



DR. ROBYN BENSON + SELF CARE REVOLUTION PRESENTS
HEALTHY TRAVELER'S GLOBAL SUMMIT
SPEAKER TRANSCRIPT

Dr. Robyn Benson: Hello everyone. Welcome to the Healthy Traveler's Summit. What's exciting about today's interview is that I'm in New York City and I'm testing technology in a big way here with Virginia Brown and for all of you, if this is your very first time joining the Healthy Traveler's Summit, I'm very excited to be introducing a wonderful woman, Virginia Brown, who has some great technology to share with you today. But first, my name is Robyn Benson. I'm a doctor of Oriental Medicine for 23 years, which is hard to believe. I've literally traveled 70 different countries, so I'm very excited about the Summit where we have introduced some of the top medical doctors, naturopathic doctors, chiropractors, all kinds of amazing health experts to share their best information on how to travel well. So we're learning about how to sleep better on the road, how we can deal with stress, and our moods. Food is a huge issue, but one thing that is not talked about enough is the issue about all the frequencies, the unhealthy frequencies also known as electromagnetic smog, electromagnetic pollution. So today, we are going to learn a lot about that. And for you to really understand definitively that yes, this is a hazard to our health and one of the biggest concerns for many of us who travel on a regular basis. So Virginia has some really good strategies and she's got some great products to share with you. So this is really important in this Healthy Traveler's Summit that we are bringing again the best in terms of information, but also technology. I'm a big fan of technology, healthy technology that really works with the body, not against the body, that your cells actually respond to. So, Virginia, thank you for being here today. Again, I'm in New York, you're in Oregon, and this is really cool that we can be live together today and to share your wonderful message with everybody that's listening.

Virginia Brown: Thank you. So I'd like to introduce myself a little bit and how we came to get so interested in electromagnetic radiation if that works for a hand.

Dr. Robyn Benson: Your background would be really great.

Virginia Brown: Okay. So back in 1988, Dr. Brown, who is my husband. Let me give you a little bit of bio about Dr. Brown. He graduated, you know, with honors from Palmer College, Chiropractic College. And then became very, very interested in the whole function of pain and neurology. So he supplemented his chiropractic degree with board certification and chiropractic neurologist. So we were practicing in Boston and getting all

kinds of interesting referrals including computer programmers. And back in those days, those were really the only people that were sitting in front of monitors you know, six days a week, eight to ten hours a day. And when they came into our office, their patient profile was significantly different than the rest of the patients that we were treating. So they would come to see him as a, you know, the chiropractic neurologist and then they would--many of them would come over and have a cranial-sacral or minor facial session with me. I'm an occupational therapist and my specialty actually for 25 years prior to working with him was a pediatric occupational therapy, including working with autism. And the whole spectrum is becoming a very huge issue that may have some relationship with electromagnetic radiation.

Dr. Robyn Benson: I think so.

Virginia Brown: So--yes. So the long and short of it was that, we would say to each other, why is it that we treat, you know, this computer programmer and they look terrific when they walk out the door and a week or two later they come back and they look pretty much the same as they did when they walked in day one, which is not normally what would happen with our patients. And so, we decided, "Gee, we got to find out." What is--the only thing that's different about them? Well, it's their time in front of the computer.

Dr. Robyn Benson: Okay.

Virginia Brown: So, at the time, we had a membership to the Harvard Medical Research library which was actually the only way that you can source the journals of medicine that, you know, are published worldwide. It's not like today where we can just get online and get into PubMed so we actually, you know, I had to physically go over to the library and start looking up the effects of electromagnetic radiation, and we were--we were stunned by what we found. There had been many studies of students that had shown, that anyone that had prolong exposure to electromagnetic radiation, not just computers but sewing machine operators, heavy machine operators, telephone installers, all these people had a variety of symptoms that range from chronic fatigue to headaches, to actually miscarriages, cancer, autoimmune problems, just a wealth of problems. And so that prompted Dr. Brown to say, "Gee, you know, I would--we need to find a solution for our patients for this." And eventually, he actually found a solution in a series of waking dreams. We can--we can talk about that a little bit later but that's how we got into this whole subject of electromagnetic radiation and how it affects the body.

Dr. Robyn Benson: Uh-hmm. It's really interesting because I happen to be in New York which is kind of where this whole advent of electricity happened, right, back with Edison time. And either you walk around the streets of New York and you

see Tesla and you go to these places. And also, since we're talking about this subject of electromagnetic pollution, this is the hub. This is considered one of the highest areas of electromagnetic pollution in the whole world, it's New York City. And there so we're going to learn about ways to protect yourself when you're in hotels, like I am right now. This is a whole section in my book where I talk about electro hygiene. But so, when people travel, we know exposure to radiation is a factor, so once you mention your own experiment--experience of how this has affected you and how you have implemented this further in your work, you know, just give us more of a background of how you and Dr. Brown worked together to start creating a product that could really help people with their radiation.

Virginia Brown: After we reviewed several research studies, he said, this is obviously a frequency or a vibration problem. And so what--I wonder what I could come up with that would address the whole issue of a frequency. And so to condense the story, after we moved from Boston to Montana and we had some, you know, quiet days out there on, you know, 80 acres, he had a series of waking dreams, which, you know, as I said to him, you're in pretty good company speaking of, you know, Tesla, Edison, Einstein. And he came down one afternoon and said, "I just had this dream and it's a configuration of quartz and other crystals that I was shown as going to refract away radiation. And being from a fairly technical and somewhat skeptical family, I said, "I, you know, how would--how would that possibly work?" And so, we hopped on a phone and called up a ten-year physics professor friend of ours and said, "You know, are we on the right track here or what's the deal?" And he said, "Oh, you're absolutely on the right track because in 1915, Max von Laue came up with the idea of that--not the idea the proof. He won a Nobel Prize showing that quartz could refract x-ray and--x-rays. And then five years later, the Bryan brothers came up with the specific spacing that would be required to do that. And so, he said, what's your doing is applied physics for human beings if this is a wearable technology. And that's really how it started.

Dr. Robyn Benson: So, can you talk about some of the, emit pollution in airplanes in particular.

Virginia Brown: Absolutely. It's a shocking list. You have the radar from the ground, you have the jet engine, you have the cockpit computers, electronic sensors, of course, many of your neighbors including yourself are either reading eBooks or working on their laptops, so there's Wi-Fi in the plane. And so, you're essentially in a--an ocean or even an avalanche of electromagnetic radiation on your--on an airplane. In fact, let me give you some specifics. You're supposed to have between 0.5 and 2.5 MilliGauss so it's your safe amount of radiation exposure at any given time. And on an airplane, it's

as--I've heard from many people, they get out their meters and it's more than 50 MilliGauss, which is, you know, 20 to a hundred times the safe exposure. And it's been stated frequently that going on an airplane for three and a half hours at 30,000 feet is the equivalent of getting a chest x-ray. And since you're only supposed to get one chest x-ray a year, you know, you're in trouble in terms of the--your radiation levels. Your body is being--to put it nicely, it's being assaulted by electromagnetic radiation, and that's over a prolonged period of time, the research had shown that becomes a biological hazard essentially.

Dr. Robyn Benson: Absolutely. I have been using a gas meter for the last six years since I've been working with some extraordinary technology that has really helped me recover my health because I had a terrible sleep issue and I realized after working with a pulsed electromagnetic field technology in particular that this was really affecting my feet but I've--it helped me work with so many other people that had similar issues. Anyway, a gas meter which I certainly interview I'll let you guys all hear this, but what it does is it measures electromagnetic pollution and also microwave toxicity. So when I put this--when I put this on an airplane, it has this hissing noise that is so irritating to the ears. So if--the thing that what we're talking about electromagnetic pollution, we can't see it, smell it, taste it, but it's there. So a gas meter is able to help us understand what this really does sound like. So in an airplane, whether it's, you know, landed and just turned on, you're getting a lot of electromagnetic pollution. And when you're in the area too, and it's--it can't go--and the hissing noise is as loud as it can get on this meter, so that is just validating what Virginia is sharing. So it doesn't matter if it's a plane, a train, a bus, or my car. So when--again, six years ago, 2008 was when I really learned a lot about frequencies. And ones that are very alarming to your body. And when I put it on in my car, it was quiet, there was no sound whatsoever. But when I turned on the car, it had this very irritating noise. So it's--our cars are making lots of electromagnetic pollution as well. So it explains why we don't feel good when we're in a car from anywhere from one to ten hours because it's draining. Again, our biology is not designed for these frequencies as Virginia has mentioned. So tell us--be a little bit more specific about how these frequencies affect the body.

Virginia Brown: You know I really like to go into how the whole mobile phone industry started, because that explains how these frequencies affect our body, and in fact how long the exposure can lead to electromagnetic sensitivity. So this information that I'm going to be sharing with you comes from Dr. George Carlo who was really hired by the mobile phone industry to prove that there was actually no biological effects to using a cell phone. And Dr. Carlo with the team of other medical doctors found out that that was actually not the case. The way he explains it is this, that when the mobile

phone industry had asked for permission from FCC it was really based on everyone's experience with radio waves. You know, we--back in the '60s, '70s, '80s, we listen to the radio and it's a radio frequency. And we get a telephone call and that's actually also a radio frequency. So all the mobile phone industry wanted to do was add packets of information to a radio frequency just like--just attach them like to carry these packets. And so the FCC said, "Well, let--radio frequencies are safe, so this should be fine." Well, what happened was, something probably pretty unexpected and surprising to many of the engineers that were out there. And this is what happened. Imagine that you have this long clothing line, back from, you know, 40 feet long and you're hanging clothes on the clothing line. And the wind comes up and the clothes start to flap. And the more they flap; each little piece of clothing actually creates a gust of wind. It's a secondary wave. And so when telephone--mobile telephone signals started traveling through the air, what they found was that all these packets with information were like these flapping clothes. They were creating a large secondary wave and they call these carrier waves. Now the frequency is the issue with this. The human heart is about one cycle per second.

Dr. Robyn Benson: Right.

Virginia Brown: The brain waves, the alpha waves are eight to twelve cycles per second. And the carrier waves are--and this is somewhat shocking but they are at 1900 megahertz which means that they are at 19 million cycles per second. And so when that happens, let me give you an example. In the body, the cell say, "Okay, we have an incoming energy. Is it good or not good?" Well, since the body is about, you know, actually eight cycles per second, these cells, you know, have this 19 million cycle frequency coming in there. Like, no, we don't want that. And so the microtubules that go through the cells starts sending messages which is, "We're under attack. Harden the walls, close the fortress." And so, the cell walls in that vicinity start to hardened and eventually get to the point where they're not letting in any nutrition and they're not letting out any toxins. And so, if this goes on for a prolong period of time, obviously this means that the cells of the body are not communicating with all the tissues and the organs that they need to, and people start getting symptoms. And so the symptoms are the body's way of saying, "Please stop whatever is coming towards us. It's really not good for us." And so when people who are electro-sensitive get a headache or they feel nauseated or they get a hot flash or whatever symptom it is, it's simply the body communicating saying, "There's a real problem here. Please help us. Get us away from this. So we need protection from this frequency."

Dr. Robyn Benson: Absolutely. So there's--these three phases that you talked about, right? And I find that once somebody gets electro receptive in fact, I have this go as far to say because I've been in practice throughout 23 years. I think that everybody is electro hypersensitive to some degree. And this is kind of one of the main purpose of this Healthy Traveler's Summit is that we need to protect ourselves on a regular basis. So simply hydration, eating healthy foods is really important. But we also need extra protection to our body. I just want to mention that in the Healthy Traveler's Guide, my book; I have a whole chapter devoted to the highly sensitive person, the HSP. Again, most of us and most young children now are very, very sensitive to these frequencies. So because we're surrounded by so many more, so, gosh, Virginia when you and your husband, Dr. Brown started doing this research in the late '80s just see how much more we are bombarded with on a day to day basis since that time that you did your first studies, your first research.

Virginia Brown: Right. That's actually true. And the three phases that we're really talking about here is the first phase is the alarm phase.

Dr. Robyn Benson: Uh-hmm.

Virginia Brown: The second phase is resist and adaptation, how do I cope with this is what the body's is asking. But the third phase is exhaustion, and that's when you start getting the symptoms with electromagnetic sensitivity. Or just--even if they don't call it that but a lot of people don't know that they have that. They just think, right, you've seen that probably that they just have symptoms and they don't connect it with electromagnetic radiation at all.

Dr. Robyn Benson: Right. We're like--the way I'm able to share this information with my patients is that we're designed for the earth frequencies, you know, those low hertz that you've mentioned earlier, and to be outdoors and to be bare foot, there's nothing better to allow the biological window of our silent health to turn on. And then a lot of us, we're not living in the green zone we're living 90% of our lives indoors and then that--there's that kind of yellow zone where we're starting to kind of have some symptoms. And then what you're talking about, that alarm state, you know, are we going to exhaustion. I call that the red zone, that people are exhausted they're having palpitation, they're not sleeping. Migraine, headaches, stuff like that. So people, you know, again, we're just not designed for it. So more and more people are being diagnosed with all kinds of things when in fact, this is a big issue. This is like often the source of a lot of these issues that people have.

Virginia Brown: Correct. And they did some groundbreaking research that I'd like to share with everyone.

Dr. Robyn Benson: Okay.

Virginia Brown: In Rembock. Bavaria.

Dr. Robyn Benson: Uh-hmm.

Virginia Brown: It was in 2011 and they found a place in Bavaria that was a valley that had never had any kind of cell-based station there and so, this was a prime group of subjects that, you know, you could really clearly see a before and after. And here's what happened. They had 60 subjects, they put in this, you know, cell mass tower and within six weeks, every single individual had raised levels of adrenaline and noradrenaline which are the neurotransmitters that get secreted when we're under stress. And so there was a clear demonstration that the cell tower was creating a specific biological response and the people that lived in this town. And then the study went on for 18 months and in the subsequent months what they found was two other neurotransmitters which are extremely important. One of them is dopamine. And dopamine is for, you know, mental health, voluntary movement, sexual drive, feelings of pleasure, of reward from the brain. And if you have low or fluctuating dopamine levels, here are some of the problems that the body will show. Parkinson's, bipolar, ADD, ADHD. So as we can see, given the number of individuals with the last problem I mentioned perhaps there's a relationship there. The second neurotransmitter on a phenyl ethylamine PEA plays a role in feeling of love and romance and stimulates the body in a way that is very pleasurable. And when you eat chocolate, by the way, you're adding--you're stimulating the PEA receptors. And so what happened in the last 18 months was that both the dopamine and the PEA continued to drop, and so this was a further dysfunction. It's a basically biological disorganization that starts going on over time, and this research, if people are interested in a very lengthy, you know, exploration into this research, if you go to www.bioinitiative.org; there are 1800 studies that were reviewed by 29 scientists worldwide that show the biological effects. But just the very end of this experiment is that the symptoms that were specifically noted by the individuals in the study were increase in sleep problems, Robyn. So you've mentioned that.

Dr. Robyn Benson: Uh-hmm.

Virginia Brown: Headaches, allergies, dizziness, and concentration problems.

Dr. Robyn Benson: Uh-hmm.

Virginia Brown: So that was the study.

Dr. Robyn Benson: So [bioinitiative.org](http://www.bioinitiative.org) will definitely have that when you go to Virginia Brown's speaker page. And I also just want to mention since we're--since

I'm in a hotel, you know, this is an area where there's so many frequencies that are very disturbing. Most people don't sleep well in hotels, I mean; you've got TV's not from your neighbors on both sides of your hotel room, but one of the most important. I'm just going to say it since we're talking about it and to ensure a goodnight's rest, you want to unplug as much as possible any lights, anything in your head certainly a clock radio, I mean, that keeps your body in that sympathetic overdrive where you're still--you're increasing the norepinephrine and epinephrine that Virginia spoke of. And that it's a big reason why you don't sleep well. So electro hygiene is really important. So I know, Virginia that you have--there's a great way that you help travelers protect themselves. Can you show a little bit more about what you started to talk about earlier in our conversation?

Virginia Brown:

Sure. I'd be happy to. Dr. Brown recommends creating three layers of protection for anyone in terms of electromagnetic radiation. So the first layer of protection is the body, your entire body, because that's what you have with you all the time and as you're walking through the airport, you're on the plane, you're driving a truck, you're--you know, any of those sources. So that's what the bioelectric shield does. And as we said, it's essentially applied physics. And so I'll talk about that specifically in a minute. Layer two is electronics, protecting your electronics. And layer three is home and even clothing. So in terms of the bioelectric shield, I mentioned before that the reason why we know it works other than the fact that we've done 14 different research studies is that it's based on applied physics. We know that if you use the law of diffraction, which is Bragg's law, that you are refracting away frequencies that are not compatible with you specifically the ones with electromagnetic radiation when you're wearing a bioelectric shield. The second principle is that there are quartz and other crystals inside that crystal matrix of the shield. And quartz has the property of regular oscillation which is really important because your body as Dr. Benson mentioned before, is at, you know, the human resonance essentially, the 7.3. And the shield is also naturally set at that resonance because it comes from the earth and this particular group of crystals put together have that frequency. Now, when you're going through areas that have such higher frequencies, 19 million cycles per second, what you want is for your body to maintain its own frequency. And so, the second technology is regulation. And so when you're wearing a shield, the shield is helping your body regulate your electromagnetic signature, your own frequency because of the regularity of the oscillation course. So that's very helpful. And then the last principle in physics is amplification. That when the shield blends with your energy field, it is strengthening and stabilizing it. And the metal that we put around each one of the shields actually amplifies the effects of the energy field of any

given shield. So brass is a good amplifier. We call those our level one shields, and they're for rooms and for--especially if there's babies, put our--in a baby's room or in a bedroom when you're sleeping as Dr. Benson said. You want to keep the room clear of anything that would be hard on the body that would stimulate the sympathetic nervous system. And so by having a room shield in there, that is sending away electromagnetic radiation from the bed room. The level two shields are surrounded by silver. Silver is a better amplifier than brass and that's suitable for people that are not using computers more than, say for or five hours a day. Children that are going to school, that's level two. The level three which would be where I start to talk about protection for travelers is silver with gold tabs. Now, gold is a better--it's actually the best amplifier of this energy. And so when you add gold to a bioelectric shield and the tabs, you are greatly amplifying the power of protection of that shield for you. And in level four is our all gold and that's been recommended for people that literally live. Dr. Benson, where you're visiting in New York City, we generally recommend an all gold shield. Los Angeles, Chicago, if you're right downtown, you're in highflying hot zone. The gold is a very strong level of protection and...

Dr. Robyn Benson: So that's the fourth level, but you're also talking about a room shield, so those are two different things?

Virginia Brown: Completely different shields. When people go to the website, they'll see that we have it divided up by levels and so...

Dr. Robyn Benson: Only to mention, Virginia, the website now because I know there's a promotional just for people who are listening to the Healthy Traveler's Summit. So that is [bioelectricshield.com/...](http://bioelectricshield.com/)

Virginia Brown: Forward slash summit. Actually, we'll put a lead in here that will take exactly to the safe traveler summit page and we'll have the offer on there.

Dr. Robyn Benson: Okay. Great.

Virginia Brown: Yes. So...

Dr. Robyn Benson: That's can offer for the shields and for the room shield, correct?

Virginia Brown: Yes. Uh-hmm.

Dr. Robyn Benson: Okay. Great.

Virginia Brown: For any of the skills. Uh-hmm. So let's talk about--a little bit about protecting your electronics. That's another wonderful thing that you can do. After you have your body protected, then we have a section on our website that our all products that have been very carefully, you know,

reviewed by us and we deem them to be very good products. And so for example, we have a spray that was developed by the Aegis Corporation who works to protect military individuals when they were putting in relay stations which is another name for putting in big cell towers, many decades ago. They started in the 1970's. This spray contains a-- basically a nanoparticle that you can spray on your iPhones, your laptops, anything with the screen, you can spray it on your phones, your TV screens. And you--it's plant-based, it's fragrant free. You spray it on; you wipe it off and at least, these nanoparticles that do a nice job of deflecting the radiation away from you. We also have little heads--little headset blocks that you put on a headset to keep the radiation from coming up to your ear. We have little stick-on devices just a wave shields that you can put on your phone, your monitors. So we have a whole section devoted to that.

Dr. Robyn Benson: Uh-hmm. So can you just tell us a little bit more about in a different levels obviously it has to do with different, you know, different types of metal. But what's sort of the research that you've done? Can you tell us a little bit more because I know, you know, people are very skeptical. And as you were, when you first get into this business, but to know that--because there seem to be more and more companies out there that have different type of shielding equipment. So can you just give us a little bit more about the research that was done?

Virginia Brown: I'd love to do that Robyn. Actually, the first research study that we did was a computerized acupuncture study or the Enterra which was the precursor of the QXCRN, some of these other technologies that a lot of practitioners use now. We took several patients. We did a pretest with 50 different acupuncture points to see, you know, what--between zero and a hundred, it was all clearly set that between 45 and 55 would be optimal health. And so with these 50 points we had pre-scores and then we--they were patients in our clinic that I would not say. They were just called normal people that came to visit us or maybe that have shoulder problem. Anyway, they wore the shield for three to four weeks and then they came back and Dr. Brown tested them again. And what was so interesting to us was that in every single case of those 50 meridians, the majority of them had started to normalize and move toward the--between 45 and 55. And it happened at a relatively fast amount of time. And so what we understood from that was that the shield was doing that piece of regulating the energy of the body very nicely and it was measurable. And then we went on to do studies specifically to find out the number one piece which was, you know, diffraction and so there were four studies done because two of them were repeated studies. They were double blind studies in which the doctor would either find a weak muscle on the person, have them hold the shield to their body, and in every case the

person's strengthen, so we knew it was fundamentally strengthening. But the more interesting one was when we had them hold simply a portable clock up to their heart, and it was incredible how quickly their strength dropped with just having it there for a few seconds. And so just the radiation from the battery was affecting the heart. When they put the shield between their heart and the battery, they all normalized. We did one other study which I'll mention which was to measure the pounds per square inch of strength that an individual would have prior to sitting in front of the computer, and then we have them sit down--we would have them sit down and we would measure it again. And there was an average of a 17% drop after someone had been at the computer for only five seconds in their strength. And when we, you know, put the shield between them and the computer, then everyone was restored in terms of their strength. So there are more studies in that, but those were some of the preliminary ones that made us realize that yes, the physics is holding out. It's showing up in real life effects.

Dr. Robyn Benson: So the first time I ever got exposed to the bioelectric shield was probably about 15 years ago. I think I mentioned this. And this is kind of how we came together because it was your company. A chiropractor came by my office one day and he said, "Robyn, I think you need to know about this." And I thought, what--you know, I'm so skeptical. Really, I am after all these years, it takes a lot for me to get behind something until I researched it so often. And also what's really important that when I mentioned probably to you that have the bio-shield that are you going to certainly want one to protect yourself with travel is the consistency of having it in your body because you don't put it on and then take it off, you couldn't even sleep with it, that I've now learned to do especially since I've got to know Virginia more specially since I've understand the complications and hazards of all these electromagnetic pollution. So, maybe--you know, talk a little bit more about how often you need to wear it and cleaning it, and all of that. And also want--if you could also answer this part of this question is, since 25 years ago when this was first designed and you've got these four different levels, have you--because there's so much more enough out there, is it effect to the efficacy of it?

Virginia Brown: Okay. Two good questions. So the answer to your last question is that over the past 25 years, actually what we've seen is that we had actually more people volunteer to do research for us and I'll get an email and say, "You know, I tested this and it really works." I'm like, "Great. That's wonderful." But what we have found is that the predominance of people having to get stronger and stronger protection because there's just simply more cell phones out, and so, here's a little bit more about how you take care of your shield. Let's say that you have a level two shield. Sometimes people do that for financial reasons and they like how they feel with it and

our instructions are that approximately once a month, simply hang it outside whether it's cloudy or sunny needs to be there for six hours. And the energy from the sun will recharge the crystals and the shield and will keep them going, you know, literally for the next several decades. So shields do not wear out, and that's one of the most extraordinary and wonderful things because it's the energy from the sun. I'm just talking to the core, so it's an all-natural recharge. So, then, you know, they wear this level two shield and then let's say they start traveling for their job and we get a call and we say, "You know, I'd like to upgrade." And as long as you do that within a year or even two, as long as your shield is in really good shape, you let people trade up and give them credit for the first shield minus a \$35 recharge fee. But they go up to a level three and that can keep going up to the level four. A lot of people were fine with the level three shield but if you're a frequent traveler, I would say--or a highly sensitive person, what we're finding is that the HSPs, when they get a level three shield are very happy with it, because it's strong enough for them and they are no longer bothered not just by the radiation but by other people's energy as well. So that's a pretty key point.

Dr. Robyn Benson: That's great. And then you got protection also for phones which is so necessary and I think, you know, I certainly mentioned there the Healthy Traveler's Guide and we definitely need to be using our speakerphone, but that's not so easy to do with travel. So you have a protective device that you can actually put on your phone that will help deflect some of this radiation.

Virginia Brown: The more layers a person has, the better it is. So you start with the shield, you put the layers on your electronics and the last layer is that we have products for your home, but we also have a product that Dr. Benson and I have discussed, which is you can add a rinse, a fabric rinse which will take whatever load of clothing you put into your washing machine and it's from that same company that produced the spray. It leaves this little natural particles in your clothes. You won't see or feel and they are in there until the next wash. So if you know that you're going to be taking say a long international trip, maybe you want to do a load of clothing that has this rinse and have, EMF protection clothing along with your shield and your electronics and I'd say you'd be in pretty great shape. The three layers of protection.

Dr. Robyn Benson: Well, certainly if you're from how that things should definitely be using this because there are no shields on a regular basis.

Virginia Brown: Pilots and flight attendants, you know, I have to tell you a little--if I may, a story about a flight attendant that in her--I think it was in 1992, I called her up and said, you know, or actually it was a tradeshow. So I tested her

and she's like, "Okay, this seems to work. I'm going to try it." So she ended up getting a shield and this was in this December and so, two weeks later, she called up and she said, "You know I'm really feeling great. I don't really think I need this. So I--and I have, you know, holiday presents to buy so I'm going to return it normally." Okay. So she returned it and on the day that it arrived, we had this frantic phone call from her saying, "Send it back, FedEx, overnight. It wasn't me. It was the shield. It really did protect me on the airplane. I've never had such a great flying experience for those two weeks that I had the shield." And she said, "Can you give me my exact shield back?" And I said, "Well, you are in luck because we just received your package, so we'll turn around and send it back to you." But, we've heard a lot of feedback from travelers that they don't get ill, they don't have jetlag, they--Dr. Brown's father went to--from Boston to China with no jetlag. And you know how it is. I mean, parents, we believe, you know, and our children, like he wrote a post card and he said, "This thing really works. No jetlag." So it's very helpful for travelers.

Dr. Robyn Benson: I think it's just really cool, all these different layers and I agree with that too and idea...never—I've tried most of these things that you mentioned but I've never used them a detergent that could help. So I'm learning myself every day and also, I think that on a style level, just to reiterate this point that I certainly--we've heard from so many of our other speakers that if you're dehydrated, just know that you are going to be even more of a target in terms of how electromagnetic pollution is affecting your body. So a simple hydration and the way you digest your foods keeps your cells healthier. So when your cells are more like--I always say more like grapes rather than raisins, you're already in better health, but then you add all these insult, it really causes like a crippling of the cell, so hydration is keen. And this is a big issue with travel. So this is great, Virginia, I'm really, really pleased that you've shared all these research and that you've been researching this for the last 25 years and you've had your shield and you've upgraded it to these different phase, different levels and now, you're bringing some other cool stuff into the picture because we need to keep upgrading based on what's happening out there in the world. And is this--of all the travel health issues that we're talking about, this is one of the most important ones for you to really hear, if this is new information for you. And to learn more--Louise can't remember the book called Zapped. Dr. Tennant whose one of our speakers, he wrote a book called, Healing is Voltage. So you want to keep your health of yourselves optimized so you--we all have to be thinking about how we're protecting ourselves from all these frequencies that were not designed for.

Virginia Brown: Thank you. Thank you very much. And it's so wonderful that you're bringing all this to the attention of all of us. We want to be healthy

travelers, we really do. And so, it's wonderful that you've, you know, hold together so many people that are concerned. We're all concerned about one another. We all want to take care of one another in our own special ways. And so, you know, the shield has--we've been around now for, you know, 25 years. So we've just been very gratified with the response of how people can function when they really couldn't function before particularly when they were having problems with radiation in a work place or in a plane or at home.

Dr. Robyn Benson: Well, I'm so grateful too, Dr. Brown, for your pioneering work way before any of us knew anything about electromagnetic pollution or frequencies for that matter. I mentioned, I talked to a lot of my colleagues, many of whom are on this summit but how we're not taught that our bodies are electrical before biology can, you know, to really have a healthy body, we need the electrical system working. So when you're messing with frequencies that our electrical system are not designed for, it's not surprising that they're now, you know, thousands of diseases but if we're not taught in--this time was in acupuncture school, my certainly undergraduate degree about the fact that the chemistry and biology is secondary to a healthy electrical system. So I think everybody is getting that message through listening to these amazing speakers. And I'm just so grateful that you have come on the show to talk about the shield, to talk about all the layering that you have for our listeners to ensure healthy travel with every trip. You definitely want to get one of these shields. And again, the website to go to is...

Virginia Brown: Www.bioelectricshield.com/summit.

Dr. Robyn Benson: Awesome. Well. Thank you so much for being here with us today and for all of you, if you have any questions, certainly get in touch with Virginia and just know that we're going to have more bio hacks like what Virginia is sharing and technology, really smart technology. Dave Asprey, from Bulletproof. Exec.com is going to come on and share his incredible wisdom and his bio-hacking secrets. And also, John Cote he is a pilot. And he's also written a book, so we're very excited about sharing his message as well. So again, thank you for being part of the Healthy Traveler's Summit. We're thrilled that you're taking your health to the next level, that you're being your own best healthcare advocate which is the first and most important pathway to living well in this time. This exciting time but it's a time of great change. So you all take care and we will see you with our next speaker on the Healthy Traveler's Summit. Take care. Bye.