

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

Did you know that North America and Europe, people usually spend about 90% of their time indoors. And since it's 2020, that means most of us are spending our times in our own homes. While many are investing in standing desks, pelotons, and new cookwear, others are going beyond this to better understand how to harmonize their direct environments for health. If you've never heard of sick building syndrome, look it up. And if you think your home environment is truly healthy, I'd think again, from electromagnetic radiation to geopathic stress and free radicals, there's a host of invisible elements in each of our homes that may be slowly contributing to disease progression. So today we're going to go over what you can do about harmonizing your environment in your own home with a frequency therapy device. This is the story of some of Somavedic with Juraj Kocar.

Caspar Szulc ([01:12](#)):

Juraj thanks so much for being on the podcast.

Juraj Kocar ([01:14](#)):

Thanks for having me.

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

I get that you have a degree in IT. You've dealt firsthand with illness yourself, but I'd love to hear your story of what actually led you to become the CEO of a company that produces frequency, harmonizing devices. That's even hard to say. And I want to get into that a little bit later, exactly what that term means, but let's start with you. Tell us about your story, about what led you to where you are right now with Somavedic.

Juraj Kocar ([01:41](#)):

That's quite a long story. So I'll try to make it short and hopefully interesting at least a bit.

Caspar Szulc ([01:49](#)):

Give us the abbreviated version.

Juraj Kocar ([01:51](#)):

Around 2012, I was suffering quite a lot of, with different health problems, the like blood pressure, chest pain, brain fog, and a lot like lots of different things.

Juraj Kocar ([02:03](#)):

Basically the doctors told me like, you know, the pills and you will take them and you'll be, you be healthy. Or, but I still like, yeah, but when will I be like healthy? When, when may I stop taking them? And they said, no for life. So I was not satisfied with that answer. And I try starting my whole like research into like everything like food, lifestyle and supplements. Yeah. Eventually after like more than like a year of research, basically I drastically changed my diet, all the things that I was suffering from the last four years, all of a sudden went away in just the med there, or for less than six months. So I was blown away by that. So this started basically my self healing journey into a, you know, to living like the whole healthy life and healthy lifestyle. And I started to be interested more, how's fascinated into ancient Egypt and the pyramids and everything.

Juraj Kocar (03:03):

So I was doing a short research on the pyramids and how they are affecting the food and water and everything. A friend of mine was selling them. I've paid him a visit. And basically he had in his living room, there's a glowing lights everywhere I've asked, like, what is that like? It's, it's really fascinating. And he said like, yeah, that's a somavedic, it's really interesting. I've been working with it for, for a few years now. It has some amazing effects. And he told me like some amazing stories that happen with the, with the Somavedic with people that, that had it. I was immediately fascinated by it and drawn to it because as I always wanted to like help people, especially in, in the health and wellness space, I found the Somavedic to be the perfect manifestation of what I wanted to do, because it was a product that, you know, could scale that you or I could bring like to the worldwide audience.

Juraj Kocar (04:07):

So that could potentially help a lot of people. This was about three years ago. I started helping him a bit. In how to enter the US market, some advising on the, on the, on the webpage, on the strategy and slowly throughout the time it was like a part-time then basically. Yeah, it was in 2019 beginning, 2019. I visited the, basically got a meeting with the founder, Yvonne [inaudible], who's a very good friend of mine. And I told him that I want to go all in. I wanna like set up a, set up a company in the US and let's do a us branch and let's go with the Somavedic like, to the worldwide audience. They agreed. And in September, 2019, I landed in LA and spent three months in San Francisco, setting up the company like building network and relationships and everything. And since then the Somavedic its growing really fast, organically in the US word of mouth recommendation. So this would be in a nutshell, but one thing to mention would be that Somavedic is not the new, but like a product. It's the first product I was introduced in April, 2011. We just entered the US market last year. This would be in a, in a, like a really, really short story about how I bought into it.

Caspar Szulc (05:43):

It was a great cliff notes. And thank you for shortening, you know, it's, it's an amazing story really, because I've always found that so many people, once they go through their own health struggles, after they regained their health, they go on to find other things, other things that give back in a sense, I call it, paying it forward. Correct. Yeah. And so you getting involved with this company and now being able to provide this product to a broader audience and truly help them is really paying it forward for your own experience. So that's why I do love these stories. That's why it's called your health, your story. Cause there's always a story behind the product and I want to get to that and I want to get into the product very shortly and exactly how it works and tell the audience what is really going on the science behind this, because there is science behind it.

Caspar Szulc (06:29):

But first I want to kind of set the stage of what is the problem that it's actually solving. When you guys talk about harmonization of the environment, you hit on three things. I've noticed, it's EMF exposure, the quality of water, and also free radicals that we know lead to oxidative stress. So let's start with EMF. Why should we care about EMF, 5g, wifi, these seem like wonderful things. We're all sitting on our gadgets right now. We're talking on something that's giving off some sort of EMF radiation. You could say, why is that something we should be looking at to not only correct, but minimize.

Juraj Kocar (07:09):

That is a very good question and quite a profound one where to start. So we do wellness that EMF is doing harm to our bodies and cells is quite low because even though there are lots of studies like hundreds and hundreds, showing that it has negative effects on our brain, on ourselves, on our blog, on our cardiac basically stress that industry that is basically behind, behind it for them, it's enough to put out a study that is showing that C like the EMS are not harmful. And then you have this, the plant that seed and two sides that like one is saying it is harmful. Second one is, is not harmful. It is like a debate that is a never ending. It's a similar story with the tobacco industry. Very, very, very similar that even though after they were convinced the tests show that you'll get cancer from smoking and it took another 40 years for the industry to admit it because it's a huge money behind it.

Juraj Kocar ([08:21](#)):

So we are in a very similar, very similar situation. Of course like the technology I do. First of all, I, I have nothing against technology. I do love to be like online, to work with Skype, zoom, remote, working, all of that. It's just the safety standards with the current technologies are very old and they don't evolve with, with what is going on now as the strength and the numbers of are growing basically exponentially. So it's like billion times higher, the EMF soup we are bathing in. Then it was let's say, 20 or 30 years ago. And why it is also important is that it's quite subtle and not many people can feel it, but when we are living in it, like 24 hours a day, there are like negative effects on of it. And people can, can find like lots of materials, if it's enough to, to Google. And then they will, they will see that. Yeah,

Caspar Szulc ([09:34](#)):

Absolutely. I always like to say, it's very subtle. It's like a drop in the bucket and you could have a large bucket going into it. That's your predisposition. You could say your genetics determine how you're billing to deal with something like EMF, radiation, toxicity, chemicals in the air, and each one is a drop. So each time you're on your phone, it's almost a drop let's say, or if you're sleeping near wifi and it's on while you're regenerating, of course that's another drop sooner or later, we have thousands of drops around us, right? We're wearing technology now, all on us. We have multiple laptops, tablets, kids are always on them. So these drops add up. And as we know, water can cut through the toughest stone over time. That's how many of the river, that's how the grand Canyon was for, you know, we have to be cognizant that even though it's not something like a heavy dose of radiation, wherever you walked into a nuclear plant, and then, you know, a minute later you'd be dead.

Caspar Szulc ([10:29](#)):

We are talking about somewhat similar thing. This is radiation. The strength of it, of course is going to be different, but we still need to be cognizant because you look around, I look around me right now. I'm just surrounded. You know, whether it's the microphone, whether it's the laptop, my cell phone, these are things that are artificial and they will rip through the body at all times. And even though they might be somewhat low in that spectrum of power and radiation, we still need to be very cognizant about it. So I think with the best one, the most actually understood one. You could say, now is EMF of the three. I want to bring up, well, what about quality of water in structuring water? Because that's a very interesting topic. I've been really looking at a lot. It's not about purification, just the water it's about structuring. So can you go into why that matters to us? Because I understand some of Vedic also impacts the structure.

Juraj Kocar ([11:23](#)):

I will go do that. Of course, in a way that basically everybody can, can understand from the research it's been shown that the structure of the water is much more important than the, than the chemical composition in our cells, in our bodies in cells, there is basically only structured water to get the best hydration for our bodies or to have the best bio availability of water. It's in ideal case, we should drink structured water, which can be of course, found in nature in informing rivers, for example, but the water that we are buying like the bottled water or tap water, it's just counting. I mean, if you would freeze the crystals of the water, if it's structured water, it would look like a snowflake. It would be very nice shape. If it's non-structured water, it would basically be very like Celtic. Basically the one who brought it to mainstream, the one scientist was mustard of Japanese scientists that show various experiments with how you speak to the water, how you think about it.

Juraj Kocar ([12:38](#)):

And even now children are doing experiments with apples or, or we dry that you put the positive or like emotions or ideas and new ones are negatives. And you could see that the oxidative process of the Apple or rice or whatever there is, it will be like much faster. So in a, in a nutshell, it's, it's the most natural state of water that we basically shouldn't drink. And if you don't have a device that is structuring water, you can only find it in, in flowing rivers in case there are, of course there's drinkable water.

Caspar Szulc ([13:22](#)):

It's an interesting subject because everyone believes water is water. If you drink it and it doesn't have chemicals, it is, it quenches your thirst. But as I've spoken to more and more experts, you know, it's not the same. You're right. The bioavailability changes the usage of the water, the efficiency of it. And of course we're 60 or 70% made of water. You're mostly water. So it's incredibly important. And only in the last hundred years or so, have we abandoned natural sources of water for more of this tap water floor, unaided water, all of these different processes that are chemically induced. And I do believe that's part of the problem of why more and more of us are getting sick. It's incredibly important to understand that structure water. And as you mentioned, dr Emoto's work the hidden messages in water, beautiful books to read about that as well. The final piece I wanted to go into here here is free radicals and oxidative stress. Right? Tell us a little bit about that. And while your environment is impacted by free radicals and what we could do about it,

Juraj Kocar ([14:24](#)):

There are lots of influences that are affecting are basically the levels of free radicals in our bodies. It might be stress, lack of sleep or your lifestyle, of course, EMF, because the, one of the things, for example, EMF is basically causing on a biological level, but the oxidative stress so of ourselves. So we higher levels of free radicals in our bodies. This has been measured again and again, what we've done and what the, what, how we've measured, the sum of Vedic effects on on, on free radicals. It's quite an interesting story. It was just last year when we approached some influential doctors here in Czech Republic, and they were quite skeptical about the, like some of the attic. So we gave them free, radical test strips, you know, that you measure your for free radical levels, but your urine with your morning urine.

Juraj Kocar ([15:27](#)):

And so they done the measurements and basically both of them had high levels of free radicals. They got quite scared because I know they are, they are doctors. They know what, like, what does it mean? So we've gave them some of Eric and they were supposed to do the measurements again in two days. And

they've done the measurements and the levels of free radicals showed the, that are like normal. It was like normal, normal levels. And they were blown away by how like immediate effect it had. And since then, basically they, they are our supporters.

Caspar Szulc ([16:07](#)):

That's great because once you show some, it's so hard, especially with these things, cause they're unseen and you talk about EMF, the structure of water, you know, free radicals, these aren't things we're visualizing. It's not like you could see sometimes, you know, asbestos or something like that. That's visual. And you suddenly, we connect as a society with something that's visual, but you will never see the spectrum of radiation that is around us. We see such a small spectrum in the color fields. If you saw everything else, it would be blinding to us that is going through us all the time. So it's amazing to show someone that improve it a little bit and have them come on board then. So that's, that's great. You were able to do that. So let's jump into some of Vedic itself because first off, great job on the design of it, because it's like this glowing or of like a UFO and we have it in our medical clinic. Everyone's like, what is that? I want one, they don't even know what it does, but it looks nice. So that's already a plus over a lot of things that look not as nice and are said to be healing. Tell me about what went into this. And you said it's been around for a long time creator, put it together before, I guess, 2011 or so. What is it that makes the Soma Vedic work in a sense

Juraj Kocar ([17:24](#)):

With lots of things? It was created out of necessity and there is also a story of Yvonne behind the sum of age as he himself was again, struggling with his health, they front the organ failures and everything. The medicine was not able to help him. So he decided to study Chinese and Ayurvedic medicine and different healing properties of precious stones and minerals. And eventually he was stable to heal himself, but he's not like a doctor or anything, but then he was helping other people from the experience that he had and what he learned it was working. And eventually he basically decided to boot all the knowledge into device. And this is how, like, some of it like started when people started approaching him, that they have like problems with geopolitics stress and wind geopolitical zones. And we can get back back to that a bit later.

Juraj Kocar ([18:29](#)):

But yeah, so, so this was the, the first basically idea behind it. And the first prototype was put together in April, 2011 and it already show show the great, great results. And so what is basically a sum of Eric? So inside of each, some of very, there are like precious stones and minerals and precious metals, and there are physically inside and they are in a special configuration. So they, they are like working together and amplifying basically each other and are creating this coherent field around it. So you can think of it as a wifi, but in a good way, central life. Yeah, exactly. It is creating this, this coherent field, that various measurements show that is actually when people are in its field, it is improving various biomarkers. This is in a nutshell what, what is in, in the sum of it.

Juraj Kocar ([19:41](#)):

And how does it work? It is blocked into electricity, but the reason is that we have to keep basically the, because you can't put whatever is inside. You can't take it out, clean it recharges. So we need to keep it working for four, seven hour, eight, eight years and more so that's why you have to plug it in. So it's functioning like a hundred percent, but even as it is based on these first systems and minerals, even

when it's not blood thin, you have about a 60% of fitness of the product because of its hard because of the, basically what it is based on

Caspar Szulc ([20:22](#)):

When it comes down to frequency and vibrations, correct. That's what you're trying to do. And we have to understand that artificial frequencies are sinusitis, just, you know, very ripping through you just going straight. So they're only two dimensional, whereas natural frequencies that we find in nature, normally whether that's Schumann, resonance or others are a vortex and 3d, and that is beneficial to us that actually helps cell the communication, whereas everything else, electromagnetic 5g, wifi actually disrupts cell to cell communication. So you have, you know, stunted regeneration, improper growth, then you could have different types of inflammation and stressors and oxidative stress, basically. So very much like other devices out there, whether it's the bio charger, which use we use in our clinic for different therapies, this is providing you basically the natural frequencies to negate some of those negative ones from artificially made manmade EMF devices. That's really interesting. And to go a little bit further, cause I know some people are saying, well, that sounds nice, but where's the proof, right? Where's the science and you do stay at Soma. Beta has been scientifically proven to improve immunity and accelerate bodies. So can you go into that? Cause I know everyone's ears perk up when they hear scientifically proven and you either get people that really happy or really skeptical.

Juraj Kocar ([21:46](#)):

Yeah, yeah. Go into that for sure. No, I, and I, and I definitely understand it cause devices since like some of [inaudible] or any other product in the frequency therapy space, let's say like sound healing is that is, it might not be a new thing. Let's say in, in Eastern medicine, they're using it for hundreds of years, but for the modern Western society, it is the new something that is still to be like mainstream, but we are go, we are going there. So that's why I totally understand that people are skeptical and want to see the proof. And we of course have done various studies from Germany, from Austria or from Slovenia or Republic. I would mention few of them. And there's a short story behind it. There is behind that as well as basically two doctors order the border, some of it for their own personal use.

Juraj Kocar ([22:52](#)):

And they, they realized, first of all, they didn't feel that much of the difference, but their wives, they loved it. Their headaches were gone, their sleep improve. And with both of them, the plants basically were growing faster. So they said like, Hmm, this is really interesting. So we can see these effects. So let's measure it. So basically they approached us that they would like to measure it. And they designed a small study preclinical study because they didn't want to a full-scale study as they were not sure if there will be in the results. So they've done a small preclinical study with 10 people and they were measuring blood pressure sleep and basically how they feel. And this was with people, basically patients, majority of were about 60 years old and they found out that after the four weeks, their blood with 70% of them, like their blood pressure got lower, the blood pressure normalized.

Juraj Kocar ([24:00](#)):

And there was no, there was basically no other change in the supplementation lifestyle. It was just adding some of verdict to their homes where they spent with in the, in its field at least eight hours a day, mainly during during the sleep, when they were sleeping. So this was quite a profound measurement, you know, like breath, blood pressure. That's, that's huge. And second thing and what was interesting, but it was interesting that one of the patients had low blood pressure. And at the end of the four week,

it got higher, but it was normalized. So it went from both sides, you know, it just basically normalized. So then they were measuring the sleep. Then they found out that they had a longer and more deeper sleep. And what, what was for them even more profound for, for the doctors was the patient's mental state.

Juraj Kocar ([24:59](#)):

They said that they felt more relaxed. They felt more happy because they were using like everyday standardized questionnaires. And there was a huge shift basically on how they feel, which is really, really important. So this, this is one, basically one study. And we are soon launching cause because of the COVID, I mean we had to postpone it, but we are soon launching basically the same doctors designed full-scale double-blinded study with 66 patients. It will be extended more biomarkers measured, but it will be very similar to this one than the same doctors would be doing it where the fit would be, at least as successful as the small trial, they will basically file for a medical device registration. This is one, one study. Then we've sent a sum of attic, two to Switzerland to do the photos of the water crystals, which are positive, positive results as well. Then I've mentioned you the, the, the free radical levels. And right now we have a us lab that is already started a study with it was also various biomarkers. It should be done finished in about a month and we will publish the results results soon. So yeah, I mean, this would be in a, in a nutshell,

Caspar Szulc ([26:32](#)):

It's really amazing how, when you just switch the environment slightly, you alleviate a number of things because you're, you're getting the body to regenerate. So it's not this you know, idea that Soma Vedic works only on, you know, certain colds or some of [inaudible] works on the cough or works on just the respiratory system. It's not even that Soma Vedic works on any of those things. It just provides the environment for the body to heal itself. Correct. So it's not, it's, you're, you're probably making no medical claims. I'm sure. Cause this isn't a medical device and you don't want the FDA to look at this as a medical device. It is a harmonizing device and that's precisely what it is, but why wouldn't you want to create the environment around you that allows your body to then sleep better, regenerate, increase blood, you know decreased blood pressure or whatever you need. Maybe you have hypo, so you need to increase that's the body doing it itself. You're just providing the environment.

Juraj Kocar ([27:23](#)):

Exactly. I mean, you, yeah, you just, you just nailed it because this is something that I wanted basically to say that why some of it is helping people. You know, when I would mention the, the five most common, let's say things that people feel or experience it's the they sleep better. They have more energy during the day less brain fog with women, less headaches. We have doctors that have it in their office spaces and they said that they can handle more patients as towards the end of the day. They just have more energy. And even their patients response to it just like yours, but this might sound all good to be true. You know, like this is so easy and universal, but it is the reason you just mentioned it's that the, some of it is basically just creating a space where the body has more energy to regenerate, to heal itself. So that's why it has different effects on different people, because it's just the body is doing the healing, the product, some of it is just creating the space for it.

Caspar Szulc ([28:40](#)):

Absolutely. And we forget so often that we are the most incredible healing devices out there in the universe, basically. I mean, we don't see it. Of course again, the visuals of it. But if you cut yourself, you



don't do anything. It usually heals given the right environment, given the wrong environment, it becomes an infection you can't heal, it becomes systemic. So it's all about the environment. That's biological terrain theory. Right now, tell us a little bit about the product line, cause it's not a singular product we're talking about. And just so you know, these are, what about six or eight inch disks, right? That you would place in your home that cover a certain amount of square feet, basically coverage, and you'd plug it in and leave it in there, but there are eight different main products, correct?

Juraj Kocar ([29:24](#)):

Yes. Yes. So the one thing to mention, so yes, some of it, it looks like like a desk, it looks like a lamp that you plug in and put on the, on the table, ideally in the living room because it is creating a field of a radius of one foot into all directions, like up, down left, right. Penetrating walls and floors. So it is ideally enough when you place it in somewhere in the middle centralized locations. Yes. Yes. Let's say a living room or kitchen. Just like a wifi router. Yeah. Yes. Yeah, exactly. So yeah. And then regarding the, the, the models, the main difference between them is the, is the strength of the, of the field that they are creating and if they are structuring water or not. So I would basically divide it into two basically groups where we have the medic, the medic renewal, and then the Amber and the many criminal trial in Bureau structuring water.

Juraj Kocar ([30:31](#)):

Some of the products are basically designed that if you live around the setting, not in the city center where there's not a lot of EMF and you just have like, basically she, wifi is around you and et cetera. But of course then there are like office spaces in your work. Or when you live in the city center, like five G dollars, you know, and 20 or 30 by five, then you need like a much stronger device, for example, the Mendi green holster, which is our best or, or the Amber. So we, on our webpage, we have a very easy comparison table. When you, when you look at it, you will basically find out like, what, what are the, what are the benefits? What are the strengths and how to help to choose the best product

Caspar Szulc ([31:20](#)):

Medic green ultra is the bestseller.

Juraj Kocar ([31:24](#)):

Yes, yes. The Mendi green also is the best seller. The reason for that is that it has basically, it's a combination of all of the products before that. Cause there used to be four products basically lower than than the medical and ultra. So it is the strongest standard device standard unit with also with the structuring capabilities. So you just place the jug of water next to the next to the sum of 80. And we didn't mention it that the same way, how the, some of it is harmonizing the, the space, the environment, the same way it is doing to the water it's contactless. So you would just place a jug of water next to the sum of attic for 15, 20 minutes. And and the water is structured. The re how you can tell is mainly by tasting it, you would taste the difference. It would be more smooth, more silky. Yeah. It was just maybe different, different days of the water,

Caspar Szulc ([32:33](#)):

Any benefit let's say to getting a green ultra, one of those that basically encompasses the free EMF and then doing something like an Atlantic near your water supply source. So, you know, or is that too much doubling, meaning you might have a big house. So Atlantic I understand is a model that's strictly for water restructuring, and then your green ultra of course, is EMF all the other harmonizing effects for the



house. Would you ever recommend that you get both and leave one right next to your either it's your water filtration system, where you get all your water, where you keep all your water, where you store maybe some water, would that be advantageous?

Juraj Kocar ([33:11](#)):

The Atlantic is not strong enough to structure flowing water. So you would have to like put a jock or a tank of water, or basically some of that. It connects to the tank of water or the, I mean, the Atlantic, the medic green ultra is much stronger and he is, it is able to structure flowing water, but it's I mean, it's such a nice, nice device that it's it's, it would be a waste if you would hide it somewhere. You know? So if someone would like to structure the whole water, I mean, the old water in his, in his hole, there are like other devices to do that. But if you, if you would like to structure the drinking water and the juggle water is like, you can drink from it the whole day is perfectly fine. Then of course, the, just for the water Atlantic or the very versatile, the medic green ultra is the ideal solution.

Caspar Szulc ([34:15](#)):

Now tell me about the Soma Veda gold, because that is to me the top line it's gold plate. My parents have this in their house, and I didn't know when I first came in there, I'm like, what is that? And it was just sitting there shining gold and no, but it is the premiere one, right? It's the premier model. Is it like a green, old tra in its effectiveness, just gold gold-plated or is it actually more than that? Yes. So it's more than that.

Juraj Kocar ([34:43](#)):

Look at the hierarchy and the strength of the models of the Medi green ultra there's, the Amber and Amber that's. Our newest device in was basically designed last year when we were preparing for the 5g rollout. So it's a, about four times stronger than the, than the many green, old truck. And it's really, you know, for the, for the city centers. And then we have above that is the goal model that is about two times stronger than the Ember, but that's of course, one of the main differences. And then is that it's custom mate. You know, we don't have it on stock. Like Eva is building them like individually for each, each customer. So as Steven was going through a stage in his life where he was going through some healings, like our times and everything, he became very sensitive and intuitive. So he can read people from, from photos, what might be aligned, what what's still, how some of it, the goal is working, when you would be interested in it, you send us a photo and even like two months into your, into, into that photo and decides if, basically how to put it correctly.

Juraj Kocar ([36:11](#)):

If the goal is not too strong for you, it's sometimes he may say like, as a first, first some of our model, this might be too strong for you just go for the first three or four months, go with a lower like unit or with with the medic or with the medic brain ultra, because it might be, yeah. As I said, it might be too strong if he said like, okay, you can, you can have the goal. Then he basically tunes into you and we'll put inside the special basically configuration just just for you to help you in basically on yourself discovery self-awareness, you know, it's cause we found out that the, some of attic gold is, is also, you know, like really helping you to release or to process more quickly, some blockages in a way, you know, like that we have some trauma from, from, from past and, and whatever. So it is helping you to process it. So this would be, this would be the main main difference between the gold and any other model. But as I said, the, the many green ultra is basically the best seller and it's the unit four. I would recommend everybody to, to go for it.

Caspar Szulc ([37:38](#)):

I mean, it's one that we recommend a lot and you're right. The gold. And I'll just add to that. When you say it is too strong, some people are simply in a state of healing where they're not ready for a strong healing field. On top of that, it is the idea of pushing too much at once. If you are in a state where free radicals are abundant in your body and you provide environment that is actually pushing in clearing so quickly, you may have what many would say as a Herx reaction, but it's really not. Hertz is a, is a very, you know, acute state, but it is a detox reaction that could work on multiple levels on the energetic level. If you clean certain pathways, celly, regeneration picks up so strongly that your body's not able to keep up almost with the healing. And in Europe, I understand sometimes you look for these reactions, that's a good thing in America. That would be a bad thing. Probably any symptom is suddenly seen as, Oh, you know, that's not good, but I totally get where you're coming from on being too strong for certain people. So, yeah.

Juraj Kocar ([38:37](#)):

Yeah. And it's, it's a, it's a good thing that you mentioned the, the detox effects, because this is something that some of our customers experienced. It is basically a very temporary thing, but you know they can experience like a headache or, or restless night or something like that, but it's just when your body found itself, all of a sudden in a space that has like, it can focus so much on, on itself. It has so much energy that, that yeah, it's basically the process is too fast, too strong, but it's yeah, it's, it's, it's a good thing.

Caspar Szulc ([39:17](#)):

I agree. It is a good thing. And it's funny, it reminds me of a Simpsons episode where Lisa Simpson got the whole family start eating vegan after they'd been eating pretty terribly processed food, their whole lives. And they all end up sick and saying, you know, vegetables are bad for you. Right. And it was really, they were having reactions cause they were actually clearing out so much in eating something that was bioavailable and their bodies just couldn't handle it. It always reminds me of that. And again, that is a good thing. When you're moving from unhealthy to healthy, there's going to be changed. Change is always some friction and change. And there are some minor things, but never think that's a terrible thing, unless it becomes something, you know, more chronic, but acute little headaches, rash, petite restlessness. These are all part of a healing process. For many, even if you don't feel sick, that could be part of it. As you optimize your health on top of the eight, you have four other accessories, two of them being pyramids, which you mentioned earlier. Now I've heard of [inaudible] pyramids being EMF and others, but this is actually titanium. So how does that work? Can you go into that a little bit?

Juraj Kocar ([40:21](#)):

Like to be honest, I'm not the guy to talk to about the titanium pyramid. It's a, it, it is my, my colleague. He's he's basically an expert on that, but where we are coming from is basically the geometry, because anybody can build a pyramid at home. You know, like the peaks are enough to, to build it. You, of course you have to keep certain geometry like sacred geometry. The ratio is important, but you, you can like build, build it. And when using the, the, the right ratio and the right material, it becomes object that is also like radiating like the meeting frequencies, creating, creating a, a field field around it. So what is unique about the, our pyramids is that they are made out of almost pure titanium, which nobody else has then titanium has a very special properties and in medicine and the body has no reaction to, to the titanium. So it's a combination of, of the, basically the titanium and the sacred geometry of the ratio

that it's creating a field of its own. And when used with someone bedding, it is amplifying. It is amplifying its field.

Caspar Szulc ([41:49](#)):

That's what I thought. I thought it was an amplifier. Cause I even know, as you mentioned, people build them and I have a house in upstate New York and my father built one of these, basically a pyramid in the right proportions with colors that are different on each side. So it's creating a spinning vortex and people go up there and I'm like, what is that? Why is that here? But you know, he goes into it all, but pyramids are fascinating objects, and I know you studied it. And I think other people should, but the healing effects and the amplification of certain frequencies due to the sacred geometry of it is something that's really interesting. So it's cool to see that you have a titanium one. Cause I haven't seen many of those and many are of the, like I mentioned, [inaudible] for the [inaudible], you know, a molecule there, what's your home look like?

Caspar Szulc ([42:39](#)):

You know what I mean? Because I want to know what people at, some of it it use in their homes. And if there are other tips, techniques, or products you're using to also protect and harmonize your environment, because here at our medical center, we're doing so much, we're looking at the lighting, the air purification, you know, of course we have Selma Vedic, but we have different colors in different rooms that also creates more, you know, sounds also, as you mentioned, we're trying to see it from so many different angles, but I'm just curious, what do you have? How many, and what else do you do? I don't have

Juraj Kocar ([43:13](#)):

That many, as you would think.

Caspar Szulc ([43:15](#)):

It's not like every single corner of your home has a glowing orb.

Juraj Kocar ([43:19](#)):

Exactly. So I have one goal some of Eric, nice. I have one medic Greenville tra in a, in a pyramid, in a wooden basically wouldn't be inside. Then I have some of it sky it's called medic medic sky. We will introduce it January, February. It's a very, very nice it's very similar to the one behind me, but I'm not sure. So, so it's, it's a, it's a new model. And then I have the Ruby, the red one. This is basically it in terms of what I would like recommend. I don't have any other harmonizing technology in, in, in, in my home, but because well, but because there are so many things we can, we can do relatively easy and are free or very cheap. For example, as grounding or earthing, this has a huge potential it's free.

Juraj Kocar ([44:21](#)):

You just like take off your shoes and socks. And one second is enough. I mean, the longer you stay on, on the, on the grass with your feet, the better, but really second is to discharge. Your bodies is really enough. And so I recommend differently grounding drinking high quality water moving. We are sitting basically all the time in behind the computers. So changing the positions, you know, standing then the then setting and of course, quality of their sauna blue light blockers are, are great. So I think most people are like familiar with these, let's say tricks and tips, but they are very very powerful. And when you combine all together, they, they keep you in a, in a, in a variable state.

Caspar Szulc ([45:18](#)):

No, those are all great recommendations. And one of the things that you mentioned there was earth and grounding, and that idea of just, you know, connecting with the, the basically forces and you could say Schumann waves and all these others, but there's another side to that as with everything in polarity. And one of the things we mentioned, and I want to get back into is geopathic stress. That's something so many people know nothing about unfortunately, and something we at the center I've seen, especially people for that come here from California is that they are impacted by geopathic stress. Can you just give a little again a brief explanation? Cause I know it's a big subject than a whole science study of science, but what is geopathic stress and how does Selma Vedic again, basically negate that

Juraj Kocar ([46:02](#)):

The stress comes from geometric zones and these are basically zones below the earth surface and the Chinese knew these for thousands of years, they call it dragon lines or driven veins or lay lines that there are various various names for it. But in a nutshell, for example, where the tectonic plates meet and then there's the friction, even though the the, the movement is very slow, but there is the friction and it is basically vibrating and the frequency surfacing surfacing on the, on the surface, or it may be a flowing river below your office or home or, or, or apartment that is also like creating constant vibration. And when you have a bed on top of that, the science is showing that just by moving your bed or a fixture from that spot, basically if you would stay there and it has a long-term negative effects and how some of it is working is very similar with the, with the EMF, that it is creating a field where it mitigates these effects.

Juraj Kocar ([47:18](#)):

But interesting to mention the, the very first prototype was designed, let's say a Fritz specific frequency of zones, but these tend to change, you know, I mean, because the river is changing and everything is moving. So the, the, the, the spectrum of the frequency is changing. So it was working for, for, let's say several, several months, and then it stopped working because well, the device didn't stop working, but the frequency change and even had to fine tune some of it. So it that, so it adapts, but he was stable in during the first year in 2011 to come, come up with a solution where no matter the frequency changes or the environment changes, the geopolitics stress, the effects of it are basically mitigated. So if you have it at home it's enough that basically covers your, your bedroom and you can it can be,

Caspar Szulc ([48:23](#)):

Yeah, it's one of those subjects that so few people really know about. And yet some of the cases we get in the clinic in our center that come in that have looked at every single possible source of why they're sick. It never even bothered to look or never were told about something. And then we find it is an issue for them. And then they either find a harmonizing or sometimes have to move, even if they're on a heavy faults, right. That's very hard to mitigate, but those symptoms and the disease dissipates and goes away. So it's really important. And there are a few, I know Earth's radiation is a book out there that even the invisible rainbow brings it up. So there's definitely some good literature out there. We have a whole video with Hanok Tom Moore, who talked about that. A doctor passed away not long ago, but was very much into geopathic stress and the effects on the human body. So it's great to hear that there is a device like Soma Vedic. I can also help with that. What's next for Selma Vedic. And where do you see the industry, this EMF protection and personal environment, harmonization industry going?

Juraj Kocar ([49:27](#)):

So we've basically started and at the geopolitical stress mitigation and EMF mitigation, but this is a very, this is quite a niche like area. And, you know, we've still like tens of thousands of buildings worldwide. And we have endless testimonials how people like they, they basically, their whole life changed thanks to the summer bedding. And we, we can see every day how universal the, the, the benefits are. So our goal is to become the goal to all like health and wellness frequency device for your home or for the office. We are working really hard for, to finish various studies, because we know it's working from the people from the feedback. We just now need the data to measure it, you know, cause when you have more, better sleep, better mood and everything. So there is on a biological level, there must be something going on.

Juraj Kocar ([50:34](#)):

So we are in the process, of course we have some data that I mentioned, but we are in the process to put together some robust robust studies. So we can then then publish, publish papers and, and become even more, let's say, let's say mainstream or, or more. Yeah. So that's, that's the goal. I mean the end goal would be, you know, that to help as many households and companies and as possible because even now in the, in the COVID times that the preventive medicine and work from home and it's really, really important. So we definitely want to help in this area,

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

An uptake in interest in, in sales may be due to COVID and working from home. Cause you're in your environment much, much more. And I think a lot of people are realizing maybe my environment isn't that great because I'm here now, 24 hours a day, almost, maybe I should optimize. I know half of my friends are looking into standing desks and ergonomic chairs, but I think they need to be looking a little bit further into their harmonization of their environment with something like some of ADX. So have you seen that interest people?

Juraj Kocar ([51:48](#)):

Yes. We definitely have seen a peak in March and April in the us March and April was a huge peak, but then of course, as people got you know, the, because of the jobs and the scarcity and everything, then it, it was of course the lower end. But yes, there was a huge peak at the beginning of there, like now we are growing like every month, but due to the COVID, there was like a direct connection in the big

Caspar Szulc ([52:20](#)):

That's really in a sense, it's the silver lining again. That's great to hear people are taking preventative measures. They're not just sitting back saying I'm just going to sit here and wait this out because most people realize they'll probably be another threat at some point, whether that's a virus, bacteria or something else, or just chronic disease is a constant threat for, you know, the last hundred years or so and increasing every year. So we got to take charge and I do think one of the easiest ways to do that is just look around. This is your environment. This is where you're getting so much information. It's either going to drive you towards disease or towards health. And something like Selma Vedic is taking you out of that disease state and putting you into a healthy state. So that's really great. Where can people learn more about some of the data?

Juraj Kocar ([53:02](#)):

Yes. So they can specifically all of the information we discuss can be found on our webpage some of igt.com, all the products the science, the testimonials, how we, how it works and can be found there

Caspar Szulc ([53:19](#)):

Truly recommend because I've actually worked with a documentary filmmaker over the last year or so Frazier Bailey who did root cause and emotion. He was asking us for help into looking into different EMF solutions. And, you know, there, there are so many out there. So, so many now, and it's a growing and, you know, you connect with some people and they get a little bit of it, but they've never heard of geopathic stress before and all these things, but we definitely recommend it to them and said, some Aveda is the one that kind of sticks out. There are a few others that are different. Like you matrix, it's very device focused. And we found that very good for that. But for general harmonization, some of the attic is one we have in our medical center. We recommend it to other doctors. We recommend to patients.

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

So great job with this and really looking forward to the new models that are coming out soon. And I'll hopefully get one of those. And, and yeah, I wish you guys all the best and hope this continues to grow, because this is something that is so far, I think not looked at enough as a source of dysfunction and disease, but coming to the forefront and especially with things like 5g coming now, and lots of discussions about that, I think this is a topic that needs to be brought up more and solutions also need to be brought up in Selma beta X one. So really great job with that and a continued success. Your thank you for the opportunity to basically spread the awareness mainly about the EMR for the structuring Gigio but express. And so thank you for the nice and kind words.

Caspar Szulc ([54:51](#)):

One thing I would like to like to mention is that some of it is a product and you basically have to experience ideally on one side, there's the science on the other side, you have like lots of testimonials, but you never know how it will work with you or your family. So that's why we have a 60 day money back guarantee. So you have full two months basically to try it out and see whether it works or whatever experience you will have and decide if you, if it was worth data. And if you want to keep it. So yeah. Feel free to do this too though. That's very cool because I'm so big on experience.

Caspar Szulc ([55:37](#)):

Evidence is great. I understand it, but I've seen lots of evidence.

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

I'd feel a certain way. And then I experienced and I did it. So the evidence didn't work for me experience is the greatest knowledge base and wisdom kind of based issue that we don't have enough of right now we try and lean on what other people say, but until you experience it, you'll never know. And to do that with 60 days and, and just see if it works for you and not great stuff. So I recommend this to everyone, go out there and experience it for yourself. So I'm Aveda, Yuri. Thank you so much. Thank you for having me.

Caspar Szulc ([56:10](#)):

Technology married with nature can actually be a beautiful union. We don't need to demonize tech and EMF, but we do need to acknowledge the dangers and then apply solutions. If we want to live long healthy lives. Soma Vedic is an incredible solution. A harmonize the place you spend so much time in. As a special offer to our Your health. Your Story. listeners, Somavedic is offering 10% of all their products, with discount code InnoMed. That's I N N O M E D. Head over to somavedic.com to order. Don't wait for illness to creep up on you, just like many. Consider our bodies, our sanctuaries, and spend so much time

in the gym and eating right, consider your home and the environment directly around you. The palaces for our sanctuaries to rest, regenerate and feel amazing in playing somaVedic and natural tips and techniques like earthing or drinking structured water are incredibly easy ways to reverse disease, optimize health, and live a balanced life till next time, continue writing your own healing story.