of acupuncture, this and that.

And so I started to incorporate them. And so I would see people with gastritis and say, "Okay, I just learned these homeopathic drops. And so take this, take 10 drops of this and then three hours later, take five drops of this." And it was combining like, whoa, that's too much, it's complicated. And so I then learned neuro therapy with procaine and so they would come in and I'd say, okay, let me do this gastric circle and let me do these points and is nerd. And they're like, it hurts. I'm afraid of needles, this is nerd. And when they come back a week later, okay, it helped, but you know, I don't like needles, what else do you have for me?

And so then I learned ozone and so I use ozone injections over the same neuro therapy points and combined with homeopathy and homotoxicology. And so, you know, yes, patients gotten a little better. But still, it was so many things that I had to combine. And then I was always thinking, okay, I got them better a little bit, but it's still not 100%. And they're coming back every four or five months, their gastritis or whatever issue isn't chronic, but it's still coming back.

And so that's when I found out biomagnetism. And I met a doctor that when I spoke to him, he said, "Look, I do biomagnetism and my life can be divided into before biomagnetism and after bio magnetism. And if you're as open as I think you are, this is going to be the therapy that beats all therapists."

And for someone to say that my life can be divided into two. Those are big words. And so I started looking it up and before I knew it, I was in Ecuador and learning biomagnetism from Dr. Goiz himself. He invented this technique over 30 years ago. And so, while I was at the course he asked, in the first day,

who here has an arm or a leg that's longer or shorter than the other? I raised my hand because for my entire life, my right arm was longer than my left. So was my father's so was my grandfather's.

And so when I discovered that in myself, I was about 15. I was going to the gym and I was doing bench presses and lat pull downs, and it was always uncomfortable because they were slightly off. And so what I asked my father, "Dad, what can be done about my arms? They're uneven." He said, "Son, it's genetic. One of your sons or daughters will also have it. There's nothing you can do about it, you know, welcome to genetics." And at the age of 15, you're like, okay, that's what my father; medical doctor says, I got to go with it.

When Dr. Goiz fast forward, that first day of class asked that, I said, "Well, I've had my right arm longer than my left my entire life." He said, "Come over here, lay down." He placed two magnets on my body, and ever since my arms have been even ever since, just with biomagnets. So what I ended up having was a pH imbalance. I had acidity in my left shoulder that forced and caused a small muscular contraction here. I swim for over 40 years, I did all types of different sports, nothing ever released that pH imbalance that I had. The only thing was to appropriately, very specifically placed magnets, then released that contraction. And allowed for my arms to be the exact length that they were that I was born with, just I acquired a low pH imbalance. And so that blew me away. And being a conventional doctor, or having that conventional training, yet having experienced all the other different techniques and modalities, I said, "Wait a second, this can't be so miraculous, let me really try this out. And let me prove this to myself." Because the things I learned during that seminar were just way too miraculous to kind of fathom and really put my head around.

So when I got back to my office, I told my nurses; right from now on, I'm going to do magnets on everyone. And I'm going to do some experiments, and this and that. And so I started to see patients with urinary tract infections. And I would have them, go to the lab, drop off their urine sample for a culture for analysis, and then come back to my office that same day, and I would do the magnets on them.

And I would detect that they had the pH imbalance issues relating to either E.coli infection or klebsiella infection, or you name it, urinary tract infection. I would place the magnets on very specific areas of their body where those infections were hiding out causing inflammation and the UTI. And then I would have them come back three days later with the lab report. And the lab report would say either E.coli, klebsiella or whatever bacteria that I actually had detected. And I would ask them, "How did you feel after our session?" And

they would all respond; felt great, the burning, all the symptoms disappeared and I feel good.

And so I would then have them go back to the lab, drop off another sample, have it cultured and then come back another three days later. And everything would be negative and clear. And they would not need any more antibiotics or any antibiotics, period. Yet they came for chronic UTI. Once I started placing magnets on them, it cleared permanently. And so I did that for pneumonias, for bronchitis. I did that for renal or kidney stones. I did it for gallbladder stones, for many different issues that you could prove with laboratory analysis. And so I would first see the alternative analysis, I'd place the magnets and then have them a week or a few days later, go back to the lab, get another analysis, and it would be cleared. And so it was just amazing how fast some of those things resolved.

And that for me was just an eye opening awakening experience to realize that, wow, I didn't need to write a prescription for painkillers, for antibiotics, for anxiety medication, for you name it. And so I just started testing and applying my knowledge, and going to more seminars. And before I knew it, I had gone over a year without touching my prescription pad, because I didn't need to write anything for them. I was solving it with using the magnets. And so that kind of what led me to where I am.

Dr. Schaffer: Yeah. It's a wonderful personal journey. And obviously, you know, your patients tell you every day to stick with this and the results you're seeing. You know we talked about a lot of different conditions that people -- you know, people might be thinking, "Is bio magnetism a therapy that I should try from my own body?" You know, I of course see a lot of chronic illness and there's this whole conversation about chronic Lyme disease. And you mentioned the fungal and parasitic infections and heavy metal toxicity. And then we're all exposed to herbicides and pesticides, and EMF and all of these things.

And so do you feel that, you know, with the chronic nature of the conditions we're seeing, that people really to maintain their health -- like, do we just have to continue to use bio magnetism to maintain our health? Do you really see curative and you know, people can get to this next level of health, and ensure maybe for maintenance. But just kind of reframing how we look at these chronic conditions.

You mentioned a really great example with the strep. And then kind of the imprint and the pH that left behind that wasn't resolved as well as the exposure that was going. You know, my goal here is to help shift the paradigm of how we think about these things in this conversation. So just maybe giving

people more help out there who might be struggling with these complex chronic illnesses, and how this tool can be so helpful for them to regain their health.

Dr. Garcia: Yes, absolutely. So this tool is, I would say, honestly -- of course, it's going to be my experience, because I've been doing this now for 11 years. With my knowledge of all the other techniques out there, I would say this is the one that really can unite them all. Only because of the bio energy aspect where I can ask the body; is there an underlying nutritional deficiency, is there an underlying toxicity issue? Is there an emotional issue? Does this require magnets to rebalance, etc, etc.

And so, the majority of the time, 9 out of 10 times; yes, the body will benefit from the magnets. And occasionally, or I would say, 8 out of 10 times there are absolutely other factorial issues involved. Just like cardiovascular disease we all know has to deal with genetic issues, sedentary lifestyle, high cholesterol, hypertension, diabetes, smoking, etc.

The majority of issues and conditions have to do with also underlying heavy metal toxicity, nutrition, nutrient deficiencies; have to do with a low magnetic energy state. And so with the magnets you can restore that state. Has to do with pH imbalance issues, has to do with emotional issues, has to do with other spiritual issues as well. There are so many different factors involved that through the use of the bio energy work, that bio magnetism requires, you can actually pinpoint which one is higher on the scale.

And so you mentioned Lyme disease, which is what I tend to see the most of now. And so I do have a YouTube video out there where I talk about Lyme disease. And in my experience, Lyme isn't just about the *Borrelia burgdorferi* infection. It's about all the co-infections that are involved, that unfortunately, everyone is only thinking about, "Okay, maybe there's would be *B. burgdorferi*, or *mycoplasma pneumoniae*." But nobody's thinking about is there underlying Epstein-Barr, Cytomegalovirus. Is there fungal issue because of the overuse of antibiotics?

And so there's *Candida* overgrowth, and there are other yeast or mold toxicity issues. And are there other bacterial infections such as an underlying tuberculosis or underlying *Yersinia pestis* species, or underlying parasitic infections, such as malaria. And so I'm finding more and more of that Lyme patients have underlying malaria. And so you would think -- but wait a second, Malaria is in the United States. How is that possible? No, it actually is, unfortunately.

And so somebody goes down to the Caribbean, or goes to Africa, or Europe, Latin America and they're bitten by a mosquito, and then a week later they come back to the US but their immune system is strong and healthy. They were on vacation, everything is status quo, but then one or two months later, their immune system dies. And that's when outcomes the malaria or the Zika, or whatever infection they acquired down there.

And then they can be bitten by a mosquito and then that mosquito takes in their malaria and then it bites their neighbor, or somebody in Central Park, who hasn't flown out of the country, now they have an underlying issue. So Bartonella can be spread through mosquito infections. And so people are being bitten by mosquitoes and black flies and green flies and all these things constantly. And who's to say that a fly or a mosquito isn't biting a deer that has Lyme, and then that mosquito a week or two later bites a human. It now give that human the infection from the deer, or whatever animal it had. And so unfortunately, mosquitoes, flies are spreading a lot of this. And so when I apply biomagnetism therapy to these individuals, I find these layers of infections. And so I first in the first session, I'll get rid of one or maybe two layers of infections. And then in the next session, I'll be able to see other layers that were underneath.

And so our body is like this glass that is able to withstand different inflammation, infections, imbalances, emotions, trauma, you name it until it reaches its limit. Once it's reached the top, it will spill over. If it spills over here, you've got neurological issues over here. You've got muscular-skeletal issues over here, digestive over here, sleep issues, hormonal imbalances. And so with by biomagnetism, you can actually through the bio energy work, ask the body and be able to ascertain what the most important things are, so that you can bring these levels back down.

So that the person will regain their health in the most optimal, efficient, ecological way. And so, you know, is it about first addressing heavy metal overload issue? Is it about the nutrient deficiencies? Can you do them at the same time? Yes. Is it about the pH imbalance and low magnetic energy state? Absolutely.

And so, once again, for me it has been the overall unifying factor where I often have to tell the patients; look in your particular instance, it's your relationship with your husband or your children that's causing this underlying stress, which is causing a lowered immune system, which has allowed for this infection to take over. And so you can use these supplements to help raise your nutrient status, then your immune system can kind of kick in a little bit more, but you also have these heavy metal toxicity issues. So you want to take

some chelaters and antioxidants here, but you also have to work on your

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relationship with your son or your daughter or your spouse because that is what, behind the scenes, is bringing everything down.

Bioenergy energy work of magnetism that you can discover all of those things. And so you can place the magnets on different areas of the head that will help reduce the sympathetic nervous system; the fight or flight response that makes you be on edge and with anxiety and hyper vigilant state, so that you can kind of bring things down. So that sure, what would normally set you off and put you in a state of anxiety or insomnia. All of a sudden, you're like, it's not so bad anymore.

And so it helps change your mind set when you can reduce all of that information that you have going on in the brain. And so it's kind of like when we stay up late at night or we haven't slept well the night before, how do you feel the next day? You're groggy, you're cranky, have a short fuse or short tempered; you know, somebody could say hi, and you're...

Biomagnetism during the sessions, you tend to feel very relaxed, very mellow. You're in a sort of hypnotic state, yet you can also learn to maintain that through the placement of magnets to keep everything at a much more stable place energetically, or rather, in terms of pH balance in your brain, in your central nervous system, in your muscles, joints, etc.

Dr. Schaffner: And I love that you shared this framework. I have a similar understanding of -- you know, what our patients are going through too. Chelating lime is a great way to dialogue about the complexities of what we see, whether it's this whole ecosystem. And there's not just one infection, but all of the infections that you shared. And then you know, the layers of toxicity and trauma and how that all intersect. And so, obviously, this is a tool that you found to really work on all these layers. I think that's a really important framework. As we're shifting people's idea of how you get better when you're suffering from a chronic illness. It's not just one thing and one treatment or you wouldn't be so sick, you know, that would be a lot easier.

So Dr. Garcia, what are you most excited about and where do you really see the future of bio magnetism? You're obviously at very full practice and you're training other practitioners to get more people access to this form of therapy. But what is exciting you the most about the future of bio magnetism right now?

Dr. Garcia: That's huge. I love it. So what's exciting me the most is the results, you can't deny them. And so just the other day one of my patients that her daughter happened to have some dizzy spells. So of course she

brought home the magnets and places them on herself and her boyfriend. And

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she was able to heal herself of those dizzy spells after she'd learned the proper placement. And so the mother was then at a friend's house and she had a huge vertigo attack.

And she was carrying the magnets in her purse. And so she texted me and was like, is it okay if I place the vertigo pairs on my friends or the dizzy pairs on my friend. And I responded; Yes, of course by all means do it. And she did it, and in less than three minutes her friend's vertigo attack that usually when they came on, lasted for days, it resolved completely. And so here was one of my patients that were able to solve somewhat something for somebody else. And so there's no denying that it works. One of the challenges in the future is going to be you know, how do we get this out there to the masses, so that they can find out about it. And unfortunately, we don't have the millions of dollars worth of research that you know, industry has in order to prove this, but it is absolutely growing from just word of mouth.

You know, once patient has a tremendous experience of that. And they told the other person and the other and just, you know. Now, not only do I see that mother and her daughter, but because their health improved. I saw her three other sons and I'm yet to see the husband, he'll be in soon. And so it just spreads because everyone is observing these improvements. And it's all by word of mouth. I've done no advertising whatsoever. It's just people realize that, oh, my goodness, this person was in terrible shape. All of a sudden, they are in such a much better healthy state. What did they do as a result?

And so what I'm most excited about, once again, is the future of biomagnetism after we get it to the masses. And so the way I'm trying to do that is through offering seminars several times a year and training others, whether it would be health practitioners, or housewives, or people that have never had experience in healthcare. Because all you need to know is, study and read and practice and use the magnets in very specific areas of the body to create that stable pH environment that allows for the body to then heal.

So I'm definitely very excited about the future, say 5-10 years from now, obviously, not next year. But there are thousands of therapists out there that can continue spread the word and have just these tremendous healing effects and experience experiences with their friends, with their family. And really, wow, I no longer need to suffer with the different conditions; everything from seasickness to breathing issues, etc. Just last two weeks ago, I was seeing a patient, she was lying down but her caretaker had horrible asthma attack.

And so I told the individual lying down and I said, "Do you mind if I place a few magnets on her so that I can help her breathing?" And so I immediately placed maybe 12 magnets on her and immediately, almost instantaneously,

her asthmatic attack disappeared. And so she went from the wheezing to absolutely breathing calmly, and she couldn't believe at the end of the 15 minutes when I took the magnets off.

And she was thinking; why did I leave my inhaler at home? And how could I have not brought it and it must have been the walk, it must have been the heat, it must have been something. She was blown away, and I happened to run into her this past week. And I said, "How have you been doing?" She said, "Amazing. I haven't used my inhaler since. And my lungs feel completely better." And so for an individual like that, sure, I'm going to have to see her maybe one or two more times and then teach her where to place magnets on herself if that event happens to repeat itself. So in some cases, you can teach the individual. All right, where do we place magnets? Are there on the top of your lungs or on the sides of the lungs or at the back of the lungs; to help restore balance to the lungs either from the sides, from the back, from the front, from different areas.

So that you're maintaining that proper pH balance that was thrown off through different conditions, whether it was the atmospheric pressure or the heat or an infection or dysfunction, whatnot. Fortunately, through magnet, you can start to restore that and get the body to heal itself.

Dr. Schaffner: Well, I really appreciate you sharing all of your knowledge and your passion and these stories. And through this summit, we're getting the word out. And if people want to learn more about your work, or how to train with you, or how to learn about more about bio magnetism, where can they find you?

Dr. Garcia: Sure. So you can visit my website, which is www.usbiomag.com. And there's all the information necessary. And another thing that I did about two years ago, which also has been helping out the community and the masses, is I developed an app that you can download on your phone whether it's Android, or Apple system, iPods, etc. And you type in the different health issue that you have, it will guide you towards where you place the magnet on yourself and where you place the red magnet; that can have a balancing restorative effect for your body if you place them in the correct areas.

And so not very particularly user friendly for those that have never experienced a session or don't know what's going on in terms of biomagnetism. But it's more geared towards either the practitioner to have as a handy reference tool for those that have already seen once or twice that now they're used to. So the magnets, you know, it's no big deal. I shouldn't be afraid of them and I can play around with them, and place them on different area of my body. And so I've tried to teach and instruct them to use magnets

either on a daily basis or weekly basis to keep their energy levels up and to help restore and maintain their body's pH.

Once again, it's amazing how a simple pair of magnets like these can do so many things on so many levels, in terms of, you know, our gut, digestive tract, our respiratory system, our cardiovascular system, our muscular-skeletal system. Now there are just literally limitless possibilities and different tips and tricks that I've learned over the years with these. For example, in the wintertime, real quick, when I go skiing with the family. I unfortunately don't have time to train and everything to get my muscles up to speed for when the weekend comes when we go skiing. But what I do is, Saturday evening, I will use the magnets on my quadriceps, on my hamstrings, on the different muscle groups that I feel the soreness coming on.

And because they increase circulation and reduce inflammation, they're going to drain the lactic acid buildup. In the next day, I'm feeling fresh and I can go skiing. And I'm not going to feel that soreness and discomfort and stiffness that I would have felt had I not use these to kind of help my body flush everything and continue to improve my circulation.

So everything from that to -- my daughter is in travel soccer and about a month ago, she hit her head real hard and she had low concussion, a TBI; Traumatic Brain Injury. And so she was very dizzy and confused on getting up and so my wife called me. I happened to be attending someone at the time. And I asked him, "Do you mind if I do a distance session and use your body as a bridge to work with my daughter's energy long distance?" He said, "Go right ahead." That energy distance worked, and then I texted my wife exactly where to place the magnets on my daughter.

So my wife drove her home. She got home, put her on the couch, she placed the magnets on her, waited 15 minutes, took them off, ask my daughter how she felt. She's like, I feel great. I'm fine. I'm hungry. So something like a TBI that should really be taken seriously, maybe go to the hospital, see neurologists or pediatrician. It was resolved quite quickly, just with a few simple pairs of magnets placed on her that brought inflammation down immediately that restored pH balance in her head.

The examples and the options are limitless with it. Obviously it's not going to help everything 100% because our body has a certain threshold point. So diabetic patient that has had diabetes or the pancreas has gone through extensive inflammation for over 20-25 years and they've been on medication. Well, that pancreas has kind of pass a certain threshold point beyond which as much as I try to heal it, it's not going to be able to go back down to the

prior level. And so certain organ systems areas, if they've passed a certain point of no return, well, there's not much that anyone can do for them.

You know, it's a case of trial and error, but I've definitely seen some miracles happen on many levels. And this once again, is so beneficial that it can be combined with conventional allopathic medicine and medications and other procedures.

Dr. Schaffner: I love the your story, it's almost like we need the magnet center, home first aid kit just for you to be able to help your family and everything. Well, Dr. Garcia, you're a wealth of knowledge. And you just had your second baby girls. So congratulations. And I really appreciate you taking the time during this really important time in your in your life. So thank you for taking the time to do this interview and share your knowledge and your expertise with us today.

So I'm hoping everybody, we've definitely made them more and more curious that they're going to check out your information, and learn more and how to find a provider in their areas when they want to seek out these therapies. So, yeah. Well, thank you so much for your time and being part of the summit.

Dr. Garcia: Thank you very much, Dr. Schaffner. I appreciate it.

