

Caspar Szulc ([00:00:19](#)):

Hey everyone, Caspar Szulc, president and Co-Founder of Innovative Medicine here. Ready to jump into another enlightening podcast. Today's guest is one of those special people that's been through so much hardship and suffering yet emanates love and kindness. He's a proud survivor of metastatic cancer, Lyme and mold toxicity. You think after dealing with such devastating illnesses at a young age, he might be a little bit jaded or disenchanting with life, but you want to know what his stance is on chronic disease. And I'll quote him here: "One of the greatest blessings has been the presence of chronic illness for the last 20 years of my life." He's a transformational coach, host and creator of the beautifully broken podcast and part of the management team at amp coil, a pulsed-electromagnetic field therapy device that we've used for some time at New York Center for Innovative Medicine and something we'll focus on and get into in the interview.

Caspar Szulc ([00:01:19](#)):

In addition to all that, he's been featured in the Wall Street Journal, New York Times, State of the Arts on LA Talk Radio, and in Dance Magazine. 'Why Dance Magazine?', you may be asking. That's because he's performed in over 75 professional productions of musical theater all over the country, including Broadway touring productions of Phantom of the Opera, Billy Elliot, and he's played the title role in the Broadway bound Cagney the Musical in New York City. And all of this happened packed in between chemotherapy sessions and surgeries. How crazy is that? The man is a living inspirational billboard. This is the story of shift happens, that shift with an F, with Freddie Kimmel.

Freddie Kimmel ([00:02:03](#)):

I jumped in a car with like \$384 in 2001 and headed towards New York City. And I was going to be on Broadway, big dreams, big dreams. And I landed at an apartment right next to the 7 line on Courthouse Square. And I mean when I say right next to the 7 line, like the whole apartment shook every single time a train went by and it was, it was amazing. I was so excited to be there. And the first part of this is I should say, while I was driving into the city, the city was lit up like like a backyard in July with fireflies. Cause it was October after September 11th. Right? Right. It had just happened. So the Southern tip of Manhattan is still smoking, you know, and I was not deterred because, you know, I had been in school for four years studying acting and drama.

Freddie Kimmel ([00:03:05](#)):

And I had had this great summer job in New Hampshire when the, in the woods in New Hampshire, at new London barn Playhouse. And I'd been all around these amazingly talented actress from NYU and Boston conservatory. And we were just going to, we had honed our skills. We were ready to go. And, you know, I was, I was just ready for life to happen. It was like the big dream, your move to New York. It was incredible. And what I didn't anticipate was within this first month or two of looking for a job, riding the train, buying coffee, eating food, I was picking up the sadness and the hurt and the cumulative stress of loss that the city had experienced. I'd watched it on a television for Rochester, New York processing like how you process, but to be here in New York, totally different. It's so different. And at the end of the day from looking for a job, I would come to the apartment and I would, I would take a shower and I would get in the shower.

Freddie Kimmel ([00:04:13](#)):

The second, the warm water hit me. I would lay on the floor and cry and I would just release. Mmm. Just the fear of death. The fear of unknowing has 23 years old, very much a know, not an overly expressive,

overly emotional person, but it was coming out of me like a fountain. And I never told anybody about this. I just, I just let it happen at the end of the day. And this went on for like a month and a half eventually. Mmm. Eventually I woke up one morning and you know, went to bed, totally fine, healthy individual. And when I say I woke up and like, my body felt like I was crippled with rheumatoid arthritis, like symptoms. One night I woke up, I could barely, my knees were like watermelons. My hands were contracted. Like I couldn't open my fingers and it was so severe. It was shocking. I'll never forget it. And at 23, my go-to was to eat Advil. I just, I knew Advil. That's an anti-inflammatory, but that was my extent.

Freddie Kimmel ([00:05:28](#)):

That's my extent of knowing wellness now, you know? And, and I had also in that time, I had actually booked my very first audition for the, for the Broadway tour of Annie, Get Your Gun. So I had booked this job to travel all over America, 95 cities. So I had to cope. I just coped, never told anybody I was in pain and I was in, I was in pain, but I was 23. So I really just, you know, had this special, super power to push through. And that went on on, and you know, the pain was always there. It was kind of like my side side, buddy, you know, the monkeys on your back. And I just lived with it. I elevated medications. You know, I started, I moved to indomethacin, which is a little more heavy duty. And I eventually got on Plaquinel funny enough, which is now being used for Corona, which has had this odd effect.

Freddie Kimmel ([00:06:18](#)):

It probably took the pain down, you know, from a, from an eight to a six, it had some efficacy, which was funny. They were like, this is a malaria drug. I don't know why it's working, but let's try it on you. So, and every time I went to a doctor, there was nothing wrong with my blood work. Nothing, no rheumatoid arthritis, no infections, blood counts were all normal, just had this incredible inflammatory response. And it was very real. It was like every joint was a sprained ankle, very tender, hot to the touch, very heat on the joint. So, but there was no evidence of disease through lab testing. So I continued on it. And through this time, I, I was very dedicated to my training. Just an I have an incredible ability to apply myself 200%. Voice lessons, dance class, five classes a week, even in this amount of pain, which is laughable.

Freddie Kimmel ([00:07:13](#)):

Now, when I think back on it, I'll probably need joint replacements in about five years, but we'll just, we're going to go with it. You know, I'm booking better and better jobs. I got my equity card, my union card. I had, I had booked the Broadway bound show at the Kennedy Center in DC. It was a production of Carnival, which was supposed to be an out of town tryout. I was so excited and, and for people who know the theater business, you know, it's, it's, it's tough, you know, it's they say starving actor for a reason because when you're working, it can be good. But regional theater is, you know, there were jobs where I was making \$300 a week, 600 bucks a week, you know, then it kind of grows, you know, year end of the thousand dollar range for some Pacific civic, light opera, or a Pittsburgh civic light opera, or you're starting to grow. Then when you get to a Broadway contract, it can be up to 2000 bucks a week. You know, I think at the time it was like 1595 a week. But when I saw the job offer that I was going to get at this new job, I was like, "What? Mom and dad, I made it big. Everything's fine. I'm going to be paid a respectable wage for three months. A life is solved." It's so funny that you...

Freddie Kimmel ([00:08:32](#)):

I never questioned that. You know, now looking back, I was like, how's that sustainable? But I did it for 20 years. So whatever I want with it. And when I had booked that job, I had, I was in a show in New York. I was in a show in Westchester. I was doing a production, the Full Monte. And I'm playing a stripper in the show and I have these very, a very tiny costume on I'm in great shape, by the way, best shape of my life. And I find a lump on my left testicle. That was very sore. And I, and I remember joking with everybody in the dressing room. I'm like, guys, I'm like, do you ever have like a bump on your, does anybody remember what a testicle normally feels like? Cause, cause I haven't touched mine a lot. I mean a little bit, but it's, there's like this nodule it's, it's tender and you know, everybody's like joking with me though.

Freddie Kimmel ([00:09:19](#)):

Like, I'll check it for ya. And it's, it's, you know, I laughed it off. And eventually I was in, I started being some, some good amount of pain in my abdomen. So I went to a doctor, I didn't have health insurance. I went to the free clinic. I don't name the clinic because the direction of the story is going to go. I went to a doctor and he was like, you know, it's not cancer, don't worry cancer doesn't hurt. It's just a cell that grows fast. So don't worry about it, you know, get it looked at. But at 26 I was kind of like, great, I'm good. I don't have to do anything. Thanks buddy. I, you know, it's probably like an STD or something like that. So, you know, he he's like I'll, I'll, I'll get you antibiotics. And a couple of weeks go get an ultrasound.

Freddie Kimmel ([00:10:02](#)):

You know, you can get on a train, go up North. You can get a discounted scan. I was 26. I was like, no, no, no, that's not happening. I'm going back to work. So three months later I can like barely stand. I'm like sleeping on my bed. My legs are propped up against the wall to take pressure off my belly. That's how I'm sleeping. You know, I'm I'm coping with it this way. It's amazing. Like the it's amazing how we don't listen to our bodies, the things I was doing to be able to just live my life. So I wind up in an ER, because I'm an incredible amount of pain. I begged this nurse for a prescription of antibiotics and she says, yes. And she walks out of the room and I'm like, thank God antibiotics are coming. She pops her head back in.

Freddie Kimmel ([00:10:49](#)):

She's like, you know what? I got a hit. I think you should actually go up to the emergency room at the hospital. I'm at, I'm at the Ryan Chelsea Health Clinic on 45th and 10th go up to the hospital. I'll get you in there for five bucks, go see a urologist. Let's just go look. She's like, you know, I just, I want you to look. It's probably an infection, but you know, go take a peek. So I'm annoyed. But I drag my ass. I walk from, from 45th up to, I think it was st Luke's at the time it's been bought by somebody it's a 57th and 10th. I'm not sure what hospital it is now. And I I'm, I'm emergency room to urologist, to an ultrasound to, you know, finally I end up in a, in a room and I, I pass out it's on there, like six hours, scans, tasks, collecting pee, you know, doing STD swabs.

Freddie Kimmel ([00:11:43](#)):

I pass out and I wake up and this doctor walks in the room and he he's, he's got six med students with him and he turns his back to and I wake up and I'm like looking at everybody, I'm going to gown. Clothes in a bag. And this doctor turns his back and he starts talking to students. He's like, this is a male with advanced testicular cancer that has metastasized to some organs.

Caspar Szulc ([00:12:07](#)):

That's how you learn.

Freddie Kimmel ([00:12:08](#)):

That's how I learned. Wow. So I'm like, I'm spinning. I mean, the room's spinning. I tell people, you know, and you're in a pool party in July and jump in the pool and it's like music and kids screaming is like zoos, the sound left the room. And that, that's how I learned I got cancer. You know, I panicked, I got on a plane. I called my dad.

Freddie Kimmel ([00:12:31](#)):

Mmm. Petrified to tell my father. I felt like I really failed, really screwed up. I didn't listen to the signs. Didn't listen to my body. You know? Probably, you know, it's, it's, it's everything that you it's your worst nightmare. And I got on a plane. I went to university of Rochester and I went straight to the ER there. And we scanned my whole body to see where it was, you know, lungs, brain, wherever. And I woke up in the morning and I, and I had an amazing surgeon there and he's like, listen, he's like, you've got about nine tumors metastasize, all the lymph nodes in your abdomen, you got a tumor wrapped around your left, kidney, vena, cava into your heart. Hmm. It's too big to do. Surgery on. We're going to do as much chemo as we can remove the primary tumor.

Freddie Kimmel ([00:13:23](#)):

Hopefully that's gone. It wasn't after chemo for, for the audience. You know, when you do chemo, hopefully it melts away. Sometimes it burns down like a crisp marshmallow. So there's like a mass there. And when I got done with my chemo, you could still see all these masses in the abdomen. So they didn't want to risk that being inside. So they do a surgery called a retroperitoneal lymph node dissection, where they cut from your sternum to your pelvis, take out all your organs, take out the cancer, pack it all back and still be up 55 staples. And this process can go, well, it can go bad. Some people are, are, have a real, the body turns back on after surgery. It doesn't always mind didn't I was in intensive care for 12, 13 days, no food, no ice chips, no nothing. You know, tubes down my throat, just watching kind of life, go by.

Freddie Kimmel ([00:14:14](#)):

And, and it was one of those moments where I realized how much I loved my life and how much I love what I did, how much I love to sing, how much I love to be a storyteller. You know, it, it was what a blessed life I had and how bad I wanted to get back to it and how much I appreciated the simple things. I joke when I'd watch people walk in with a coffee and, and see them drinking coffee, and I'd be like, Oh my God, Oh my God, I can't wait.

Caspar Szulc ([00:14:46](#)):

That's an incredible attitude for someone that's been through so much shit. By the time they're 26! I'd be like, what did I do in life to get cursed like this? And most people, would. Do you attribute any of that attitude to kind of recovery? To, you know, moving on? Because I can't imagine sitting there like that and being like, can't wait to do this. I'd be like, well, God damn I hate being here.

Freddie Kimmel ([00:15:11](#)):

Yeah. I didn't have that. No, I think, I think that's a, that's a DNA thing. Yeah. It's a programming thing, you know, there's, there's a, there's a degree. I'm sure if you had my, you know, there's the degree of the ability to find joy in the simple things of life to self entertain. I think most of my teachers from high school would say, yeah, he's kid talks to himself. He's happy. Like just, you know, so I just had that attitude and I, you know, and I did get through, I did get out of surgery. You know, this is so humbling to be carried into a shower and be bathed at 26. Very, very hot. I remember that experience, you know, being, you know, very, very attractive nurse, bathing them. Like, Oh God, I look like E T in the river when ITI is like all white and he's just like soggy.

Freddie Kimmel ([00:16:01](#)):

And it was just yeah, it's, it's amazing. It's amazing. Amazing to, to see where I was then till today. So, so I, I jumped back into life, you know I moved back to city that this surgery was in March. I'm back in New York city in July, I'm back at a restaurant job trying to work shifts when I can work shifts, trying to take voice lessons. I was back in ballet class that week. You just wanted to get back. I just wanted to get back to life. That's it. And in the sidebar about this and this we'll loop into the chronic thing is that while I did the steroids for the chemo what were they DECA, Deca-Durabolin, some type of steroid. While I was doing the chemo, all my pain went away, the chronic pain. And even after chemo, the, I attributed it to the 12 day fast.

Freddie Kimmel ([00:16:57](#)):

All my pain was gone. All inflammation, no knee pain, no hand pain, nothing. And I was worried about being in the hospital bed, not being able to move and be so stiff. It was all gone. Yeah. All of it. So I was excited to get back and, and, and without the pain and back in class, and I'm going to say I'm back in a show in August and right around then that the pain came back with a vengeance, probably 10 times worse, Achilles tendons, all the tendons, the balls of my feet hurt to walk. That was new. Shoulders, just to, just to do this, to lift my hand over my head was hard. But I was performing, you know, I was still doing shows, kind of got back into this pattern of, you know, got back on the plaque when AI got back on the anti-inflammatories now through this whole time of, of cancer and everything. I'm pretty much, I'm not, I'm not acquainted with health wellness. I'm getting, you know, egg McMuffins on the way to chemo, double hash Browns.

Caspar Szulc ([00:18:02](#)):

So that wasn't quite there yet. There wasn't that piece. It wasn't a piece you went through the cancer. You're like, but just keep living that's over. We're good. And let's just keep going forward.

Freddie Kimmel ([00:18:12](#)):

Yep. My, my health thing and during cancer was I would drag myself to the gym. And even with no white blood cells, I would walk on the treadmill. They'd be careful at the gym, wear a mask. I just went.

Caspar Szulc ([00:18:24](#)):

So you had the movement piece.

Freddie Kimmel ([00:18:25](#)):

I had the move. I just knew I wanted to move. I knew movement was life that was inherent or a truth. Like I kind of felt that was resonant. But there was no dietary additions, you know. And I remember people telling me, you like, you should do this diet or you should, you know, people take these

mushrooms and they beat their cancer. And I was like, I'm going to tell you what you can do with your health advice right now, because I'm the one ingesting the chemotherapy and the surgeries I'm trusting my doctors, you know, F off, like leave me alone. I remember being very offended when people would offer me advice. Cause it was like, what do you know? You're not a doctor. I'm sick. I'm real sick. You don't know this isn't about food. It's not about supplements. And I remember being very, like very triggered when people would offer this. Especially my brother actually offered this to me. I remember something about these medicinal mushrooms. I was like, Chris, you want me to stop chemo and do mushrooms? Is that what you want?

Caspar Szulc ([00:19:27](#)):

Very hippy of you, but...

Freddie Kimmel ([00:19:28](#)):

Yeah, he's awesome. But yeah, I remember being very triggered by it. And so with the, with the pain jumping back, I remember I picked up this book on health and wellness. I was super frustrated. I'm working at a theater in North Carolina at the time, flat rock theater. Which I say every time I speak the word theater, my heart, like it pauses for the, for the theater community right now in this time of COVID I don't want to sidetrack, but it just there's just so, so in need of, of, of help and assistance. But I pick up this book about a woman who was in a car accident and she had broke like 40 bones in her body. She was living on pain medications and she had went to a paleo diet and gotten off her meds. And it was like her pain went down from her dietary changes. I was like, crazy. I'll try that. I'll try that crap. Right. And I did it. And my pain went down like, like 65, 70% within two weeks. It was amazing.

Caspar Szulc ([00:20:33](#)):

So this diet absolutely helped?

Freddie Kimmel ([00:20:34](#)):

Absolutely helped. And I mean, and I mean, it moved the needle, it moved the needle four times as much as any medication had ever moved the needle.

Freddie Kimmel ([00:20:47](#)):

Do you remember the commercials about Celebrex when people dancing and doing cartwheels and throwing the baby over their head? I was like, well, I'm on Celebrex and I can't do that shit. I'm not deep squatting anybody. Ain't happening. But I remember those commercials. I would ask the doctors. I was like, I want a cartwheel. I want a deep squat without pain or grimacing.

Freddie Kimmel ([00:21:09](#)):

Mmm, no, dude. Yeah. Do not pass, go didn't work. So the diet piece worked and that was my way in. I just started to, I just started to, to add things in, you know biohack my biology.

Caspar Szulc ([00:21:25](#)):

That broke down the wall for you?

Freddie Kimmel ([00:21:27](#)):

Yes. Yeah. That was it.

Caspar Szulc ([00:21:29](#)):

Because there was probably some wall. Was it at that point that you started to say, maybe the doctors don't know it all? Because no one had recommended Paleo to you, right?

Freddie Kimmel ([00:21:39](#)):

No. Nobody had been of great assistance. You know, aside from my oncologists who are were wonderful. But, but nobody had been of I hadn't found that person yet. So I started to add things into, to upgrade my upgrade, the meat suit, if you will, you know little bit of fasting, working on sleep, meditation, everything helped a little bit yoga, sweating. I bought a portable infrared sauna. That was fun. I juiced,

Freddie Kimmel ([00:22:07](#)):

What else did I do? Oh my God.

Caspar Szulc ([00:22:08](#)):

So you jumped into it. I wasn't just Paleo and then maybe one or two things you're talking about.

Freddie Kimmel ([00:22:14](#)):

Number of actions. Yeah, it was, it was, it was primarily diet and supplements, you know, really in a supplements for awhile, you know, I tried high enzyme therapy. There's an enzyme called Wobenzyme, which is a proteolytic enzyme, which eats. Yeah. Well, Wobenzyme was a big German product and then someone bought it, they changed the formula and then it sucks. It's done. Then it sucked now. Yeah. It's yeah. It's so funny supplements.

Freddie Kimmel ([00:22:38](#)):

There is a podcast in and of its own. So mainly supplements and diet, you know, 2011 and I'm backing into high level shows. I booked the Broadway tour of Billy Elliot. It's 2011. Wow. So I'm rocking. My, my big surgery for cancer was 2007. You know, I'm doing well, I'm on tour for eight months or something like that. Six months I get off the show and I book another show. That's bombed for Broadway called Superfly. And in that time I was at the gym and I'm doing all the, all the food - I'm totally in on the food. I'm dogmatic. I'm preaching to everyone on how you need to eat, eat this way to be well. And as a smattering of everything, you know, I'm, I'm paleo, I'm, I'm, I'm vegan. I'm, you know, I'm trying all these different things like, so I'm in this space where I'm, I'm really addicted to health.

Freddie Kimmel ([00:23:26](#)):

I'm feeling pretty good, but the pain is still there. I'm still medicating and I'm ate lunch at 56 at this deli. And a half hour later, I have the shooting pain in my abdomen and it's my small intestine had twisted from scar tissue at a complete small bowel obstruction, which it's a new level of pain from what I've experienced before, way worse than anything I'm down at. It's blackout pain. I'm down on the I'm down on my hands and knees and this deli, you know, and then I'm like, maybe I'll just go to the gym and work out. And that's my thought. Maybe I'll get on a treadmill and walk this pain off. So I literally dragged myself over to Gold's at 54th next to studio 54. And I try to walk it off on the treadmill and I'm really sick. I eventually had my roommate drive me to the emergency room.

Freddie Kimmel ([00:24:24](#)):

So I go up to Roosevelt and I'm there for a day, day and a half. They're scanning me. They can see it's, it's, it's blocked. And we're kind of waiting for a plan. And you know, they're, they're filling me full of like all these opiates morphine. It's barely touching the pain. Wow. Two days go by. And finally they're like, okay, we got to open you up. We gotta, we got to see what's going to go on. And, and, and, you know, I signed a waiver. We don't know what we're doing. We're opening you up, sign that piece of paper. So I was like, here we go again. So they go in and they take out a foot of small bowel and remove the obstruction I'm thinking. And this has happened. I've had these obstructions forgot this in the story from 2007, every two months.

Freddie Kimmel ([00:25:09](#)):

But I would just spend a night puking and they're like, it'll release. It'll, it'll let go. It happens. People have these after surgery, don't worry about it. But this one didn't release. So after I had the surgery, I'm thinking, you know, we got the obstruction out, which has caused me a lot of pain for three years. Maybe, maybe this'll be done now. And literally within two weeks, I'm vomiting again, I'm starting to throw, I'm having these obstructions, but they're happening like every four days where I'm having these seven, eight hour episodes of laying on the floor, just gasping for air, trying to breathe. And I would get into the doctor and they'd be like, sorry. I mean, if, if, if it's if it's more than 24 hours, we'll, we'll, we'll cut. We'll cut it out out again, but it's going to happen again.

Freddie Kimmel ([00:25:56](#)):

You know, and I was, I was really incredibly depressed from, from this experience because unlike cancer, nobody had a plan for me with the adhesions and I'm still in the pain. So around that time, I started to just develop this incredible, incredible fatigue. Like I would look at my shoes, I would talk, I would hold my laces and I would look at the shoelaces and I couldn't tie my shoes. It would take me a while to my brain. Didn't remember. It was like, you know, we've talked about brain fog. That's, that's what brain fog was for me. It was that extreme. I would try to go downtown to, you know, try to put on my tap shoes and tap a little bit of practice and I would get to the subway stop and sit on the bench. I'd go home. I mean, I just had no juice in the tank. And so I was in this chronic fatigue for, for a while, for, for years.

Caspar Szulc ([00:26:49](#)):

Did you attribute that to the surgeries or was there anything you attributed to?

Freddie Kimmel ([00:26:53](#)):

I didn't, I didn't know what was going on.

Caspar Szulc ([00:26:55](#)):

So you're kind of in a mysterious place.

Freddie Kimmel ([00:26:58](#)):

And mysterious fog. What was happening? I knew it wasn't good. Again, I'm diving further into the supplements. I'm starting to get a little more radical about what I'll try, you know, I started to do explore functional medicine. Explore different practitioners. So I found a doc who did ozone therapy in New York. Did ozone injections, which, which they, they, they helped, they did, they turned the lights on a little bit, but it was fleeting. It was like adding air to the tire. Right. But the tire still got the nail in it. Yep. You know, and, and I, I actually, it was very expensive, more than money than I had. So I, I actually, you

know, I kind of, while the doc left the room, one day, I took my phone and I just snapped a picture of the needle boxes, the ozone machine and the gloves and the syringes.

Freddie Kimmel ([00:27:54](#)):

And I just bought everything online. I was like...

Caspar Szulc ([00:27:56](#)):

Oh, a lot of people do this by the way. So you're not alone there.

Freddie Kimmel ([00:28:01](#)):

I'm watching what you're doing. And for 170 bucks a pop you're giving me air, I'm going to go buy this and do it at home. And I'm like, great. I'll be, I'll be good while heal myself with ozone. I got some, some bandwidth, you know, energy got a little bit better, but it just didn't stay. And my veins hurt. And I felt really toxic every time I would do it. You know, I, I'm still, you know, I'm adding supplements. I had bought a, you know, I bought a, an infrared sauna at home. One of the portable flip-up ones at this time, I'm thinking, I mean, I'm reading Dr. Rao's books are about detoxification; cleaning the body. So I'm trying to do everything I can handle..

Caspar Szulc ([00:28:42](#)):

You're still going down the rabbit hole, and you're still trying to choose, pick, and choose and apply. Right? And see? And you're seeing little instances improvement, but you're still not getting past some sort of hump?

Freddie Kimmel ([00:28:53](#)):

Yeah. I'm not past the hump. Yeah. I'm, I'm my whole existence, his treatments and supplements and modalities. Right. My whole existence is trying to be well, so I can get through an 8 show week. I can't believe I'm still performing by the way, at this point, it's, it's, it's amazing. Like I look back on that time and I was like, who, and what was inside you that kept you going. But the community of people that I work with, actors singing and dancing, I mean, talk about an escape from reality. Right. I know that's why. And, you know, there was definitely things that I would, you know, I would be asked to do certain things in a, in a performance and sort of found my power with being like, I can't do that and worry that I would be fired or cut or not hired. And they're like, okay, will you stand over here? And you just sing this note, we're going to let Andy like flip over that door. And it was, I was like, Oh, wow. I I'm still, I'm not, I didn't lose my value because I said, no, I remember it was a very important lesson for me.

Caspar Szulc ([00:30:02](#)):

I can imagine that's going to be an important lesson, even moving forward. Like, you know, just that ability say no there and seeing it throughout life, because so many people have that they assume, or they get in their head and they won't ask for help. They won't do this. They won't do that. And you don't usually find your authentic voice when you do that.

Freddie Kimmel ([00:30:17](#)):

You don't, you don't, you've got to say no. And have someone say, Oh, you're still accepted. You're still loved. It was, it was very, very, I remember that moment, the first time it happened, then I started with all the time. I'm like, no, no, that's not for me. That's, what's up. I'm going to just sing it act, you know?

Freddie Kimmel ([00:30:34](#)):

But, but you know, when you're a, you're a guy of a certain age when you do, you do dance, you move, you, you know, you've got all your you're kind of like a triple threat. You're cast in a certain slot. Sure. So I'm, I'm trying to make it through this way. And eventually, you know, I got into,ul got into,Phantom of the Opera, which is a great show. Not very physical. If you're in the ensemble, it's a lot of park and bark, a little bit of dancing. I'm not sure, not really though, real easy show, but, but this is 2015 and I'm just like incredible. I'm in so much pain and I'm having this,ul know your audience is like, is this going to get better?

Caspar Szulc ([00:31:13](#)):

We promise it gets better.

Freddie Kimmel ([00:31:15](#)):

I promise I normally can do this. I can do this story in about eight minutes.

Caspar Szulc ([00:31:19](#)):

But I liked the extended version because I think this connects with people, you know what I mean? Like the eight minute version would be great to be condensed, but really hearing it be like, I'm going through this. You see so many people are going to connect.

Freddie Kimmel ([00:31:34](#)):

Yeah. So it's 2015 and you know, I'm in my dream job, I went to see Phantom of the Opera in high school in Toronto. I went with my whole high school class and I cannot believe I'm on stage. And I'm in so much pain. Every breath hurts I'm in between costume changes, I'm going to the stairwell. And anybody who has had abdominal adhesions or scar tissue, I'm like squeeze, I'm doing all the tricks to manipulate and squeeze my belly and compress and try to get these things to release, you know, during numbers that it's just like an eight, you know? So I'm, I'm just really depressed. And eventually I, you know, I get done with a stint in the show and I call a doctor in New York and I'm just like, ah, I got it. I need help please.

Freddie Kimmel ([00:32:25](#)):

And I had to call three people, most appointments. I went into doctors told me to get out. Really. They said, we will not touch you. You are a liability. Scar tissue, abdominal adhesions. We can't help you. You know, we've tried, it ends very badly or worse. You're very prone for an infection because you've really low immune system, the chronic fatigue, all everything. And I eventually I found a doc who'd helped me. And he worked on the New York giants and, you know, he was just like, you know, you get a doc every once in a while, I'll get a surgeon. Who's just like a rock star. And he was just like, ah, I've got this, we're going to do a laparoscopic. We're going to go in, I'm going to slice and dice. He's like, I'm going to give you three to four years. We're going to do it again. But I'm going to give you three to four years and I can help you.

Caspar Szulc ([00:33:21](#)):

Did that level of confidence in hearing him say that help?

Freddie Kimmel ([00:33:26](#)):

Yeah, it meant everything.

Caspar Szulc ([00:33:26](#)):

Just heard that so much. And I can imagine, you know, you go from one play. They're like, we're not touching you, who you are, you know, you're too far gone. And you're just like, Oh, and then you go to someone else, like I got you, don't worry about it. Right. You're like, yeah, I needed to hear that.

Freddie Kimmel ([00:33:40](#)):

Cause I was having suicidal thoughts. I mean, I would never kill me. I'm just not that guy. I wouldn't I'll live in pain.

Caspar Szulc ([00:33:47](#)):

But the thoughts were there because it was that bad.

Freddie Kimmel ([00:33:50](#)):

The thoughts of that being my existence were real sad. I just, it was just sad, you know? And I wasn't, you know, if I look back at it, how, how I was showing up in relationships, you know, or with friends, I just, I just didn't like myself. Yeah. You know, I didn't like myself. It was, it was so funny. I would, I would like bump into social scenes like every three months. And, and as, and there's like, when I'd put on the game face when I would sure. But I did the surgery and it helped, you know, it really did help with some of the pain. It really knocked it down. And you know, around this time, aye, aye.

Freddie Kimmel ([00:34:43](#)):

I sort of like looked at my life and I, and I sort of like, what do I need to do to w how am I going to move forward?

Caspar Szulc ([00:34:51](#)):

You took almost a step back here?

Freddie Kimmel ([00:34:52](#)):

I was, I was, I took a, I took a really hard look at life and I looked at how vulnerable I was. I looked at the chance that I was going to have another surgery. And at this time I really took an evaluation. What came up for me with was my finances. You know, I thought about how would I build a life where I could do treatments that I wanted, that I could, that I could, if I wanted to go see a fancy functional medicine doc and do some out of the box modalities that I could afford it. And one thing that I was kind of dabbling in that came into the picture was AirBNB.

Freddie Kimmel ([00:35:30](#)):

And I was, I was renting out a room in my apartment. So I started to really optimize that. You know, I tell people it's highly illegal and shamed upon, but so I was renting a room in my apartment sharing with total strangers from all over the world, you know? And, but it was, it was, it was paying my rent and more. And I rented another apartment. And I AirBNB that this is like, you know, when AirBNB was sorta like, what is this thing in New York city? And every, it started to blow up. And obviously eventually the city shut it down. Cause you know, the hotel commission was like, no, no, no, no, no, this is our money.

Caspar Szulc ([00:36:06](#)):

But you hit at the right time.

Freddie Kimmel ([00:36:08](#)):

I hit it at the right time, I saved up enough money to buy a house, started packing money away. I started investing, had it, had my totally changed. My priorities sold everything. I, I own that. Wasn't geared towards bringing joy and simplicity and wellness into my life.

Caspar Szulc ([00:36:27](#)):

You Marie Kondo-ed it back then.

Freddie Kimmel ([00:36:32](#)):

I Marie Kondo-ed a life for that complemented the person I wanted to be the person that I wanted to step into, although I wasn't there yet.

Caspar Szulc ([00:36:41](#)):

And at this time you were still in pain, correct? You were still going through trials and tribulations of health or did you actually improve during that time?

Caspar Szulc ([00:36:49](#)):

I improved. It was always a little improvement, you know, as a patient, all the sick people out there. Let me just point this at you. You're an incredibly bad judge of your level of improvement. You're the worst. The worst. Because you're with you. Yes. You know, wherever I go there I am and we don't see it. You know, our partners see it, our families see it, our doctors see it, our coaches see it.

Freddie Kimmel ([00:37:20](#)):

Yes. You don't see it. Yes. I can attest to it. So I would like, I would like to offer this to anybody listening that you, that you separate your day to day fluctuations in health and wellness from your joy, just separate it. You know that you're not a good judge at it and pick a few people in your life who might be a good judge and, and ask those people for temporary reminders. How do I look? How's my voice. What's my energy like? Do you see anything different? Because those are your guides. It's really very helpful.

Caspar Szulc ([00:37:56](#)):

That is great advice. I have to say.

Freddie Kimmel ([00:37:57](#)):

I wish there was an app for that. I'm sure there is.

Caspar Szulc ([00:38:00](#)):

There's gotta be there's, there's an app for everything.

Freddie Kimmel ([00:38:02](#)):

So there's gotta be an app. So, you know, around this time, I actually, I booked this crazy role standing by for the lead of a show. It's called Cagney. The life of James Cagney in New York, it's a pretty big deal. And this role, I remember auditioning for the saying, you don't leave the stage 14 songs, you're tap dancing for like 11 minutes at a time, super physical, super crazy. And I booked this role and I remember

like, you know, going into it, I can always do the audition always, but it booked this role. And I remember getting the call. And my girlfriend's apartment is in the time and immediately busing into tears. And just matter of fact, I can't do that. Can't do that. This is really hard. It's part of my livelihood, but it's also like I got to have a reality check. This is good for my body. Right. And I remember I remember this amazing human being - Allie Carsh. She put her hand on my hand.

Freddie Kimmel ([00:39:07](#)):

She was like, you can do this. She's like, you can do this and I'm going to be there with you. So we did it. We did it. You know, I went to learning this incredible role. I was a standby. So actually stand by for multiple roles, a standby in a, in a show you learn everybody's track. So at any time you're learning a hundred pages of a script, different harmonies, different dance parts, 26 different costumes. And you're going, and, and with with a half hour an hour, notice you're going to go on that night. Might not happen for a month. Wow. But be ready.

Caspar Szulc ([00:39:46](#)):

That sounds really demanding,

Freddie Kimmel ([00:39:47](#)):

Very demanding on your nervous system. And you know, it's good to push yourself outside of your comfort zone, which this clearly is way, way outside of my, I just had surgery, had surgery in November. This is, this is auditions in March 1st. So but I did it, you know, I, I did it and I did it. And this time I bought an apartment, you know, kicked ass at this role. Every time I went on, I'm doing my, doing my good diet. I'm meditating doing my sauna, doing my ozone, doing all the good supplements. You know, I'm doing a really good job at pumping up the tire. Really good job. I'd probably taken a couple of nails out, but if you've got eight nails in the bottom of your foot and you pull out four, it still hurts to walk. Right. You know, I think that's what we miss. Sometimes we go after a treatment or a modality, or we invest in and working with a physician or clinic functional medicine clinic. And we say, well, it failed. I'm still in pain. I don't know that it failed. I don't know that we didn't take out a couple nails.

Caspar Szulc ([00:41:00](#)):

The opposite is true. Also sometimes you take out a few nails. You're saying I feel better. I think I'm done. And I think I'm good. And I'll just, you know, continue on with life. When in reality you want to say, let's take out all the nails, let's give it be a little bit patient here and continue with this therapy, with whatever you're doing to make sure. Right. And so it's, it's both sides of the coin I believe. I've seen her on both sides where someone's improving, but doesn't see the improvement or sees the improvement as the end is done. It's over. And I'm good. Unfortunately, you still have those four nails in you. So had four nails left. But you're feeling better?

Freddie Kimmel ([00:41:35](#)):

I'm feeling better. And I, I bought a home, bought an apartment amazing. Now of course, as the story goes, the home that I bought I discovered had floor to ceiling black mold.

Caspar Szulc ([00:41:47](#)):

How'd you find that out? Did you know about black mold at this point in your study.

Freddie Kimmel ([00:41:51](#)):

I knew about it, but I didn't know about it.

Caspar Szulc ([00:41:55](#)):

There's two different things there. Of course.

Freddie Kimmel ([00:41:56](#)):

You have to experience black mold exposure. A little Stachybotrys. Lots of Chaetomium. Lots of Aspergillus. What was another one in there? So lots of the molds that generated gliotoxins. So I knew something was going on in the apartment. It's funny. The day we were closing the show, I was supposed to go on the weekend. We're closing the show. And, and I had contractors and I was like, something's off this wall is leaking, smells funky in here.

Freddie Kimmel ([00:42:29](#)):

So I'm standing there before. I'm about to go close the show on this weekend. My parents are visiting they're on their way to the apartment. And I have watched these studies watch, watch these contractors open up the wall. They cut it up. I'm standing right there. And when they opened up this wall, it smelled like a dead animal. And I was like, Oh man, that's and I stood there. I made my smoothie, made my breakfast. What about your day? What about my day is coming through? They got mass on their like, and the guys are contractors, but they're not, they're not mold mediators. They're like, you should go. You should not be here. You should go. So I go to the show and I do the show that night I've got, I've got two, three more performances to do. And while I'm in the show, I'm having these moments where I've done the show for 16 months, I'm looking at someone and I'm trying to remember my words and they're not coming micro bursts of, of, of memory loss, profound memory loss.

Freddie Kimmel ([00:43:29](#)):

Like nothing's coming, nothing's coming. Wow. And I'm getting, I get the word, but I'm having these things and I'm starting to like, you know, heart's starting to palpitate. I was like, what do I say next? What do I say next? When I say, while I'm in a song and, and and you know, packed house. You know, we're at the West Side Theater packed house and you know, I'm, I'm starting to freak out. So I get through the shows, you know, and I, and I I leave the apartment and I really, when I say at a backslide and health, like weird shit started happening to my body, horrible constipation, skin eruptions, and getting acne all over my body, the pain and my body went to a 12. I mean the rheumatoid arthritis factor was just off the charts and I couldn't get it to go down.

Freddie Kimmel ([00:44:20](#)):

So I had to, I had to start doing a deep dive on mold. I had to figure out mold. You know, I had to gut my apartment, had to throw away all my furniture that I had all my money that I had saved up everything, couches, carpets, curtains. Luckily I'm always taken care of in these situations. There was a guy walking down the hall who was a contractor while the contractors are opening up my wall who had been exposed to black mold. And he called me this guy Oh God, what's his name? Johnny Coljanovic. I'm going to butcher, isn't it terrible, terrible, sorry, Johnny. And he, he he knew exactly what to do. He's like, I'm going to take care of you. Like I would take care of my family. He like put in, you know, put in the air scrubbers for five days, you know - pulled up the tile on the floor and scrub the concrete cause mold can be in concrete.

Freddie Kimmel ([00:45:15](#)):

He threw away everything that needed to be thrown away. So he walked me through this process of, of help fixing the apartment. Around this time I watched a webinar on a frequency device that use magnetics and pulse electromagnetic field and frequency called the AmpCoil. And I listened to these founders of this technology talk about what the, what the tool did with the AmpCoil dead. And it's, it's essentially, it's a tool that covers the body in a magnetic field. You will, you place a modified electromagnetic coil, modified Tesla coil in the body. It covers the body and magnetics. And on the magnetics float, these vibrations, which caused change in the body. They work on the energetic body and they talked about it, assisting the body with the longterm symptoms of Lyme and, and, and mold and things. And I was at a point and I listened to the resonance of their voice was so strong.

Freddie Kimmel ([00:46:19](#)):

And I was at a point where I, I got off the treadmill that I was on, on the gym. Of course, I'm on the treadmill, walking through the mold pain. And I walked over to the corner of the gym and I called the company and I bought one right then and there bought it. That's conviction conviction, put it on a credit card. It was, it was, it was an, I bought at the time, the model that was more travelable was about \$10,850.

Caspar Szulc ([00:46:48](#)):

Good investment.

Freddie Kimmel ([00:46:49](#)):

A good investment. Didn't know if it would work, never have I bought anything that expensive, a health and wellness tool? Two things Airbnb. Now I'm Airbnb being a room in the apartment that I bought two the whole time. This is like six years to frame it for people from 2011. At the end of 2000, the beginning of 2012 to 2019, I didn't pay a dollar in mortgage in New York city or dollar in rent. In fact, I most, most years I made quite a bit of money. You know, most years I had gross 30 to \$40,000 extra dollar from, from, from renting a room, which renting your own room and your own place is totally legal. But you know, I would live with people from Iran, Iraq, France, Bali, Indonesia, Japan. It was amazing. And what I can tell you is my most amazing guests were from other parts of the world. Right. And my most challenging guests where there weren't many were from the States, you know. The sense entitlement in America is real it's.

Caspar Szulc ([00:48:04](#)):

Yeah. I mean, I've, I've traveled a great deal, especially when I was young. And I picked up on that. Yeah. I was incredibly grateful to get that experience early on and see that the rest of the world, you know, works very differently and very open to it and doesn't have that sense of entitlement and not to bash. America's great. Right.

Freddie Kimmel ([00:48:22](#)):

It's amazing.

Caspar Szulc ([00:48:24](#)):

Yeah. We have that sense of a title for a reason, because we have so much given to us and so much freedom and it's it's, it makes it great. But I can see that. So you're, you're getting this international aspect of, through the Airbnb. Meeting people while you're struggling..

Freddie Kimmel ([00:48:38](#)):

I can't travel, but I brought the travel to me. And I'm still friends with like all these people. I was like, it's like 443 guests.

Caspar Szulc ([00:48:50](#)):

You have an amazing network.

Freddie Kimmel ([00:48:51](#)):

Yeah. It's amazing. It's amazing. And they follow like all the stuff I do. They follow me online and my podcast and all that, all that stuff. And it's it's it was so incredible. So, so I'm able to make this purchase. Right. And I pull this thing out of the box and like, I'm so excited to get it.

Freddie Kimmel ([00:49:09](#)):

I'm I'm on my way. I'm traveling up to Boston to do a show. The owner, Aaron does this like super like solid for me. He gets me a device real quick. It was like a six to eight week shipping window. I got a device in a week because we started talking and he was like, Oh, you know, you know, some stuff about health and wellness. And I was like, yeah, I was like this and blah, blah. Totally. And I think I know it all. I know nothing about frequency.

Caspar Szulc ([00:49:35](#)):

I was going to say, did you have any kind of introduction to the energetic body?

Freddie Kimmel ([00:49:39](#)):

Oh yeah. I bought it at this time through this 2007 to 2000, and this is 2018. I bought like \$300,000 worth of stuff on some loans, buying things, you know, a rental programs, the Scenar device, lots of Russia is big with it. Huge with frequency.

Caspar Szulc ([00:50:03](#)):

Frequency devices - whether its the Zapper, Scenar, TensCam...

Freddie Kimmel ([00:50:06](#)):

Like all those, like the DaVinci thing where you'd hold. And it like had all these, all these programs were supposed to eliminate microbes, you know? It's funny. We didn't even get into all the things that I, I was diagnosed between 2007. You know, I, I, every time I got a diagnosis, I was so excited. I was like, Oh my God, this is what's wrong with me.

Caspar Szulc ([00:50:29](#)):

You feel like you have an answer finally. Right? Yeah. We're good.

Freddie Kimmel ([00:50:34](#)):

Guys, I tried everything, everything, you know, everything, all the treatments that I did. The PRP, stem cells, hyperbaric oxygen chamber, inversion therapy, you know, urine therapy. I mean, I can't even begin to tell you Lyme disease, chronic Epstein Barr infections, viral infections, you know, POTS, whatever.

Freddie Kimmel ([00:50:56](#)):

I had it, I was diagnosed with it all, all of it, every single one, every single label. And every single label brought this rush of joy was like, when I finally eliminate this, I'll be well and vibrant and amazing. So it was, it was like, and it's so funny. I don't know how I kept the like childlike, inquisitive sense of wonderment around discovering what's next. That was part of the way I got through it. The way I did with a high vibe, like effect.

Caspar Szulc ([00:51:28](#)):

I was going to say that's incredibly hard. I mean, you get people after the third misdiagnosis, like, screw it. I'm done with the medical community. I'm done with this. Yeah. I'm just livid. Like, I don't, I just don't want to be misdiagnosed, spend all my money again, just to feel worse again when it doesn't work, that's how a lot of people are. But I mean, to have that approach of just keep going, childlike, enthusiasm, like, it'll be the next one. If not, it'll be the next one. And you just got to keep going. So you kept doing that year after year after year. And one little thing about AmpCoil - you get the device. What happened next?

Freddie Kimmel ([00:52:10](#)):

I, you know, I started playing around with it, you know, I started just using it. Wasn't wasn't I didn't read the instructions.

Caspar Szulc ([00:52:19](#)):

It really was like a toy.

Freddie Kimmel ([00:52:20](#)):

Yeah. Didn't read the instructions. Started, started coiling, you know, essentially programs are between 15 and 60 minutes. I just started doing it, you know? And I'm like, I'm like just doing all of these. It's a total back password's way. I just started using any program, cleanse programs, detox, you know, there's a pathway that you're supposed to do.

Freddie Kimmel ([00:52:43](#)):

I didn't do it. But what I noticed was is coiling - I all of a sudden I had like this energy or a charge that I had not felt since I was 18 years old. Like the battery was charged. So with the battery, my thought...my brain was like racing. Racing thoughts and it felt so good.

Caspar Szulc ([00:53:09](#)):

So those frequencies were absolutely impacting you and helping you?

Freddie Kimmel ([00:53:14](#)):

I do. You know, I think yes, yes, yes. I think twofold: like studying it now for like 17 month, and I've just been in the rabbit hole of studying it. I think raising the charge of the cell. So cells hold a charge.

Caspar Szulc ([00:53:31](#)):

Right. The polarization and depolarization phases. That's a big part.

Freddie Kimmel ([00:53:34](#)):

Transmembrane potential. Sodium potassium pump. Ion exchange. Oxygen uptake. There's so many benefits from magnetics, coupled with frequency. I think that's the key. Because I had tried frequency devices. Yeah. I try, you know, especially like I've seen these Russian women on the upper West side they're amazing. Seminova, I think is their last name. And they had all these tools, you know, they would touch my fingers with a pen and touch the pad, touch the finger and touch the... They're like, you're sensitive to these like 32 foods. And I was like, no. And they were right. They were right. You know, doing this amazing. Like I'm like, how are you getting this from a pen testing my finger. And then like looking at my Iris and they were dead on. You know, they would give me homeopathics that would, it would help.

Freddie Kimmel ([00:54:24](#)):

It would help. It would help, but never, it never stayed. You know, it never stayed. There was too many, the pain kept me from moving forward a lot, the chronic pain from the intestinal stuff. You know, when I was able to clear that I was able to bust through to answer your question before that was a big breakthrough for me.

Caspar Szulc ([00:54:42](#)):

What do you think did that?

Freddie Kimmel ([00:54:43](#)):

Um a big component was, that was the, was the adhesions, the license of adhesions, the laparoscopic, which helped, you know, when I had went to, I had went to Clear Passage in Clearwater, Florida, which is a clinic which specializes in visceral manipulation of scar tissue. And it's a week long, it's 20 hours of visceral manipulation of them working on your belly in a week. And, and, and, and they have a huge success rate. It didn't work for me. I wanted it to work so bad. It didn't, I had to, it was not their therapy. I had too much other stuff going on to really, and truly I take a hundred percent ownership. I was like, you know, all the inflammatory components with the scar tissue, with the emotional trauma. I mean, it, it just, I would love to go back and do it again now.

Caspar Szulc ([00:55:34](#)):

Yeah. It was almost that at that time, your equation was just different from what they were putting out. Right. And it's not to say it doesn't work and that's with every treatment, you know, you gotta look at it all and realize who you are on your path and see if that works or not. It's just great to have the awareness that it's there and an option for you, but it didn't work for you at that time. You move forward, you started using, you know, more PEMF, AmpCoil, magnetics. You're still doing your supplement regimen and I'm sure fine tuning it. And did you start to feel like your past everything at this point?

Freddie Kimmel ([00:56:07](#)):

My energy and brain tuned up to such a point where I felt it's so silly to say, like, you know, the movie Limitless?

Caspar Szulc ([00:56:16](#)):

Of course, Bradley Cooper.

Freddie Kimmel ([00:56:18](#)):

Like of having so many years of, of, yeah, I was totally Bradley Cooper, but not as good of hair. He has great hair. I totally have hair envy people. I shaved my head after chemo and I was just like, ohhh, you know, those awesome. Has it one day, they're going to come out with like a thing where you're going to have like a, a perfect chia patent. It's just going to be like, dude, I'm going to do it.

Caspar Szulc ([00:56:40](#)):

We're only a few years away from that. So I hope so.

Freddie Kimmel ([00:56:44](#)):

I hope so. Cause I'll totally, I'll probably still shave my head, but just to be able to have like the tuck, the Brad Pitt hair behind my ears, I'm going to do it just, just because life's short. So yeah. I just felt limitless. You know, I started contributing to this. I started jumping on these community calls, which the cool thing about AmpCoil is like one of their mottoes is you don't do it alone. Right. And tech companies don't build community. Tech companies. Don't provide great service tech companies don't hold your hand when you're breaking down. Mmm AmpCoil had done that. They had created that community. They do a monthly call where they bring an expert on not about amp coil, but to talk about wellness, how to build a tribe. And I was on these community calls, listening to all these people, give these amazing testimonials about their health and wellness had changed with bringing in frequency, bringing in magnetics, having a device that you can buy in your home. Yeah. And I was so inspired and I started contributing these calls and eventually, you know, I got on a call with with the owner, with Aaron and we were talking about, you know, public speaking and, and building a script and, and working with the team.

Freddie Kimmel ([00:57:57](#)):

So I started to work with their, their sales team on, on work. Cause I was, I had gone to the Institute of functional health coaching through all this time. I've learned to be a health coach. I coach people one on one. I went to, you know, I've been to like eight programs, but my favorite one was a IFC. And you know, we had started talking about how do you work some through a sticking point, someone through a sticking point, which they know they, you know, to make a decision, whether an coil is right for them. So I started working with the team and building trainings for them and I'm performing and I'm starting a podcast and I'm like, this isn't, this was like and all of a sudden I looked at myself and it was like, who are you? Like I'm I, it was stupid.

Caspar Szulc ([00:58:44](#)):

You were Bradley Cooper in Limitless!

Freddie Kimmel ([00:58:45](#)):

I was limitless. I'm like doing eight shows a week. I'm working for the Institute of functional health coaching. I'm coaching, I'm running their sales and marketing. I'd never done that before. I'm just talking to people. I'm like, here's what the course is. Here's what it does. Here's what it doesn't do. Here's what it costs. What do you want to do awful fit for you? I think you should go somewhere else. Or I think this is a good path through, did the same thing with, with amp coil started a digest. The science really I'm like, I want to know how it works, why it works, what it's doing, yada yada, yada, you know, I read papers and studies. I read every single book on pimp. You can buy. I watched every single webinar. You know, I started to learn a lot about the industry, you know, all the different devices, like the subtle energy, the oscillating wave verse ringer device, you know, different, different frequency delivery

methods, like the Scio technology, which is where these founders came from, which is like a quantum biofeedback.

Freddie Kimmel ([00:59:39](#)):

And you know, how all these elements played together to form, you know, this unique tool. And, you know, I just kept taking on more and more responsibility and to cut to today, you know, I'm on the management team of AmpCoil. I'm an ownership leadership, you know, I'm, I'm part of the, the core of the core six or whatever, you know, and I run the sales and marketing for them. I, I do all their I'm building out an Academy, we're making an AmpCoil Academy, you know, an eight part video series because like anything, I think so many things don't work for us cause we don't understand how to use them. I mean, if I look at all this shit I bought right. And use it wrong seriously, you know, with, with sauna over sauna-ing, demineralizing my body buying a reverse osmosis water and taking all the minerals out of my body for years.

Freddie Kimmel ([01:00:29](#)):

And just thinking, I'm like I'm drinking clean water. I'm more woke than anybody and totally doing it wrong. You know? And it's just because I knew enough to be dangerous. And now to see things as a whole picture and what I, what really resonates with me about, you know, creating this, creating training, like speaking to people running every webinar we do. You know, running their ambassador program where like, you know, a clinic or someone an owner can share the tech and, and, and, and use this as a, as a business component. You know, not multilevel marketing, but total integrity. Like if you give someone sessions and you explain the technology and they pay forward, you know, there's an affiliate program for AmpCoil. So all of these components and, and th th the, the, the model, there was so much integrity built in there.

Freddie Kimmel ([01:01:18](#)):

And then just to come in and be able to like, clean it up and like, do what I do has been so rewarding and like, like what's happened and, and, and in eight months has been absolutely incredible, like the feedback from the community and the user base and the efficacy, and to get to, you know, what I'm essentially doing, what I always said. I'm, I'm, I'm, I'm listening to people's stories on the phone and they're, they're telling me what's going on. And when, when people get on and they, you know, like we talked about before, when, when I've got this as my last, this is my hail Mary, like this needs to be the thing that heals me. Then I tell him to go somewhere else. Cause like, we've got, if you haven't got that through this story, they're all tools, right. I could probably make, I could. And that's not true. I could make them all work to a degree, but, you know, are you looking at your body as systems approach? Are you looking at all the components and the unique thing that mags magnetics does, what frequency, especially frequency. And I'd love to talk about a little bit about like, just PEMF verse AmpCoil

Caspar Szulc ([01:02:32](#)):

The difference, because people don't know that sometimes they think it's either a magnetic or a PEMF machine, but it's really the combination of course.

Freddie Kimmel ([01:02:40](#)):

The ability of frequency to work on the emotional body, to make emotional shifts, to allow you to get access to trauma. And that doesn't mean that, that, you know, if we, if we run an, a journey from emotions, love, giving love, receiving on AmpCoil, that it takes care of it, it gives you access, right? So

then when you go do the dynamic neural retraining, when you go to the limbic system retraining, when you go do your EFT, you have better access. Yes. You have better access. There's enough battery, there's enough spark in the tank where you can move. It's, it's something that comes in and does the perfect example is it does the heavy lifting for when you've been push down and chronically ill and, and really need like that guide. Right. You know, you need somebody to lift you up and be like, here it is. You're way down in the well let me lift you up so you can see, I mean, that's what a lift and magnetics does. That's what frequency, that's what vibration does.

Caspar Szulc ([01:03:38](#)):

Yeah. And I love what AmpCoil has done. I mean, you mentioned it, they they're really turning this business model. And I think really bringing alternative medicine and information that is usually misunderstood or misconstrued and making it more accessible and easier to understand, which is huge. I think is the biggest part. I think we're, we're not really opening ourselves up because we're thinking in one way, and we're trying to represent it. We're thinking in a Newtonian type of matter that, you know, you need more chemical to then change this, to do this. Whereas everything, if you look at it from the quantum perspective of energy, everything, you know, Tesla said, everything is, you know, everything energy and we are energetic beings. Of course, we know this, and that's the initiation point for so much, but it's not to say that one is better than the other.

Caspar Szulc ([01:04:29](#)):

They're all necessary. You know, we're energetic beings that still have physical manifestations, so you need to address both sides. And, and I do think AmpCoil allows that is a wonderful frequency, vibration energy tool to help you access some of that and continue on that. It's not the only tool. And now you did mention this difference between PEMF pulsed-electromagnetic frequency and magnets. And it's, it's pretty cool. My father, when he started, even in the eighties, he was a visiting professor at Yale doing studies in PEMF. And back then, it was like, totally unheard of. And it was more about trying to heal bones, right? Because we could improve the blood flow and reduce inflammation. So it's really great for any sort of, you know, damage physical damage to the bodyA

Caspar Szulc ([01:05:18](#)):

And then we also learned about biomagnetic pairs later on and from Dr. Goiz and how that changes also the polarity and changes pH then, and that makes it in an environment where viruses or pathogens can not live. So the two of them were like, you know, they were coming up and showing quite prominent for a lot of patients. And then of course makes them together, made sense, just like most of the medicine, when you bring it together, it makes sense, not just doing an IV infusion one place and then doing energy in another place, and then a, you know, manipulation and another do it together. And in the right format, you need less of each and they kind of synergize each other, but talking about just the PEMF side of it and the biomagnetic side, can you go in for those that aren't too familiar with, how that works, how that's being utilized in AmpCoil and kind of differentiate the two?

Freddie Kimmel ([01:06:09](#)):

Yeah. So I, it's funny, I actually had a chance to interview the he's really the godfather of the modern day PEMF machine, his name's Michael Davis. And he has a, he has a device called the PMT 120, which is, you know, they have this, you know, it moves up to like a Tesla of, of magnetics, which is very, very strong for and a Tesla or Gauss. It's the density of the magnetic field. So if PEMF device, it's called a ringer, they have ringer machines, which you're going to hear this clicking. It's going to go click, click,

click, click, click. And that's the way of stopping and starting. Well, the way a PEMF machine causes change in the body, it's like walking up to a bell and striking it with a mallet. That's how you do it. You strike the tissue with the force of the magnetic wave. And it's great for injury, athletic performance.

Freddie Kimmel ([01:07:05](#)):

It's, it is good for energy. It's great for bone healing, you know, and, and especially after jaw surgery, you know, cavitation surgery to go ahead and heal that jaw. It's amazing. And then, and then an oscillating machine, which is what amp coil is subtle energy device. We're so gentle, you know, there's people that are like, Oh, I feel it all over my body. There's people that do AmpCoil, they're like, I'm not sure I feel it cause very gentle. It's a soft magnetic wave. And, but combined with frequency, it's this oscillating wave. And, and the way we make, we make a shift in the body, very similar to the tuning fork scenario, where if you have two tuning forks, two and two and a flat, and I strike one and, and I, and, and that information travels through space and the other tuning fork picks up that information and starts to sing with a resonance of the flat, right?

Freddie Kimmel ([01:07:57](#)):

So we're placing the coil on the body. You know, we're sending resonant frequencies into the body that resonate with different organs, organ systems, different microbes, metals, and toxins. You know, we talk about adding air to the system and pulling the nail out slowly. That's we have two types of journeys we have, which is adding air. We have cleanse journeys, which are helping to harmonize the vibrations associated with metals, microbes, and toxins. So in that, in that two pronged approach, but we're sending resonance, what's resonance mean to people. And resonance is like, it's like the right amount of force at the right time. And a beautiful picture of that is pushing a child on a swing. And if you're going to try to push that child halfway back, you're going to, and you meet them halfway through the swaying coming back, and you're gonna break your wrists.

Freddie Kimmel ([01:08:47](#)):

But if you meet them right at the apex and just give the little littlest amount of effort, he goes higher and it's a more enjoyable ride. And that's, that's a great picture of resonance and we're singing to the body. So it's not an on, off machine. Right. You know, the device is not on off. Ampcoil is like, you know, people are like, well, why, why is it, you know, what are these, what's a sound journey. And when you have a tablet that runs us, it's like hundreds and hundreds of frequencies within one program that are, that are working on different areas of the body to prime it for sound and then to work on organs and organ systems. And then look at microbes, metals, and toxins, and then do a closing to remember the body's natural state of being. So it's very, there's an artistic design to the software that nobody is doing.

Freddie Kimmel ([01:09:35](#)):

You can get frequency devices, which I bought many from, from Russia that you program the frequency. Then you say, how long you want it to play, then how strong, and then you program another one. And so you're going to sit there for a long time. Or you're going to have frequency sets that are programmed for liver for a gallbladder. Well, how do you know which ones you need to use in what order and how strong you don't. And so that's where that's where ours is very different of, you know, it's just so there's so much artistry to AmpCOil. Which is as a singer and a performer. I'm like that one. And I've, I've tried. I just, actually, I just rented a device which, which moves, you know, 4,000 Gauss. And it shocks the whole pectoral is jumping and it's fun, but there is no.

Freddie Kimmel ([01:10:25](#)):

And I really do try to be, and I know that the most important thing I can do is to not be dogmatic about what you need to be well. As a guide, as a podcaster, as somebody who works for AmpCoil, even though I work for AmpCoil, you know, I'm always buying, I'm still renting stuff. I'm still trying things. I'm still trying lights and lasers and tanks and new saunas. The, the, the, the strong PEMF, it's not going to bring you, it's not going to bring you home into the heart center. It's not, it's not going to be like you know, we have a journey on, on AmpCoil called positivity or brain reboot or relax all. And you go there, when you do that journey, you go to relax, all, relax, all of it, relax the toes, relax the neck. And, and more times than not.

Freddie Kimmel ([01:11:16](#)):

When you can shift the state of being in the body and allow the body to do what it does, that's magic. That is. And from that self healing, that's self healing. That's why homeopathics work. You know, that's why we have, that's why we, we, we do really, really well with the coil with children, because there isn't a placebo. They don't have all the blockades built up of the, the, the, the, the decision they've made that they don't deserve to be well, the, the negative belief systems aren't there yet that are actually somewhat deciding how your body's going to react to something in some place, right. That you don't even know subconsciously they're running. Yeah. My, my friend, Maddie, who we worked with at I'm staying up in Redding, Connecticut. We got like five coils there. I'm living with the new CEO of AmpCoil and, and all, their whole family.

Freddie Kimmel ([01:12:02](#)):

I've sold my moldy place in New York. And I've, I've moved up to Connecticut for the time being until I decide where I want to go. And now of course, time of COVID, which we have to talk about eventually it's my home base. And, you know, I watched people come in and out of the barn and I ran a study for, I helped run a study for them. I helped, you know, I went up like five or six times with a 12 month pod of 12, chronically ill people starting amp, coil, never done pump, never done Frank frequency, didn't change diet. You know, didn't, they, they were just bedridden from Lyme chronic, the walking wounded truly. And I know you've seen... You're on long Island, New York, Connecticut. This is, this is my reality for anybody else's out there. And you feel like the walking wounded trust me, like we know.

Freddie Kimmel ([01:12:48](#)):

And I watched 12 people go into this study. People that were, Mmm, unable to walk in. Shivering and convulsing. So hard of just full body shakes. You know, when they say the word bugs in the brain, it's not an exaggeration neurological line. And I watched them at the end of 12 months, like walk up onto a stage and like do a graduation ceremony and like tears of joy. And now I'm watching these people a year later. And like my favorite, one of my favorite people, Terry she's she's like working she's a, she's a bar where she works at a salon back seven days a week, you know, doing her thing. She's got her life back. She didn't do, she didn't do ozone. She didn't do hyperbaric Oxy. You know, this is one thing now. Is it, is it a, is it, are these experiences where people like throw away the wheelchair and they go run a marathon?

Freddie Kimmel ([01:13:42](#)):

No. You know, you know, and we can talk about this a little bit. It's like, people always, they want the miracle, but what's the value when you're in it to get the quality of life back where you can go grocery shopping, where you can drive your car, where you go to work, when your parents when you can visit

your parents, when your children feel like they could have mom back. I mean, it's funny. We do. We, I would never have set that as a goal when I was really sick. I'm like, I want Broadway and the Tony award and the thing and the thing, but what if I could eat cauliflower pizza? What if I could eat, go cheese, bacon, avocados, eggs. Cause when I was at my sickest, I was probably down to like 13 food. So I couldn't, and I've binged down those for the last four months and gained some good visceral belly fat, but, but I can eat those foods now.

Freddie Kimmel ([01:14:36](#)):

And that was an absolute, never, ever for me. I would have been in the emergency room because the bloating and dissension from the small intestinal bacterial overgrowth would have been so bad. I would have had another adhesion twist. And now that's, that's shifted. And a majority of these big wins for me. And I biohack all these testing things. I, their subjective experience of what's changed. I track my mold levels in my blood, my real time laboratories. I check my food sensitivities through great Plains. You know, I have one food that's in the red. I still notice a response if I do overdo it on walnuts, but I can eat all these things now. Right. You know, I see all the mycotoxin levels except for one have all gone down to normal, except for aflatoxins, which has dropped in half. So I'm, I'm seeing these things happen on the chemical level. I'm not taking antifungals, which I took for a year. They did not make a dent in the mold for me. Amphotericin B nasal rinses. Oh, you want to talk about a headache? Holy cow. I mean, I've so I've tried all these things and I've seen a lot of shifts with the energetics magnetics, but my body is doing it right. My body's healing.

Caspar Szulc ([01:15:47](#)):

And that's what people, I think, need to realize that the miracle will actually happen in the end. But it's through the small wins of it all. It's over time. And I think it's the time that your body needs to heal is the perfect amount of time, right? For you and your journey. But you can't rush it. People always want to have a child as quickly as possible, like four or five months. Like it's a nine month journey, regardless of how much you want it to be a four or five months journey. Oh my God. That's a great example. Healing is the same thing. People come in. They're like, alright, in eight weeks, will I be better in our center? We're like, how long have you had this for 20 plus years? Do you really think the body's going to work? Like we love that miracle to happen, but the body also needs time to adjust.

Caspar Szulc ([01:16:29](#)):

Think about everything that, how it regrows, if you did it like that, you'd be forcing the body. We don't want to force it to do anything. We want it to get to its optimal state and continue that way. But that's going to take a little bit of time. But what I've learned through that is that patients truly appreciate their health because of that. If it happened in eight weeks, I don't know if they'd appreciate it. And it probably go back to the negative things. Cause they would just be like, Oh, I'll just do another eight weeks and I'll be good when it took them two years to get better. And there was a lot up and down because healing is never linear. It's never truly, I mean, your story was definitely that right. God, down, up, down. Of course not. It never is.

Caspar Szulc ([01:17:08](#)):

We're always, but that the appreciation to the healing journey, when you're on the other side almost, then you say it was all worth it. Right? And, and the frequency of it all plays such a big role. And I think you said something, you put it really nicely and this is what I try. And you know, the AmpCoil is singing to you in a way. And I see it as in many ways, the AmpCoil is almost like a symphony being played to you.

Right. And everything's in harmony and it's being played to you. It's biocompatible. And it's using bioresonance, which are all these different resonances of the body. And you're right. Every single organ, every single cell is resonating at different frequencies. And if you produce something it's like giving it information, basically that's all it is. If we understand vaccines, which we could get into shortly, then we understand that everything starts - DNA, vaccines.

Caspar Szulc ([01:18:00](#)):

All of it start with information. Homeopathy. All of these are really just informational therapies. And we're just trying to provide the right information to the body so it can restore itself to heal. And I think that's a big part of it when I'm trying to tell people about how energy medicine works or frequencies or even PEMF for anything, it's just giving your body instructions. Yeah. It's gotten lost. It's gotten mixed up. It's hard to build that IKEA shelf without those instructions. Sometimes even with it could be hard, but the more instructions you have, the more proper information you're getting because we're in a sea of improper information in some ways, whether that's, you know, different frequencies or toxins coming in, all these other things, we're just kind of battling to find the right information for our bodies to do it again. And AmpCoil I think does a wonderful job giving those instructions in a beautiful song.

Caspar Szulc ([01:18:52](#)):

That's really cool that, that you got involved in it. I think it's even better. You got involved because you experienced it and then you learned about it and then you jump down that rabbit hole and saw it all. And it was probably very opening to you to be like, Oh, that's confirming what I experienced. Right? Yeah. It's not like, you're the crazy one person. There's nothing written about it now. So, so an awesome journey there. So can we switch over to COVID or we can yeah. Cause it is, it's so prominent right now. I know we talked about it a little bit. How are you coping? Cause right now we are in the, you drove over here and we're quarantined in some ways, but not, you know, I greeted you in the mask and everything and it, and it's a strange time. Are you seeing, are you seeing people contact you living in fear, living in a different state because of this?

Caspar Szulc ([01:19:43](#)):

Petrified, right? And how are, what are you doing yourself and what are you telling other people during this time when they are petrified? Do they have a right to be in some ways?

Freddie Kimmel ([01:19:55](#)):

Hmm. I honestly, we don't know. Anybody who tells you right now that they know about COVID. They're a damn liar. That's where they kind of get the boot.

Freddie Kimmel ([01:20:08](#)):

You know, and I, and I've taken believe me as an advocate of, of health and wellness and high vibration there's times over the last two months where I've been so passionate and like ready to scream this message on a soap box. And I didn't, I didn't, because I knew better. Even though I got caught up in some things, some ideology that, you know, I'll be honest with you in this time. I really, I try not to. What I've tried not to do is offer my opinion on direction of treatment and modality. I've tried to offer what I can and what I know, what I know is I know inspiration. I know how to create a plan. I know how to be practical. I know what should be in that plan from a systems approach to be well that applies to cancer viruses, abusive relationships.

Freddie Kimmel ([01:21:04](#)):

It's all multifactorial. So I have experienced people approaching me in extreme fear. I've been very I've, I've experienced moments of very extreme depression. I'm sure everyone has. More, more so observing society more so observing social media. Yes. It gets me really sad when I see whatever you believe this to be or the ferocity or the infectious nature to, to post a picture of another human being with, or without a mask on and an E either way, shame them for their decision is sad to me. It's very sad to me to label people, vaccine anti-vaccine. That, that there is some that there's only two camps. You're an anti-vaxxer, which I think is such a disgusting.

Caspar Szulc ([01:22:11](#)):

Incredibly negative connotation.

Freddie Kimmel ([01:22:13](#)):

Gross. I've actually, I've seen some, some friends that I really love. And I actually, there, I have a list to call and ask and be like, can we talk about anti-vaxxer?

Freddie Kimmel ([01:22:24](#)):

That's a gross term. Because having, having as a coach, having worked with families that have had children injured by vaccines and seen a child be super responsive and communicative in a video. And then the day after the vaccine be despondent, nothing's changed besides that injection. And witness it, it hurts my heart, you know, it really does all the different agendas, but it's, it's, it's the, it's the labeling. And it's always the fact that and this has been brewing with social media. I've thought this all the time about social media. Now you love it. Hate it. Yes. But that, that we're so polarized as a society that there's there's one camp or the other that, you know, the second and I'm triggered by this, you know, politics aside. I really it's. It's, it's funny. It's it's made me less political in this time.

Freddie Kimmel ([01:23:21](#)):

Oh yeah. Seeing like you know, I used to be very, very triggered when someone would be like, God bless president Trump. And I am, I respect you completely if you're Republican or not, I don't know your political beliefs, but it would trigger me and then I'd be like, I'm never listening to that person again. I'm throwing away everything they have. And this scenario has made me realize how silly that is and that thinking that he was somehow evil, he doesn't know anything. In my opinion, he doesn't know any better. And it's like, I'm like, Oh, he's kind of harmless and pulling back and taking the bird's eye view and seeing, seeing again, it's, it's such a rabbit hole, but who is pulling the strings, you know, as far as manipulation and spend, is it the media? Okay. Maybe is, is it the individual journalists who have, who have taken a vow to be journalists?

Freddie Kimmel ([01:24:16](#)):

I don't think so. I think journalists are usually like, that's what they're out there to do, you know, but is, is the media above? Is there a level above that, that funnels down control of what is allowed to be said? Probably, you know, and it's just, so I look at all these components of COVID, you know, the labeling, the polarization people living in fear. I look at my real world example is that, you know, I thought about, I don't have a home right now. And I think about my mom in Florida, I think about my dad and in Rochester. And I think about, well, what if I were to jump in the car and go see my dad, which I would be fine with? Yes. What if I were to walk into my dad's house and give my dad the virus and my dad were to pass away a lot of people's fears, by the way, what would my family now, now this may be a dad.

Freddie Kimmel ([01:25:10](#)):

I love you. I would, I accept that. I accept that. I accept the, the chance I could meet you and kill you. Bye. Bye. Me touching a plastic grocery bag, picking up a virus, you having a susceptible immune system for all the reasons we could talk about. We're not gonna talk about my dad's health. And, and you passing away. I understand that that would be a risk of me going. I think it's sad now. I will never, I won't, I won't do that because I have to take into the account, the, the opinions of my, my cousins, my brother and my sister, you know, that they all love my, you know, they have, you know, they have a vested stake in their relationship with my dad as well. So, so, you know, without understanding across the board, which we're going to come to because

Freddie Kimmel ([01:26:04](#)):

Family's family not changing. My I'm saying this is every family. This, we don't all have understanding around what of viruses, what infection agents are, what wellness is. We all have different opinions. We all have a different, here's the truth. We all have a different reality of what it is. Oh, absolutely. So we're all letting anything, the facts, aren't the facts. The reality is, and the reality is what we have inside that make them that. So you have to be able to respect that someone isn't where you are. Yeah. They're not at the consciousness level to haven't had the experiences anything. Yeah. So in a way, I completely agree with you that there's, I'm very cool at living in the gray, right? This isn't black or white. No, this is an anti or pro or this and that. You could have, you could be in the middle and you were, you can respect each other too.

Freddie Kimmel ([01:26:48](#)):

Yeah. That's what I find a little bit. There's not a disenchanting, not a lot of respect here. You're an idiot on one side or the other, right. If I have this opinion, if you're not with me, you're against me, but that's not true. I know wonderful people that don't think like me. Yeah. And they're bright people. They're smart people, but that's the beauty of freedom of choice and understanding everyone's path. And I do think that COVID times have kind of negated that you're either in one camp or the other, you need to pick a side and stick to it. But, but is this, is it different? Is it different than the Vietnam war? Is it you're right then draft non draft is always repeated itself. I think it's just more permanent and in your face now, that's all it is. We have access to it.

Freddie Kimmel ([01:27:34](#)):

All our eye phones are buzzing throughout the day about this stuff. Right. So it's a little bit, Hey, it's more intense. Yeah. It's, it's, it's different to be poked with a stick four times a day, then 300 times a day. Right. And that's, what's different about having the global communicator in your Palm of everybody's opinion, every news channel, every second of the day, our nervous system, I don't think is really designed to be that resilient. I think there's an undeniable, longterm negative effect on the nervous system from being exposed like that. And so, so to bring it back to, you know, my, my decision is like, you know, I called my dad the other day. I said this, I said, I can't come visit you. I mean, I, what if, what if I were to do this? You know, this is, and it's really sad to me.

Freddie Kimmel ([01:28:20](#)):

You know, what I'm looking at doing is, is, you know, I'm going to have to, you know, make some plan where I experienced joy without seeing my family right away. You know, my, my mom is the same as the same thing. I think my mom would be more open to it. But again, you have all these other components of the family. I got what F so that, the idea that the, that the virus I love the virus. Actually. I do love the

virus, greatest teacher in the world. Cause we're all learning this lesson together. Maybe that's why this is so painful. I mean that the best lessons are the most painful. I'm sure you can attest to that. Yeah. It's, it's so painful that this virus has come

Freddie Kimmel ([01:29:02](#)):

In is this ultimate teacher. And we're forced to like, learn this again. You know, we're all in different levels of spiritual growth. So that, I think that's why we're experiencing all this pain and you know, how do we, my, my question is just, you know, I, and I don't have the answer. How do we move forward with a little bit of grace and empathy? My, my path it's like, we have to, I don't care how uninvolved someone is. We have to see other human beings as, as, as we have to see God in that other person. Right? And every eye contact, you have to see them as God. Absolutely. And that is not believe me. I struggle with that. There's definitely a certain patterns trigger me that I hear. And I'm like, Oh my God, really? And, and, and, and I have to remind myself, I have to pattern myself.

Freddie Kimmel ([01:29:58](#)):

I that's just, so this is my work. I have to do the work in my meditation that every other human being is, is, is there a living, God, you have to see that person on the street, your, your, your cab driver, your Uber driver, checkout clerk, everybody, everybody is, is a living incarnation of God. And if you can do that, you know, you, your, your, your existence changes real quick, your experience on planet earth, uplevels real fast. And that's not, it's not a hard exercise to do. You can actually go through and you can actually embody the person that triggers you. Can you do this little exercise? You know, we talk, my dad's will, you know, what do you think the solution is? You know, you think, you know, and, and my dad is he's, he's an awesome, he's talking about meetings that he goes to, and he goes, well, we'll never hold hands at the end of this meeting. And I was like, kinda like chuckled. I was like, okay, dad. Okay. So, so can I challenge that? I was like, can I say you're not going to hold hands. What about when you walk in the building, you grab the door handle. What about, have you thought about when you, when you touch the urinal, what about when you go for coffee at the end of the meeting?

Caspar Szulc ([01:31:06](#)):

Right? What about the billions of little things you don't realize you do every day? You're literally touching hands of everyone around you.

Freddie Kimmel ([01:31:13](#)):

You're not even hands, but to interact with the physical world. Yeah. Yeah. And then just to throw out some numbers of viral particles and how small they are. I was like, do you think you can avoid micro metals and bacteria viruses? Do you think you can avoid them? No.

Caspar Szulc ([01:31:32](#)):

In many ways, isn't this like a lesson of, if we can avoid the problems around, can avoid the problems, problems in general, we try and sweep them on the rug and say, let's keep away from that problem between me and someone, you know, and not talk about it. We need to address it, head on that's. How any psychologist would approach this. Anyone that's really looking at the best good of, of really getting to an place where we were all in that positive state. Yeah.

Caspar Szulc ([01:31:57](#)):

I do love what you said and seeing God and everyone, and seeing the positive that everyone, my mother who's a psychologist. She works here is that's her big thing. Cause you have a lot of people that go around with a lot of negativity, especially when you're going through illness. You sometimes don't see the positive and other people and people don't understand. You get bitter towards the world. You get jaded easily, and you start to lash out at other people, or at least not see the good in them. And so she, she always challenges people to they're at their own consciousness level. Right. They're doing the best. They can, even if it's someone who is really doing harm to you, yeah. They're doing the best they can. And they're in your life for some purpose, some reason if you truly believe in that, you know, that everyone's there for a reason, then they are there for one reason, you see it for the positive and bless them for that.

Caspar Szulc ([01:32:44](#)):

Bless them for the lesson. They're about to teach you and patients and this and that. And it's incredibly hard. I'm not going to sit here and pretend I do that all the time. Right. But maybe this is the time to really do it because we have to slow down during this. Most of us are quarantined with family and loved ones anyway, or people around us, a few here and there. And I think maybe this is the time to do that, to really take a look at that, to be introspective and see how we can push forward together and not keep apart. As many are saying and not shaking hands or know, never traveling again, all these other things that are being thrown around on one radical end of it. But to say, how, how can we move past this and actually see it for much more than what it is as a virus or anything, but as a lesson to humanity for all of us to learn something and come out of this stronger, hopefully.

Freddie Kimmel ([01:33:33](#)):

Yeah. Yeah. And I've been really trying to do some critical thinking around it because I'll be honest with you. Like ma I really haven't offered much of an opinion on any, anything on COVID I've I've had lots of guests on my show. I'm talking lots of doctors,

Caspar Szulc ([01:33:48](#)):

Infectious disease, you know, lots of different opinions, right? Financial expert, five G to this, to that, to the next vaccine that's coming out where it's, you know, you got a ton of information. Again, that's a little, almost information overload for people. It is. It is. And I've really been

Freddie Kimmel ([01:34:04](#)):

Trying to, I have had a couple of moments of clarity yesterday around, you know, some, some critical thinking and in developing, like where, where do I sit on this? Cause I do think it's important to decide where you sit. So you can at least have a direction where to move to, and, and at least be empowered. I think we can, we can always think we want to be moving somewhere. Cause to be stagnant is to die. You know, I think that, that right now, like the numbers, I would say the numbers are trending towards. We don't think it's as awful as we initially thought. Yes. But, but, and we don't know, we don't, we don't have the testing to know. Right. So anybody who says they knows, they know that this is weak or incredibly virulent. They don't know.

Caspar Szulc ([01:34:53](#)):

Yeah. They're just kind of projecting. It's a projection, I think was there for a little while where I'm like, no, this is so weak. I've seen people. I know I've seen, I've known people with coronavirus, but I only knew a few, I didn't know too many. I can't project that across the masses. That's not right to me either.

So I had to quickly check myself because I started being like polarizing myself. Right. And you got to constantly be checking yourself. Cause you could start to go up against someone and be like, my belief is right. Yours is wrong. And I'm like, Whoa, this isn't who I am.

Freddie Kimmel ([01:35:24](#)):

Yeah. It totally, you know, watching these, you know, the, all the interviews with, with Judy mink of it

Caspar Szulc ([01:35:31](#)):

And the plan dynamic and Oh, I got in a fight with my co founder the other day over that. Yeah. You know, and it was like silly. I didn't even believe all of what was coming out of that. But he was saying it was fall. It was like, we were both again being polarized, like schmucks at each other, be like, I'm right. You're wrong.

Freddie Kimmel ([01:35:47](#)):

Yeah. Yeah, yeah. You know, I, and, and I, two, two thoughts on that, you know, and she, you know, she's very, well-spoken, she's very convincing the first time I heard her speak, I thought she's so confident. And it's so radical when someone goes full conspiracy. For me, it's like, I sort of asked myself, you know, how, how much how much narcissism is showing up in that, that like need to be, you know, right. Such conviction that, and you paint a great picture because I've heard that play out before, and then sure enough, like you, you know, you look at some fact checking, which, you know, even rate, I read the fact check articles and I'm like, well,

Caspar Szulc ([01:36:28](#)):

I fact check the fact checkers. Right. I could, I could fact check that fat check. Absolutely. Because I actually know that that if you're going to look at a certain school or a certain camp that they're going to, they're going to say, well, what they're basing their fact check on. Isn't even real who's funding. The fact checking, is it bill Gates behind it? So like, you could do that forever. Right? You could do that forever, you know, and they say, you know, trusted sources, trusted journalist, and still,

Freddie Kimmel ([01:36:53](#)):

I, I go back to, I go back to, you know, this is the problem right now is, is the information misinformation, the world's we're drowning in information, you know, we're starving for knowledge, your body, like we said before, reality is, is subjective. You really gotta be your own guide.

Caspar Szulc ([01:37:09](#)):

So it's, it's your responsibility to develop your own resonators of, of truth and discernment. Yeah. I mean, a big part of what David Hawkins, you know, in human consciousness and all of the fields was truth first falsehood, how we discern, if we can't, we are easily manipulated or we are lost in the world. Yeah. Right. So, so that's one of the things that people have a lower consciousness level of people who don't have that intuition. I have a very hard time with truth. That's why fake news is everywhere because people have that hard time. Yeah. But figuring it out. But I think the best thing you can do is know thyself. Yeah. Cause then you are your own barometer of truth versus falsehood and it just comes to you. It's like Warren buffet is just like, Hey, gut feeling, right. Billions of dollars later, those gut feelings paid off. There's some knowledge, but there's a lot more to it. And I think if more of us took that time to really be true with ourselves and tune that intuition, we'd start to find our own truth and not need the fact checkers as much.

Freddie Kimmel ([01:38:09](#)):

Yeah. It's so true. The you know, it, it applies to everything. Yes. You know, it, it applies it's, it's pretty much across the board, you know, I can, I can do it for all the people again, who are struggling out there or are struggling with chronic illness or you're, you're sick, you know, it's pretty much the same for, for treatments, you know, chasing treatments. Like we talked about for the top of the interview, you know, confirmation bias. I could find so many. If I wanted to see the ozone worked and neutralize and killed things, I'll find it. I'll find it. If I want to find that it failed for people. I can find that too. Absolutely. And, and I see it it's pretty much if I want to, you know, you, I remember when STEM cells were coming out and I was like, if I just had enough money for STEM cells, I would be better.

Caspar Szulc ([01:38:57](#)):

Yeah. Do you know if, then I'll be better? Sort of,

Freddie Kimmel ([01:39:00](#)):

Do you know how many people I know that have, that have, that have made that investment in STEM cells and, and still well worse? Well activated the immune system when the immune system was not ready to be activated and the inflammatory components skyrocketed and actually went from being like, kind of okay. To back in a hospital bed. And that's a thing, you know, I just, I think it's we're going to find whatever we want. I knew the same thing for amp coil. Yeah. For, for every eight people that are like, had an amazing experience. I can find two people that say, you know, I invested in, it just didn't work for me. Yeah. And you know, I, you know, you have to, you have to you have to just pull back, like, look at the bird's eye view. What are you chasing? What do you want? What have you done so far? What worked? What worked, what didn't work. Yeah. You're going to find a pattern or you're going to be able to build your own plan. Right.

Caspar Szulc ([01:39:58](#)):

And that's so big. It's your own experience. Don't look to others. Don't look to evidence. Right? I am so big. And I keep saying this, I am big on experience-based versus over evidence-base and evidence-based has a place don't get me wrong because it exposes you to then experience something. If you start to have a conviction, something, I think that's good. Or at least you learn about something through the evidence, through other people's work. But in the end, it's going to be your experience. You're going to read that it has a hundred percent success rate you'll go in and maybe it doesn't work for you. Your experience is different than the evidence that, and, but your experience is what matters. That's at the end of the day, that's all that matters. So to me, it's like have as many experiences as possible, like invest in it, but if it resonates with you, right. Because you can't just go out and spend millions on everything you can. Right. And you got to go with that gut a little bit, look at the evidence, but also look at other people's experience and then make up your own minds.

Freddie Kimmel ([01:40:51](#)):

Most important thing that it's it's. And it's really challenging to do, you know, the, the financial piece with chronic illnesses. So, you know, I, I held a lot of resentment to doctors, you know, I remember imagine

Caspar Szulc ([01:41:04](#)):

I've heard it here too. I mean, none of this is covered by insurance and, you know, it's all out of pocket and it's never going to be a few weeks of treatment when you've been in it deep for years. So I get it. You're investing a good amount.

Freddie Kimmel ([01:41:17](#)):

Yeah. And that if it doesn't work for you,

Caspar Szulc ([01:41:20](#)):

That's like you bought a a hundred thousand dollar car to him. It stopped running after a week. Right. Yeah. That would be pissed too, but yeah.

Freddie Kimmel ([01:41:27](#)):

Yeah.

Caspar Szulc ([01:41:28](#)):

So what do you think is, is sort of the, the solution to move forward?

Freddie Kimmel ([01:41:32](#)):

I know, I know. I wish I had a really good solution. You know, I, I do find things that I, that I know to be true, to move people forward. Yes. That are, that are, they're very there's so many things you can do on your own that are free. You know, you can get up and get the first hour and a half of sunlight a day. Yeah. Do you want to up regulate your redox potential in your body redox before you detox get that first hour and a half of sunlight? If you're not in a climate that doesn't allow that move,

Caspar Szulc ([01:42:02](#)):

That's hard for people to hear. It's hard. I think there are hard truths here as well. Yeah. We've had people and I don't know how many people know about like geo pathic stress and you know, living on fault lines that can absolutely impact yourself. You understand? And we've asked people to move and they're just like, ah, I can't do that. It's a really nice house just invested in it. And they have the means to, but won't yeah. And at that point you said, can't really help you. Right. It's like going to the smoker who has lung cancer and be like, you're going to have to stop that. Well, not really going to do that. Can't really help you then. But, but I do think there that in healing there, there's also a certain level of sacrifice. You know, you're going to have to choose what you want to do, how much you're going to sacrifice. That's financial. That's also just anything like that, moving people in your lives, all of these things. So I know it's tough, but I also know that health is

Freddie Kimmel ([01:42:56](#)):

The most important thing. Yeah. And you can, you can do a lot of the work. I'm sure you experienced this. You can do so much work on your own before you ever need to go spend a chunk of money. You know, it's, it's as simple, it's the elements. What were some of those elements to you that you could share? I mean, one thing that I've just started to get right after 20 years is water. Hmm. You know, like I said, I was like, Oh, city, New York city. Water's not good for me. You know, I never, I never thought about anything besides tap water, you know? And I grew up in a town that had, we, it was a massive lawsuit. Diez, chemical was right next to my high school. You know, I grew up playing in corn fields. They were where we made the forts. W there would be times when the planes would fly over and just knew

just eating the glyphosate, eating the corn. Right. I mean, just slugging down glyphosate you know, just, but, but water, you know, is something that I've just started understand, you know, there's so much of our body that is water. And when the body's hydrated and like pliable, everything works better.

Caspar Szulc ([01:44:03](#)):

You're right. And that's something I just learned that, that whole term of wet water, right. And your body structured, or some that your body can actually use, you could be drunk drinking tons of water, but it may not actually be yeah. Hydrating you in some ways like structured a motos where like all of this stuff is incredible. Cause you're right. Water is so essential. Right?

Freddie Kimmel ([01:44:24](#)):

Yeah. Water's big. So, you know, not only filtering it, but then to re if you're going to pull out the minerals to remineralize and that water sitting in a tank or a plastic bottle obviously we know that's not ideal, but it's dead, you know, to, to have a water flow down a river and, and go around the abbeys, the abs and the flows, and to be in a vortex and to spin it's that, that vortex, that tornado in the water that you see absolutely. That, that restructures, that makes it very sticky. You know, it has different surface tension. So it has a different effect in the body. You know, you can, you can, you can add structure and charge to a water by putting a glass carafe on your amp, coil and running a 20 minute program of, of, of magnetics on the water.

Freddie Kimmel ([01:45:09](#)):

And, and you watch, you watch the grass, glass carafe, you watch all these little bubbles forming in the water from the oxygenation in the water, you know, so cool. Like the sows. So water is so simple. So you got the water and the light and then like dirt, like, you know, we, we, we, this whole non handshaking, like my least favorite thing in the whole world is hand sanitizer from having many stays in the hospital at the chemotherapy makes me nauseous. But, you know, to neutralize the body's own microbiome, the microbial layer on the skin always and constantly through hand sanitizer, in my opinion, is, is not, not cute. And, and we try to be around dirt, you know, to play in dirty, dirty vegetables to be barefoot in the dirt. You know, the electron exchange that happens after being grounded can be measured on thermography.

Caspar Szulc ([01:45:58](#)):

It's incredible to just go outside. Right? Yeah. That's why I think gardening is so damn therapeutic because it's not just like zenning you out in the microbiome of our bigger body, which is the earth. Yeah.

Freddie Kimmel ([01:46:10](#)):

Vague. I mean, like, like on a, you know, we talk about all these fancy ways to detox, but like, like, are you pooping, peeing and sweating?

Caspar Szulc ([01:46:17](#)):

Yeah. Like the simplicity of life, are you doing what you should be doing? What do those look like? Yeah.

Freddie Kimmel ([01:46:22](#)):

You know, do you go once a day, like full, complete formed, if not, like make some changes and, and that's something you, you really can hack that yourself. It can be challenging. It was really challenging for

me with all the scarring and the, the thing, you know, I had to do all these funky things to be able to poop, but God, you know, being able to go and, and then, but if you're not doing that, you know, if you're not doing that and you wonder what's happening in your body, if you're, if you're going to bathroom time that one time a week, two times a week, which I hear that all the time you know, you got to take out the garbage. Absolutely. And from a cellular level, there, there, there is retox suffocation. So that affects brain function. If you're not doing that, like something as simple as like a \$2 coffee enema people.

Freddie Kimmel ([01:47:08](#)):

And that sounds drastic to people, but I'm like, listen, I mean, I went through it. That was a huge component of my healing was adding a coffee enema at home. I don't need to go to doctors for that. Believe me, there's many YouTube videos. You'll look it up. You know, it's a big treatment methodology, dr. Rao's clinic, the Gershwin clinic. And it, and it works. I mean, the only, the reason I say it works is because after it, I would have much improved brain function. I don't search for words, you know? And, and, and the coffee enema was a, was a big thing and it was cheap. And it helped me detoxify when I wasn't pooping as much as I should have. You know, I don't sweat. I have a very low body temperature after chemo, very low and probably, you know, probably tank the thyroid a little bit.

Freddie Kimmel ([01:47:53](#)):

You know, I'm still playing around with that, trying to get the thyroid in the perfect spot. It's very challenging after Lyme mold and cancer, will it ever happen? I don't know. You're going to strive for it. Yeah. I'm gunning for it. I'm trying to figure out the temperature gauge so that my body's cold and I don't sweat, even when I work out. Hmm. It's, it's a challenge for me. So I really try to commit to being an infrared sauna, you know, you know, sweat, but you can, you can do, you can buy a board from Home Depot and get three infrared lights and build us on a board in your bathtub. Yeah. And sit on a stool and sweat, you can hack, it. Doesn't need to be a \$5,000 ClearLight sauna, you know, I can give you like, and that's the cool, the cool thing about my path is like, I've done it all.

Freddie Kimmel ([01:48:35](#)):

I bought it all. I'm like, I can show you the \$200 version, the free, I can show you the \$15,000 version, if you want it to be like lifestyles of the rich and famous. They're both probably going to work as good at the end of the day, but you have all the you disability to take care of all these things on your own, which, which you know, you're like, Oh, these all sound, you know, the, the dirt, the water obviously the clean, the food, you know, the food, if you're going to eat food covered with glyphosate, glyphosate was just, you know, we just, they just lost a huge court battle about causing cancer. It's a biggie. That's not even an unknown anymore. We're in the terms of smoking. Now, we don't, it's not like, well, it's still up in the air. And I watched people, you know, all of the organic vegetables are so expensive, you know?

Freddie Kimmel ([01:49:22](#)):

And the thing, the thing about it is, is like, okay, if you don't want to eat organic, you know, know that now it's, it's, it's highly scientifically proven that if you don't want to do it it's also will affect the life health and joy that your children experience because it's passed down not only through the umbilical cord, but through DNA, trauma is passed or DNA. So, so along with that, the environmental toxicity that you have to take responsibility for, we have to pick it up. You don't need to wait till you have cancer or mold or Lyme to come see, you know, to come visit a clinic. Why would you? And what I would love to see is I would love to see some sort of a less, a lower barrier to entry on a clinic. That's not a doctor's

office. Why have it, why do you need to go to the doctor's office? Why can't you go to why can't some model where Equinox or a gym you know, adapts, you know, a sauna, a pump device and, and an, a red light bed.

Caspar Szulc ([01:50:26](#)):

There is a bridging of the gap between, you know, nothing and everything. Again, it can't be black or white. It has to be this middle ground. We have to give more respect, I think, to different practitioners in the fields. Meaning right now it's either you're a physician, or I'm not really listening to you so much, which is crazy to me. They're incredibly educated people out there who are holistic life coaches, nurse practitioner, like all the whole gambit. Right. And they may know so much more than your specialist. Who's telling you that, you know, just take these pills and that's it. And you're right. You have so much power within you to do so much with so much you can do without spending money. Believe me, right. Even the idea of just breathing we're under oxygen aid, where we're usually in shallow, stressful, you know, sympathetic state of breathing, right.

Caspar Szulc ([01:51:13](#)):

Just take a few minutes, stop at your desk right now and take a few really deep breaths, but just three or so will activate your parasympathetic, make feel good, release some dopamine. All these things, insanely like stupid. In some ways you can say like, yeah, breathing is going to heal me. No, no, no. It's healing you all the time. First off. And it's one of hundreds of steps that are free, that are putting you in a healthier place. That's what I'm saying. I would love to see people. And we created this like empowered healing program. That was, what do you do in those wonders? 67 or so hours of a week that you're not in here, you're spending one hour in here getting an IV, other treatments, you know, emotional work, light therapies, PAMF. Yeah. What are you doing the rest of the time? Because if you're taking steps back that go against what we just did, giving you two steps forward, and it's not fun. You have to take another step forward while you're out there in the world, eating well, getting your hands in the dirt, drinking good water. So these are really great tips. What's next for you? You're a man. Obviously it seems like you're still in that limitless state here coming up and stuff.

Freddie Kimmel ([01:52:21](#)):

Yeah, I know. I know. And I haven't like, you know, I got up at like six 30 this morning. I don't know what time it is now, but we, you know, was it noon must be 1220, 12, 20. Yeah. I haven't eaten, you know,

Caspar Szulc ([01:52:33](#)):

I'm starting my first fast with the ProLon. Oh yeah, you're doing the first one. I'm trying it out. The nurse is your God. I'm trying. So today's day one. So I have my, just a little bit of black coffee in the morning and water. That's it. I got, yeah, it's

Freddie Kimmel ([01:52:46](#)):

Good. It's good. It's it's a good fit. You know, fasting is great. So I'm, I do, I'm like always amazed at what I can do with like, you know, the body just has the body has energy. Did I coil last night before I went to bed? Yes. Is that daily? It's it's four days a week for five days a week. I try not, you should take two days off. It really does make a difference. Like when the batteries charged, you know, every everything's going to be better, period. So that's, that's the one thing just to, just to go back before we go next, it's like you can hack a lot because of the world that we've designed, it's challenging. It's more toxins than ever before more non-native frequencies than ever before. There's there's [inaudible] I think longterm I

don't know this, but I would imagine unless you're on a desert Island with like completely organic food you're you might need some outside of the box assistance, you know, living in, in the modern world to really, really, really be a high performer.

Freddie Kimmel ([01:53:56](#)):

I do. I do. I think, I think of, you know, every single friend I have and I, I don't judge, but I witness and I, and I think I was like, Oh yeah, you're going to need help with that in a couple of years. Yeah. You know, it's, it's the reality. Yeah. It's funny that you joke about having diarrhea all the time, but Oh yeah, no, I can't go there tonight because you know, it needs to run to the bathroom. It's like that shouldn't be joked at anymore. You crapping out your whole immune system every, every day and it'll have an effect, like very, very you know, not fear-mongering, but it'll be serious one day until, you know, it's not till it is right.

Caspar Szulc ([01:54:34](#)):

And it'll be slow and you'll probably be able to sustain this lifestyle for a little bit. And each day, you know, you'll take it up a little higher on the temperature and boiling that frog in there. So you don't feel it, but you don't even remember what it's like to be healthy anymore. Now that years down the line,

Freddie Kimmel ([01:54:50](#)):

People don't, I just had Kiran Krishnan on from microbiome labs. He's got a great probiotic [inaudible] game changer for me. And you know, they tested like a hundred pro athletes, high level Olympic level that everybody food looked at the after meal spike and inflammatory proteins coming from a leaky gut situation, 50%, 50, 50% of those are top performers or athletes. So just because you're ripped and healthy and, you know, high performer doesn't mean you've got a good gut barrier lining and doesn't mean that you're going to feel that you're having a permeation and things go into the blood system, that shouldn't be there through a decreased gut lining. I mean, it's a really high percentage of people that are going to be experiencing this. And if you're not working to repair it, if you're not working to reverse the damage, it will be there.

Freddie Kimmel ([01:55:45](#)):

It's just, when it's not, you know, that's my big thing. It's like, don't, don't wait until you're sick to do some of the shit anyways. So what's next. What's next is I am, you know, I would really like to, I would really like the conversation around, around health and wellness to change. Again. I don't want people to wait until they're chronically ill to try some of these things. Yeah. I would love it. I would love it if it was just a normal conversation that, you know, after, after we all knew that after flying in a plane, being exposed to all those wonderful fumes in the cabin that we knew to run, run a frequency program, to help the body detoxify that we just had a light bed in the house. It was just more norm. So just opening up that conversation to more and more people and, and showing that it's accessible.

Freddie Kimmel ([01:56:34](#)):

You know, I, I do have a lot of friends from the Broadway community that have like dip their toe in the water. They're like, Freddy, I have a red light on my thymus, but you gotta be like Bravo. Right. Yeah. It's awesome. But you know, I had a couple of friends buy amp coils, you know, which was a huge leap of faith or like, am I really doing this? I'm like, you're really doing it. It's going to be fun. Trust me. It'll be cool. You know, am I, am I really, am I really just bought I've just bought a sauna blanket. You know, I got a higher dose on a blanket that I have in my house. I'm like sweating every night. I'm like, that's great,

man. You know, and it's, it's, it's so cool to see. So I love that to be more, more of a standard conversation, you know, I want to blend, I have not given up on performing I've I've taken a year to really be with amp coil.

Freddie Kimmel ([01:57:21](#)):

And I see that continuing, you know, I, I I love the people. I love that community. I want to, I want to see that just become more and more part of a normal conversation. I, I do a podcast called the beautifully broken podcast. And we're at show 64 65. I know. And I was, I was, you know, I was, it was really hard for me to start the show because I was like, who am I to talk about health and wellness? I'm not, I'm not a doctor. I mean, there's so many great podcasts out there. There's wonderful speakers. There's people that have had war. I literally say this to myself when I was doing my writing journaling on coming up with an idea. I'm like, there's people that have worse cancer than me. Oh, you were literally, I'm not sick enough to talk about this.

Freddie Kimmel ([01:58:06](#)):

Who am I? And you know, you break through that and you do a bunch of shows and it's really good. And then, and then your year one happens and you're like, okay, now I really need to decide why I'm doing this. Cause it's a lot of time and a lot of effort, I really believe in it. And I want to keep going. I want to keep expanding. Again, it's, I think it's a great way to reach people in a conversational manner. It's much more accessible than reading a white paper. Maybe if I read five and do a little mini Fred talk on it or something. And, and I, and I also wanna, I want to blend, I want to blend what I did on stage storytelling with some of the stuff I've learned and, and, and whatever doors that opens as far as experiential you know, bringing some of this stuff to the mainstream, to television.

Caspar Szulc ([01:59:00](#)):

Yeah. That would be great. I mean, I, yeah, I've been approached with that whole like documentary of looking at the best stuff's in medicine. I think it's wonderful. I also think it has to be done the right way. It's gotta be done

Freddie Kimmel ([01:59:10](#)):

Right way. And I'm not even as much as I love documentaries, even when they're on my side, I hate them. Yeah. Cause I was like, well, shit. If I buy this, if I buy forks over knives or I buy Vaxxed, you know, and the, I really got to look at it with discernment and say, you know, it's like, I love Michael Moore. And he does a great job at storytelling to his beliefs.

Caspar Szulc ([01:59:33](#)):

And it is, it's a little bit, always an agenda to it. Right.

Freddie Kimmel ([01:59:38](#)):

How do you present it in a way that's high vibe and accessible and not dogmatic? I do think there's a way to do. I think it's in the reality television vein, I think it's using a family or a person or a, a, a real life example where the rubber meets the road.

Caspar Szulc ([01:59:56](#)):

I think that would be great. That's what I've been told by documentary documentary makers. I just had like Fraser Bailey who do root cause who was kicked off of Netflix because it was, you know, against the Ida. Right. So then you have like controversy and of course it was his story though. So it was going to be a little bit skewed because he went through it and he was, Hey, this impact me badly. So I'm going to talk about it badly in some ways, very similar story. I mean, right. Yeah. And that also a, did it really help? I don't know, because now it's like, Oh, it's been dismissed this wrong. Right. It got kicked off Netflix. And, but it also opened some people's eyes. So again, you have this polarization of fans of like, some people picked up on, it said it was great. Others said, no, that can't be right now. I'm just going to continue down that road or whatever it is. So it's hard because I think a lot of people want it to be one way or the other. They do dogma, like not being dogmatic is not sexy. Like it's also easier to sleep at night when it's black and white. Yeah. You're right. You get that confirmation, you snuggle up and be like, told you, you need to sleep at night.

Freddie Kimmel ([02:01:01](#)):

You know, that's, that's, that's true saying, you know, for a reason. Yeah. So it's, you know, whatever way to to bring that forward. I do have some ideas. I do have like a pilot together and stuff. Yeah. I do have taken it that far. Yeah. I do have a filmmaker who is, you know, he's, we're we're, as I mentioned before, we're creating, you know, part, part, I love explaining things to people and then accessible form. So, and it is funny now that I'm doing that with amp coil, right. So we're making a video training series. So what I, what my, my goal for this project was is that no other technology in, in the frequency Pam, you know, biofeedback bioresonance world will be able to say they have training like amp coil, nobody. And, and I think, I think that'll be true when we're done.

Freddie Kimmel ([02:01:49](#)):

It's it's really, you know, I've scrutinized every, every and the members of the team are scrutinizing it. So, you know, is as intimidating as it could be. It'll be like, what frequency, magnetics, how is like Stanley in Idaho has never heard the word functional, going to be able to use this at home with confidence. And that's what the course is. And even better explain it to their friends when they leave, because that's a big one. We have people come into this center and to, you know, get better. And then they're asked, you know, how'd you do? How, I don't know some kind of magic they do there. I'm like, Oh no, we'll do our job. Or even worst treatment. The thing treated. And it killed the bacteria, which just really, you know, at the end of the day, like under a microscope in the body, do you know what's happening?

Freddie Kimmel ([02:02:38](#)):

No, but we know the body's healing mechanisms, for sure. We know how that works. When they're functioning, we've seen it be delayed and you fall in a chronic illness, you get some energy, you move some block blocks out of the way and you see the body heal itself. Yes. I mean, let's us, you know, we can, we can, we can theorize all we want about what's doing what, but I really, I it's, it's like we said, signaling information to the body. So I really, you know, I'm super excited about that project. So the podcast, you know, hopefully more speaking stuff, you know, melding that like I do, I love people, you know, I love talking to people. I can talk all day long every day. And it charges me up. I feel my frequency, my vibration being raised to this limitless state, by engaging it, sharing by myself, you know, that's been the hard part of quarantine, right?

Freddie Kimmel ([02:03:32](#)):

It's like, I don't, I work a lot especially the last 18 months, two years, a lot. And because when you're working for a new company, you do, you're, you're creating the way you're creating a new conversation. There aren't other people combining voiceprint, magnetics frequency. It's, it's a new thing. It's a new paradigm. It is. It's pioneering. It's hard. It's hard. And, and believe me, there are so many times when you know, the hardest thing is like, the hardest thing is, cause you feel for, for everybody, when somebody like comes at you online or like, you know, calls, like they call foul, like this thing didn't work for me, this isn't real. And you're like, ah, you take it. So I take it personally. No, I understand. I live and breathe this right. Since I was little. So hearing that here also is like, I want, I want to, I mean that bleeding there's times when I want to quit and I want to go do something else, I'm like, I could easily go do my podcast and coach people. I could make all the money I want, I could go buy another house and do an Airbnb on the beach. Right. And I could set it all down. I have that, you know, I, I do, I, my, my, my people who work with,

Speaker 4 ([02:04:43](#)):

What are you saying? But I do. I mean, honestly, like

Freddie Kimmel ([02:04:47](#)):

It's really hard and the judgment of other people, you know, that's probably probably a reason why I got sick is because I let people's. I, I mean, I don't think I do, but what's happening on the undercurrent. What we don't realize is like my conscious brain making decisions and being super, super present, it's a small sliver. The majority of it is programming that my body's just responding and reacting to things I've learned from my dad, my mom, as a child, like, you know, falling downstairs, whatever it was that what's safe and what's acceptable, what's dangerous. What I'm sexually attracted to anything it's all programming to, to a degree. So it's it's, it's fascinating to me how we can navigate that and instill like, you know, move with a little bit of grace and love and this human experience. It's you know, it's, it's challenging to do that.

Freddie Kimmel ([02:05:41](#)):

So with that, you know, with this incarnation, I often joke to everybody, you know, we can choose to sit and, you know, the inner circle of amp coil, like we can, you know, we can, we can choose to figure this out together, or we can just, we can throw our hands up and like walk away. I could throw my hands up and walk away. I will meet the same circumstances, the same challenging people, the same, like hurdles in, in another circle. And then I'm going to, and until I learned that lesson, I'll probably get the same lesson you will. I mean, when you see that in dating, right, absolutely. Right. You get, why do I keep being presented with this person who is like, not validating me, you know, not honoring me, what, you know, we hear the story from our friends all the time. We're like, Oh my God,

Speaker 4 ([02:06:26](#)):

Right? The outside perspective, Sherry, Sherry, you go to these guys, you go to them again and again,

Freddie Kimmel ([02:06:34](#)):

Like, are you a magnet for them? Yes. Because you don't learn the lesson until we do. And that's across the board, across the board. It's not the health business with finances. No, it's not different. So, so you got a good amount of going on. You got, yeah. Yeah. It's exciting. And I want, I not also want to continue to work on my own wellness, you know, limitless energy, thoughts, vitality, all those are great. Mmm. You know, if I want to get a little vulnerable, I still have some like good joint pains. Sometimes I have

days with none, zero more, zero days than I do bad. But when I get a flare, Oh man. And I, I tell everybody around me, I'm like, my hips feel like they're not getting knocked by like sledgehammers. Like, and it really hurts. You know, is it triggered by stress food? Like doing too much? Probably all of it. Right. But the body, my has been patterned

Freddie Kimmel ([02:07:36](#)):

To see something. Maybe it's a Walnut is a threat. And then when I have a really bad phone call with the Walnut and then I, and then I'm in the, in the, in the room that's moldy. I get all three, I'll get a flare. Yeah. So, you know, and it's, and it's funny, it's, it's, I hate to paint that picture for people that you'll always be with your thing, but not necessarily, but to a degree, I do hear that, you know, I do hear people that get over chronic fatigue and they're like, they're over it. And, and, and we'll talk and I'm like, how are you doing? And they're like, man, I'm having a really tough day. Right. And I think that that's really honest of you and very accurate of what people do with enlist. It goes across the board. I've never gone through a true chronic illness.

Freddie Kimmel ([02:08:19](#)):

That was terrible. Of course I've been ill, I've gone through things, but even I have those bad days, they're triggered by something, you know, are true and I will feel fatigued. I will them. And that's not even, you know, the, the memory of some kind of real war that I went to with a cancer or anything like that. But that's just living life and understanding that health is like that. And even more so when you've been through a true war like you have, and I think, you know, there is this idea of, of cell memory and the memory of that. It may be gone, the lime, the folds and everything, but there's still memory that can be triggered, right. Information is still triggered and you're having a response to it just as you wouldn't allergic response to something. Yeah, I, yeah, I did some, actually this would be a total and other podcasts, but I did a little bit of experimenting with a little bit of plant medicine lately.

Freddie Kimmel ([02:09:08](#)):

Oh, okay. I know a lot of people that have gone crazy and said amazing stuff and others that have not. Yeah. And, you know, as a, you know, full transparency, like as a, you know, like, Oh, who is this guy drug user. But like, you know, in college, like, you know, you do some mushrooms or whatever and sure. And some stuff. So, so, and, but reading, you know, like Michael Poland's book, how to change your mind. And then there's obviously the, the maps work like looking at, at psychedelics for to change depression and of life, like just PTSD, GSE, everything, and having an incredible, incredible results across the board. You know, seeing mushrooms activate the brain in 30 minutes, as much as like four months of antidepressants, right? Like the brain just went poof. Now don't everybody go out and do mushrooms.

Freddie Kimmel ([02:09:53](#)):

But so I, I had this experience where I, you know, I like, it was really like the, when I say the trauma was released from my body, like I died, like I screamed for four hours. Like, you know, it was, it was very painful and, and at the same time, it like it, let me see. And it w it's not like a, it didn't all go away. It was literally like taking the cap and going, Hey, well, this is in there. This is in there. This is in there. You've got an insight into what's on, I got the curtain pole that was like, it pulled the curtain back. And like, for two weeks I had this pain behind my heart, like right behind my heart. And I was screaming. Like, I couldn't, I couldn't ask, I couldn't, I couldn't get at it. And my friends are like, they said, you were screaming.

Freddie Kimmel ([02:10:51](#)):

Like, why can I just ask for what I need, you know, in the midst of this three hour, like very, very tense period, which, you know, we could go on and on and on. But, but it was, it was fascinating. And, you know, my, my my takeaway is like, there's so much work to do. Right. And you'll always be doing it. I'll always be doing it. There's no finish when people sell you. This was going to get you across the finish line. Yeah, yeah. Go away. Once you get through that finish line, just start your next one. Anyway. So of course, I guess you're racist. You're a professional racer. We're having races every once in a while. Totally. But that really opened you up and kind of made you see things a little differently and see that, that there's still tons of work to be done.

Freddie Kimmel ([02:11:37](#)):

Yeah. Tons at all times tons and a very strong parallel. Mmm. A very strong parallel of, of some of these plant medicines with, with frequency, really each plant is a frequency of its own. That's correlated. Why do you take milk thistle for liver or, you know, lung work for the lungs. And they have the names in them and everything because they have a vibration. Yes, totally. So it was really interesting. The, yeah, just to have the veil pulled back a little bit and to see that there are so many similarities happening in all these circles and like, whether it's chronic illness or dating or your finance life, it's, you know, they're very similar lessons that we're working through. And then we'll, we'll, we'll discover and then we'll move on to the next one. Yeah. Beautifully said. And I think we're all trying to pull the curtain back.

Freddie Kimmel ([02:12:26](#)):

Some of us don't want to know when we really should. Yeah. I think it takes some courage to do that. You've been doing that. And there was a lot of courage in that. So that's awesome for you to be doing that and to be sharing this stuff because I love amp coil. I love all this frequency stuff. I think it is the wave of the future, right. Is going to go into that. We knew that science for the last hundred years, everything has been about energy since Einstein and all those guys back then figured it out as quantum physicist and changed the way we perceive even everything in reality. So I think it is the next steps to everything, any final words for the audience that are listening today and heard a lot of different topics and some of my good markable story, but anything you want to leave them with. Yeah. Don't, don't, don't place your joy on your day to day fluctuations in health at your worst state of being in a hospital bed with horrible brain fog, you can still choose to be the reason someone has restored faith in humanity. You can choose to be that for somebody.

Freddie Kimmel ([02:13:31](#)):

It can be a moment does not have to be all day,

Freddie Kimmel ([02:13:34](#)):

But you can, you can give that so you can give the gift of that to some, another human being. Yeah, you can, you can do that is a, as a listener is a very active listener. You know? The, the only other thing I would say is, is if you're feeling good, if you really feel like you're thriving and you've got a wonderful life, just pick your head up and open your eyes and see who you can help, because there are so many people that need your help. I need your help. You can help me. You can help the beautifully broken podcast. You know, you can help this mission. You can help amp coil, you know, you can help this center. You can help individuals, but, but just if you're having a good life and you want you, you are lacking purpose, just pick your head up and open your eyes. Cause there are so many people that, that need help and there are so many good. There are so many good movements right now, you know, the

movement to clean up the ocean. And like the next seven years you can get on that train. There's so many people that need your help. So there is no time in this lifetime or a hundred years on the planet to be bored.

Caspar Szulc ([02:14:46](#)):

Awesome message. Yeah. And I agree with that a hundred percent, it's a weird, strange time. Everyone's saying it's also an incredible time for opportunity for people doing so much good. You know, you just have to open your eyes and you'll see it everywhere. And then if you want, if you're feeling like you have a lack of purpose, which is so essential to longterm health also, so you'll be doing good for yourself by helping others. So that's awesome. Where can people learn more about you and coil?

Freddie Kimmel ([02:15:13](#)):

Yeah, they can go to amp, coil.com. We are very engaged with our audience. You can, you can sign up to be on the community call, which I mentioned before, which you can come to for free a zoom call. I host that every month. So we can commune on there. We get an expert in maybe you'll be a guest on our community call of one month. We would love that. So we'll, we'll tee that up. You can also, you can, you can hang out with me on the beautifully broken podcasts, iTunes, Google play Stitcher. You can always reach me through I have a website called Freddie set go. That is my coaching platform. Friday seco.com. I'm in the process of hiring some functional medicine coaches along with myself who have been trained on the highest level is guides. Not doctors, just guides to be a sounding board for you.

Freddie Kimmel ([02:16:05](#)):

It's a great platform. You know, you can email, email me there or sign up for a free consult, do free consults through Freddie psycho for 20 minutes. And you'll be paired with a coach, maybe myself and, you know, again, the the coaching relationship, it's so big. I need a coach. You need a coach. If you want to move forward faster, and you want to maximize, you know, the 10,000 hours for mastery, they say it can be minimized to 2000 with an expert high level coach. I really believe in that, especially when you get someone who is not dogmatic about what you need to do or trust me, the person that's trying to tell you, maybe they have a system. Maybe it's a great system, but usually it's the individual. I think the one-on-ones, you know, the small targeted group coachings, which can be really magical and move you forward quickly. So those are, those are the spots ready, set, go on Instagram, Freddie Kimmel on Facebook, you know, almost kept on Facebook at 5,000 people. And you know, I'm looking at these new things. I'm looking at tick tock. I'm looking at Snapchat.

Freddie Kimmel ([02:17:15](#)):

I don't know if I'm ready to jump another social platform.

Caspar Szulc ([02:17:19](#)):

It's a lot of work to get your word out to as many people's posts. I could see that. And it's amazing. You're doing that. I do recommend everyone go out there, look into this stuff, look into what Freddy's doing. Look into amp coil. If you're suffering, this is a wonderful device and it really could. It's not the cure to wonder we've established that, but it could be a part of your journey as, as you lead into healing and into going forward. So yeah. So Freddy, thank you so much for being,

Freddie Kimmel ([02:17:47](#)):

Thank you. Thank you for being here. It's awesome. Experience. It was so fun.

Caspar Szulc ([02:17:51](#)):

Yeah, no, we, we covered a ton of time on the clock. Our time. This will be the longest one, but well worth it. Thanks again, man. I love it. I want to leave you with a quote from Friday, I've gained the awareness of what truly matters, the knowledge that I can do anything and faith in the strength and power I possess as a child of the universe. I am here for a purpose and openly accept what comes next. That's truly a beautiful way to approach life. And it's a healing one, no doubt. If you're dealing with any health condition, you may want to look into amp coil. As I mentioned in the interview my father, that's Dr. Szulc, was one of the first to do research into PEMF and the various benefits it provides in healing, not just from injuries, but also from chronic disease. And as Freddie illustrated, so much of your healing journey happens in the invisible spectrum of energy, wavelengths, and vibrations. That's where the shift happens. Until next time, keep writing your own healing story.