



1064:The Invisible Upgrade: How Quantum
Entanglement Is Changing Health
With Todd Shipman

Child: Welcome to my mommy's podcast!

Katie: This episode is brought to you by Hiya Health. Everyone's talking about their New Year's resolutions, and while everyone else is promising to hit the gym in 2026, I am focusing on something much easier that'll actually stick (gym's already pretty well a habit for me) which is better nutrition for my younger kids.

And that is exactly why Hiya exists, to give parents a real solution in a market flooded with products that prioritize candy-like appeal over actual nutrition. Some children's vitamins on the market have up to seven grams of sugar per serving and are stuffed with additives and petroleum based dyes.

Hiya took the opposite approach. Zero sugar, zero gummy junk, just clean nutrition. And the crazy thing is kids actually love them. The taste, the experience, all of it. It's thoughtfully designed. They looked at what modern kids are eating and not eating, and formulated around those specific nutritional gaps.

Working alongside pediatricians and nutrition scientists, Hiya created a superpowered chewable vitamin that packs 12 organic fruits and vegetables, plus 15 essential vitamins and minerals, including B12, C, zinc, folate, and more. The ingredient list is clean with no GMOs. It's dairy free, allergy free, gelatin free, nut free.

They've thought of everything. Plus, they've earned their clean label projects, highest purity award certification, and they put every batch of product through third party testing for heavy metals and contaminants. So it's the kind of transparency that actually means something. They are designed for kids 2 and up, shipped straight to your door in a reusable bottle with refills that come every month.

We have worked out a special deal with Hiya for their bestselling children's vitamin. Receive 50% off your first order. To claim this deal go to hiyahealth.com/wellnessmama This deal is not available on their regular website. So again, go to hiyahealth.com/wellnessmama and get your kids the full body nourishment they need.

Katie: Hello and welcome to the Wellness Mama Podcast. I'm Katie from wellnessmama.com, and I'm here today with a dear friend of mine, Todd Shipman,

to delve into and shed some light on the topic of quantum energy, quantum entanglement. These are terms that get tossed around a lot and I feel like incorrectly used very often.

So we cut through that and talk about what they actually are, how they actually work, and how to get the benefit of them practically. And Todd, besides being a dear friend, is an entrepreneur, a wellness enthusiast, and a fierce advocate for cutting edge quantum technologies that he explains today. He's got a background in anti-aging, physical performance, performance, water revitalization, and holistic living.

And his real passion is helping people unlock their wellness potential. He's been on quite the journey. He has the highest HRV I've ever seen personally and is a wealth of knowledge. So let's learn from him now.

Todd, welcome back. I am so excited to get to chat with you again and long overdue reconnection. Thanks for being here again.

Todd: Yeah, thanks for having me, Katie.

Katie: I love how you explained the topic that we're gonna dive into today. I feel like you're one of the best voices for really understanding this, and I think it's something so groundbreaking and exciting in today's world.

So I wanna start a simple and then kind of step, stair step into what is a really complex and amazing topic. So the overarching topic we're gonna talk about is quantum energy, quantum entanglement, and more specifically how we can get the benefits of this in our everyday lives in a really profound way.

But to start, if someone is new to the concept of quantum energy, or maybe they've just heard it tossed around on Instagram but don't really understand it, what is the simplest kind of straightforward way that you can describe what it actually is?

Todd: So quantum energy. And first let's just preface like, I also get it, I say with a smile on my face because as long as I've been in this industry, it's still like so mind blowing and I'm totally acceptance to call it woo woo and crazy.

The kind of the upstream battle with this is there's a lot of, I always use the term unethical marketing. So like when you're saying scrolling through Instagram, Facebook, or TikTok and stuff, you see all this quantum. And my experience with a lot of that stuff is kind of goofy and really stretched, like not really what it is.

So they're kind of like riding the coat tails on things. So when you see these like quantum patches and stuff. And that's kind of what causes the bad name and gives people kind of the bad taste in their mouth when they hear the word quantum. So our baseline of what we're talking about is quantum energy.

So we're on the level of quantum physics. And what quantum energy is, is it's the energy at a subatomic level. Like behind, it's the energy behind the matter, right? So this isn't a negative energy. It's not a positive energy. And that's actually where we see the benefits is it's a neutral energy. So it is neutralizing, it takes over whatever space that gets in contact with it.

So it kind of pulsates out. And that's where we're seeing all the benefits again, of this neutralizing energy. For visual learners, what I would say is if we took like a, let's say our old school number two pencil and a piece of paper, and we started writing on the paper, it's that space in between where the lead is and the paper, right?

So that little spot in between, like that's what I consider like on a visual way, like that's where the quantum energy lays.

Katie: Yeah, that's super fascinating. And I know from being friends with you that you were more of a skeptic in the past and that now from your deep dive in this, you definitely understand and view this as a hard science.

So I'd love to hear a little bit about your journey and what you learned that kind of shifted your own mindset. Because I know there are a lot of people who are probably still in the skeptic category.

Todd: Yeah. And I have all the patience in the world and the understanding for people who are skeptical because that is exactly right.

Katie, I jumped into this, I jumped into this in about 2015 when I was trying to be kind of like the savior on social media of like finding what was real and what were all these scams. Because I mean, it's the unfortunate truth in the alternative

specifically, also everywhere else, but in the alternative health space, I'm a little more sensitive to that, where there's a lot of false claims. When you have people who are so desperate to feel better, that they wanna believe anything and they'll do anything and they'll spend almost anything, including money they don't have, to buy things to feel better.

So I wanted to be that person that went through and purchased things, tested them, and found out if they were real or fake, and there were plenty of times where I was right. And there was also plenty of times I was wrong because I went to a middle, like carnivore diet. I did carnivore diet to, call it a scam. And then I was also the biggest cheerleader for some, quite some time with it because I had such amazing results. And so with quantum energy, like just the sound to me, and that's my own ignorance back then was just like, well, that's fake.

There's not such a thing. So I did my own studies in 2015. You know, I'm gonna show everyone that this is a scam and that people are ripping each other off by using these terms. And then, so I did my own study and basically, you know, of course this wasn't some Harvard study, but what I had done was is, I was a, back then, I did this right after the carnivore diet, like I mentioned.

So I was a monotonous eater and I was actually raw carnivore, so I was pretty much only eating, you know, raw liver, kidney, heart, stuff like that. And what I'd gotten was this quantum necklace that had all the micronutrients necessary for us. And I was like, well, this will be easy to, because I'm gonna, I'm gonna one up them and show them that I can do like a micronutrient spectra cell test, which is all the micronutrients blood tests you can take, right. And I don't know how much they cost now, but back then I think they were like 4 to \$500. So, I put this necklace on and I kept the same meal every day. I was very monotonous. I've, before I put, let me step back before I put the necklace on, I went and got a baseline test and it showed that I was deficient in quite a few micronutrients.

So then I started wearing this necklace. And I waited 40 days and I got the test and everything was optimal. And so then I waited another 40 days, test, optimal. I did it one more time and everything was optimal. So then I took the necklace off and continued eating the same way and the same things that I was deficient in previously all came back as deficient.

So like that really showed me, again, this isn't like a Harvard study, but it was definitely a, okay, there's something to this and I'm gonna dive deeper into it. And that was kind of where I started with it and when I was introduced, you know, because there was other different companies out there, but when I was introduced to Leela Quantum, there was way more to it and I was really excited to see where they were going with it.

As well as the owner. The founders are such awesome people that I was really drawn to them and that's where I've kind of stuck my feet at because I really love this company and working with them and just educating people on the quantum energy, quantum entanglement, because it goes over my head a lot like it used to.

And then it's still this day, I can admit like I understand this, but it's still truly, it's hard to grasp. Like some of the most, the, the fascinating stuff that they're doing with quantum energy is still kind of hard to, like, you have to blink like three times and like, wait, what? So very understanding that this stuff sounds very woo woo and off.

Katie: And I feel like, like you said, there's so much floating around social media where it's being misused and miscategorized. I kind of liken it to a decade ago, everybody was using the word epigenetics, but not all those people actually understood what they were saying, and it's a very real phenomenon that was being misused in the explanations that were floating around.

So I'm so excited to cut through that. And to your point, this can sound woo woo, especially if you're unfamiliar with it. But there's also really hard science, especially from my memory, there's the 2022, I think, Nobel Prize in Physics, which went to Zeilinger and a couple others for proving that quantum entanglement is real.

And I feel like that's the next step on this ladder. So we've mentioned quantum energy. I have read books about this now. I find it so fascinating, but can you explain the, the concept of quantum entanglement and how two particles can be connected at a distance and what this means practically?

Todd: Practically, that's the challenge, right? Because yeah, so like quantum entanglement really is just the concept, that two objects they can remain connected through basically informational coherence regardless of time and distance. And now this, I think when you understand it or you start to understand

it, it will also force you, it at least forced me to kind of just understand that the way we experience life and reality isn't really the way it is, right? Because when you can understand quantum entanglement, which is I'm gonna make this as surfaces level as possible, but let's say there's no time or distance. So we could be taking a entangled cell in Mars and an entangled cell here in the United States or something, and there's no separation.

It's as if they're the same two things. So we could be poking a cell on Mars or Jupiter, or in another galaxy and with no time separation, the cell that we're viewing here, this is again, say in the United States, it's as if it's being poked, but it wasn't. And that's one of those things showing that, you know, we are all connected and we as physical beings are the ones that create time and distance and separation of things because in the ether of the quantum field, and you know, if people don't know quantum field, there's always, you know, Joe Dispenza did a great job, I think really pushing and making the term quantum field a little more well known. But there, it's all just one connection.

So it's kinda like the, this big vast ocean where everything is connected and there is no separation from it. So that's the study they did in 2022, was, there was, with, one of them was in Austria and the other was actually in the eastern bay area of San Francisco, so, in Walnut Creek. And they were basically shooting this light and laser at the cell that was coherently entangled here in Walnut Creek.

And while it was doing it, while nothing was bothering the one in Walnut Creek, it was also reacting as if it was being shot with a laser. People might look at that and want to connect it with like twins. You know, I have twins and I think anyone with twins, it's this constant science experience or experiment of nature versus nurture.

But I think all of them have at some point been able to be like, oh, here's this crazy story about my twins. Whether they felt things or talked to each other separately telepathically, all these different things that they can do. A lot of parents that are twins, right? So like my children, my twins, one of them had broken her arm and she was down the street, but I was with my other twin, and the same time it happened, she fell to the ground screaming on her arm, and she's like, my arm!

And I as a parent, I'm like, well, what is going on? And just a few minutes later, the other twin came in. And she had snapped her arm, like, and she knew it without

even being connected, because they are, I mean, they, they're literally, they're literally born from the same cell, right? And then just separated, but they still have that connection and the coherence of being entangled.

Katie: That's a great analogy. And one of my daughters is dating an identical twin. And it's so cool to see some of those experiences play out. And they're both athletes as well and how similar they are even in their athleticism is so fascinating. And from my understanding, Einstein actually looked into some of this as well and he called it, I think, spooky action at a distance and he didn't fully understand it.

But we've now proven it. So how, this may be kind of above my pay grade, but how do particles actually entangle in the first place? And I know that this is some of what you guys do with quantum upgrade, which we'll definitely go deeper on as well. But like, what's happening when, when particles, like, how does that process actually happen?

Todd: That's a good question. It is basically just coherence with it. So everything is, everything is connected. It's putting them on the same frequency and vibration basically. So same thing as they're, they can either, there's probably different ways that they can do this, but having them be on the same frequency is going to be the, like the way they're doing these tests.

Same way as like with twins, they're on the same frequency, same way as telepathy is, you're on a basically the same frequency. So. This is a little out there in a way, but there is a, there is a video on YouTube I think that you guys can, or I'm sorry, it's even on probably any reel on Instagram where it talks about like, people can't mess with you unless they're on the same frequency. And I, you know, they take that tuning fork and they have, I think, I don't...

There's like a 442 hertz and they put it next to one that's like a 200 and they hit the 200 and the 4 that sits there doesn't do anything. And they put a 300 and they hit it and doesn't do anything. But then they put a matching tuning fork with the same coherency of the same one and when they hit it, they both, they both react.

Right? And that's gonna be the same thing here, is putting them on the same frequency, the same vibration, where they become coherent. But that is just the

way. I think we see it, but it's also in a deeper level. Everything is entangled. It's just how is there, how is there separation from it? But from the get go, everything is, and you know, that can go into some people, if anyone's any, experienced any form of like therapeutic level of psychedelics for healing. You know anything as strong as like 5-MeO-DMT.

If you experience that you truly, you truly experience entanglement with entire existence. So it's at a level that we're all capable of. But I think also when we're in our head, we separate ourselves. Like I'm really bad with being in my head, so I'm not as always intuitive. But it's the same thing with the mother's intuition.

Like that's all entanglement. It just looks differently or we see it differently.

Katie: That's a great way of explaining it. And I'll say from some of my personal experiences with that, I came away with a very strong belief that there's only one thing and we are all it, which is referenced in the betas.

It's referenced in various holy texts throughout the world. And I'm like, and now we have Nobel Prize winning physics explaining this on the scientific level as well. And I know you guys have done all kinds of fascinating live demonstrations, but if I'm remembering, there was one specific to HRV and you yourself, I feel like are the king of HRV.

Because you've posted numbers in the three hundreds, which I've never seen from anyone else. But can you walk us through what these experiments look like when you're doing kind of experiments at a distance and what kind of results you guys see?

Todd: Yes. So one of the things that, how we kind of fell into the quantum entanglement aspect was always through Leela Quantum with products, and it was just these products were charged with pure quantum energy. And with the HRV, with all the benefits we're seeing.

It kind of goes back to when I mentioned what the definition of quantum energy is, where I said it's neutralizing. And that's where a lot of these studies where we're getting the outcomes it's coming from, not so much that the quantum energy is doing it, it's just providing a space of neutrality and harmonization.

So when I'm, when I'm just prefacing this, when we talk about the benefits, it's not so much that they are engaging or catalyzing, it's just like you, quantum energy when you have, like when you're exposed to it, it's in your field. It's basically neutralizing all the disruptive waveform patterns. And this, the biggest one that we see this with, that most people at least raise their eyebrows and be, create interest with is with EMF neutralization.

So you can still use your cell phone, you can still have your AirPods, Apple watch, all these things going. But when you have the quantum energy it's basically neutralizing the harmful effects that EMFs have on our body. Now, many people don't even feel EMFs. That's kind of normal, especially if you're fairly healthy.

And your mitochondria can sit there and kind of create this bubble wrap effortlessly and protect you. But if you have things like autoimmune disease or Lyme or mold issues, your mitochondria has to focus also on protecting those. So then you might become a little more sensitive to it. Now how we gauge all of these things, especially with EMFs, and then we'll go into HRV and all this because it is all kind of makes sense with it, is we're checking your biomarkers.

So we're checking things that really can't be adjusted through mentally like placebo. Even though all of our studies, which we have almost 70 now, are all, most of them are all double-blind placebo controlled studies. But we're testing things of not just, Hey, do you feel it? Does this give you a headache?

Like, because those could all just be subjective. But what we're doing is we're checking biomarkers, like your HRV heart rate variability. We're checking your, we're doing live blood analysis, so dark field microscopy, we're checking, we can check calcium channels, which get really overactive when they get around the EMFs.

And then we're also checking your brain wavelengths. And that is what's really cool, is to see how our brain, because the brain is also affecting everything else that's going on, so. These are what we're testing. And what we did find, which is where I'm going with this with the quantum entanglement, and this can still, again, as much as I see this, it's really hard.

It's really hard to watch it and just be like, this isn't magic. Like, it's so crazy. It is magic because in a way that we just can't still completely measure everything and

quantify it. But for example, Katie, to go with quantum entanglement, let's say you're over there at your house and I have a block and you don't. And what we could do is we could take a picture of you, as long as it's showing your eyes and identifies it with you, like we could have you there right now.

Let's say there's no EMFs, there's nothing harmful around your area. We can do, we do all the baseline biomarkers. Check your blood, check your HRV brainwave links, and let's say everything is optimal for no EMFs. And then we'll bring a wifi router into your room. And now we re-gauge everything, right?

Your heart rate reliability is gonna drop. Your brain wavelengths specifically, your beta and gamma are gonna skyrocket and your alpha's gonna drop. Alpha is where you kinda have your flow state. You can handle anxiety, stress. Gamma and beta are what cause kind of the more negative emotions like anxiety and anger.

So those are gonna skyrocket while the ones that you really like drop. Your calcium channels, kind of start overloading and overproducing. Now what we could do is take that picture. Let's say you text message me that photo. I can put my photo of you under my block and let's say in one minute. Now you don't have anything there with you, but here I can do that and I can put in the block and then we retest your numbers. All of those biomarkers will be better or equal to how they were before EMF exposure. So while you still have your wifi with you, your alpha brain wavelengths increase, your gamma and beta decrease. Your HRV will raise. Your calcium channels calm down and we can look at your live blood analysis and show that the, the platelets and everything are no longer as sticky as they were like with the stress.

So that is quantum entanglement in a really crazy fashion. And that's how we were utilizing it on the Leela Quantum side. And then with quantum upgrade, it is purely this quantum entanglement. So, I know I'm on a tangent there, but I don't, did I miss a question on any of that there in terms of how we got into it?

Katie: No. And it's so fascinating and I know you guys have done experiments. I think it's worth explaining the difference between the Leela products and the quantum upgrade. Because you've done them on HRV and I've seen in person you do this with shellfish because you are personally allergic to shellfish. And you guys did an experiment with the Leela Block and neutralizing your reaction to shellfish.

I like, I feel like you're the best Guinea pig for these things because you will be at the forefront of trying things. But maybe walk us through, because it's really kind of startling the results you guys have seen across many different levels with testing this.

Todd: Yeah, so with the food, food allergies, which we actually did a legitimate study. But you know, when I was talking to the lead scientists, our, our mutual, very good friend, Ian Mitchell, when he was explaining this to me seven years ago basically, or six years ago at least, almost seven, about all this stuff.

You know, his thing was is hey, yeah, it just, it basically neutralizes disruptive waveform patterns. And his, he's the best. He's the absolute best at analogies and metaphors to make everything explain. He is like, take like a top of the ocean during a storm and it has all these waves crashing, but the underneath is still calm.

He's like, putting things and exposing the quantum energy is like you're just kind of swiping away all that. The rough waters and making everything smooth like the Gulf, you know? And I was like, oh, got it. Okay. So it's taking away all the chaos and making it calm. I was like, so it should pretty much harmonize anything that's bad.

He's like, well, yeah, technically. I'm like, cool, I'm gonna try it with food because I'm really allergic to severely, I'm not fatal, but I'm severely allergic, like you said, to shellfish, crab, basically most fish too. And then avocado and honey. So what we had done was when, we took a derma roller, because I know if I eat it...

We wanted a way to show people, because I, what I did is, that first time I tested it, is I could eat it after about five minutes under the block because it is kind of reshaping like actually what a food allergy is for most of us. And it's just the frequencies and vibrations. And I'll step back on that because I think that's important to touch on here.

But what we had done was is I could eat it and I had no reaction and I haven't, I have reactions instantaneously. So we wanted to show these, we wanted to show people like this was working, but we also wanted to do it where there wasn't any questions. Like, well, he's lying, or, you know, faking it. So what we did is we took a derma roller and I derma roller my left forearm and we put the crab meat in there and it instantaneously just shot up. Like I had a hundred bee stings. It hurt, it

itched so bad. And then we put the same crab meat under the block for five minutes and did the other side and there was no reaction. And now we did this in front of a huge group at Dave Asprey's biohacking conference in Orlando, and I believe that was 2021, just to show people what it was doing.

So. What is it doing? And that's a huge question, right? Because that can be confusing to people because we, I've always thought about, well, hey, it's a particle that I'm consuming that's causing problems. As opposed to if we can step back and at least start to believe that everything is vibration and frequency, like some very famous people, of course, have said that will make more sense. Like, because we think of everything as, like, I have always thought of things as a substance. Like if I'm taking vitamin C, it needs to be a solid matter that I'm consuming this vitamin C. My body digests it, utilizes it, as opposed to now looking at it as communication, like the vibration of frequency, and right.

And another way to step back and understand that where I think people might relate better to that Katie, is let's talk about sunlight. And how a lot of people, initially I did growing up thinking was thinking that, Hey, I just go stand outside. And I absorb vitamin D right from the sun, which is not the case, and I was wrong for many years on that stuff.

But what's really happening is, right, we're not like, it's not an actual physical substance. The sun is frequencies and wavelengths, and those frequency and wavelengths enter our eyes, which now create a communication for the rest of the body to then create the hormone slash vitamin D. But there's no like substance, right?

So it's the same thing with our foods when we're consuming them. And what was happening to me was I was having a disruptive communication as I ate these and it's just being neutralized. It happened to me. And then a few other people were like, oh, I'm super allergic to lemon juice. So they tried it, they had no problem. So at some point when we do these types of studies, Philip's like, okay, there's something to this, so let's invest some money and do it larger. And they did a larger scale, double-blind, placebo controlled study in the UK for the same thing. And what they were showing was basically you would eat something that you were allergic to and then you would urinate.

And I don't... I might misspeak a little, but there's some type of protein that shows up in your urine if you've had something that your body doesn't agree with. And they were showing this and what they found was a 92% reduction on stress, or like what those foods have on the stress of our body. So this includes sugar, gluten, lactase all of this stuff. Now, if you are, like, if you have celiac, then that's, if you have a fatal allergy, this is not something to play with. But when we're seeing a 92% reduction on the stress that the foods have on our body, that's a huge thing. So I'm, it allows me to consume this food with zero reaction.

Katie: That's so fascinating and I love that you tied it to sunlight. That's something I've been talking about so much recently is kind of a more voltage first model of health in the body. And like you, I was very biochemical first for a long time and I took all the supplements and followed all the protocols. And it was a complete paradigm shift when I started understanding that we are first electromagnetic and second biochemical.

And I feel like coming from that lens, you get a whole different framework for how to actually support the body. And like you said, I know at least Tesla and Einstein both had quotes about the future of medicine being related to energy and frequency and vibration. And I know in places like Europe and Japan they're much more on the forefront of this. They don't, they're not as skeptical as we are and they're doing a lot of really fascinating research as are you guys.

I wanna circle back to something, because I find this fascinating. You mentioned the eyes specifically when it comes to the quantum entanglement, and I'm just curious if there's any understanding as to why the eyes are so impactful or why those are used in entanglement.

Todd: So that's probably one of the more common questions because it's also like, how does it find you? Right. And we're using it as an identifier. So strictly for a photo, it's, that is what is identifying you in the, let's say the world of quantum or the quantum field. That is how you would be identified.

And when you do things like, like for quantum upgrade, when you're signing up, what we have to do is get your, your birthplace, your name and all that stuff so we can have it so that the field identifies you, you know, because there's no telling how many John Smiths there are at a certain time. And that's how we do it.

And if we do it on like a home, we need your address, of course. We can do your car. We need your VIN number. Like, we're not utilizing that information on us at all. Like, we don't touch that information. But it's used, again, in the quantum field for as an identifier. So that's the only reason, Katie, is that needs to be able to access and find you Katie as opposed to someone who somewhat is like you or whatever, you know.

So it's just as an identifier.

Katie: Got it. And I'll say from personal experience, so right now as I record this, I'm running it, the Quantum Upgrade on my office. And I also have the Leela block in my home, in my office. And most surprisingly, I have both on a wellness center that I opened locally. And we have the big block and we have the small block both in this space.

And what's been really interesting is a side tangent. People come in and the, one of the things we hear from almost everyone is like, oh, it feels so good in here and so relaxing. But people who are energy healers or who are in that space, even if we don't tell them about it, will be like, what is this thing?

And it's like they can either see or feel, depending on what they, what kind of work that they do, that there's something coming from it. So for anybody listening, let's get into the granular a little bit, of there's quantum upgrade, which is the at a distance one that you mentioned. But there are also Leela products that I've mentioned before on podcasts that are physical, physical items that you can use as well.

So maybe walk us through kind of what they both are and their similarities and differences of how they're used.

Todd: That, that's a really common and a very good question too, because it can be confusing. Which is for me the exact opposite of what I want this to be. So with Leela Quantum, it's actual physical products that are charged with pure quantum energy.

Every product at a baseline is gonna have that pure quantum energy. So all of our studies, anything we show, it's all coming from the pure quantum energy charging.

All the benefits no matter what you buy. What makes the Leela Quantum products different are what frequencies we have infused into them as well.

And then of course we have the quantum energy generators, like the blocks and that can charge things itself as well. What quantum upgrade is and I'm gonna say this two ways for you. Because first we'll say that it's a digital service. So it's a digital subscription where you pay monthly to have access to all the quantum energy and the same frequencies. We say digital service, but if we want to geek out, it's actually, we say that I think so people can understand it, but quantum entanglement is not digital. It's mechanical and analog. So behind the scenes, everything is analog and mechanical, but in front of your desktop where you can do the adjustments and change things, if you wanna change the intensities of the quantum energy that you're being exposed to the frequencies that's on a digital side.

But both of them tend to have their own benefits. But I do say like I'm veering more as on a customer side, that the quantum upgrade is a, is a really great place to start. First off with you, you know, we have a 15 day free trial. It's no credit card. There's, you don't have to put any information in, in terms of payment.

So we're not gonna like, you know, again, as I always think of things as a customer, and one thing is even on a free trial, I'm a little hesitant because I don't want to have to remember. Oh in 13 days, I need to cancel this because on day 15, they're gonna, you know, they're gonna, they're gonna charge me and I have to give 'em a 48 hour, you know, all this stuff in case I want it removed.

So I don't like that stuff. So as a customer, I wanted to make sure that I can test it without having to put payment in, nothing. And that, that's a great way just to test this out. But with quantum upgrade, it's, you don't have to purchase the products. There's nothing, you just sign up online. And again, I can understand that sounds really crazy because there is no physical product and we're doing everything.

And I always call it, it's like, trust me bro, science. Right? And I can see how people may look at that like this right away. But I also wanna reiterate, we have almost 70 double-blind placebo controlled studies showing the benefits of quantum upgrade as well as Leela Quantum and what the Quantum Energy exposure's doing.

So we have it all there for you to see. So, most people for 15 days, they'll definitely gonna feel it and it's very strong. One of the benefits I would say, like, to give you an example, is we have frequency cards and these frequent frequency cards from Leela Quantum or like a, we have, I think we have about 40 of them, at least 40.

So they're all different types of frequencies from gratitude to we even have one for, like the COVID vaccine, reversing that with the DNA cell protection, we have multidimensional, prosperity, common rest. There's just so many different ones that we have. Now, you have to purchase those separately if you want each one.

But on quantum upgrade, you have that whole thing available to you. So like you and I right now. You know, we're on a podcast, so I have it set for brain support. When I leave here, I'm gonna go work out. I'm gonna switch it over to like Olympic performance, and then maybe later in the day I'll put it back on gratitude.

And so I can change it as much as I want. I could change it every minute. I could change it every hour. There's no limit. And I can set it up on Boost so I can make it stronger. We have it all activated on like the David Hawkins map of Consciousness Scale, so we can get it up really high if we want, or I can keep it low.

So there's so much customization with Quantum upgrade that... And again, with a 15 day free trial, like I would say that's the first place to start. As opposed to, like with Leela Quantum, you know, the most common thing people purchase is our HEAL-360 capsule, which is also a great place to start. But again, you don't need a product and you don't have to have wifi or cell connection because it doesn't work that way.

So I, whether I'm on a plane, I'm getting the protection from the EMFs. I'm getting my. Again, when, when you get, because we have different fields, but you have it on field for you, it's almost like you put yourself in a block. So you are always exposed to this quantum field. So I can be on an airplane, I can be in the middle of nowhere basically.

I could be in the desert, I could be at Yosemite, and I'm always protected. There's nothing that would stop or nothing that limits my access to it and being protected. And the biggest part of this really is, is the quantum energy. Now you can add the frequencies and those are cool. But again, like we saw a 10% increase in HRV heart rate variability.

And for people who maybe don't know what HRV is though, I'm sure your audience, I know you guys do a lot of this like topic stuff, but it's like think about like your Oura ring and when you're looking at your readiness score, that's pretty much analyzing what your HRV is. So you want it like to be a high number because that means you're, you're, you're in a more of a parasympathetic, you're calm, everything.

Exactly the opposite of what being exposed to EMFs do to us. They put us in this like silent stress, right? So this is, even though you have the cell phones, radiation stuff around you, you're almost in a, you bubble wrapped yourself in a protective bubble of all like external environmental stressors.

So we see things like up to a 29% increase in ATP production. We see a 100% increase in wound healing. We, there's so many different things that we're getting with this. We see, again, with the food allergies, the food allergies only go if you have a quantum block, by the way, just to be clear with that.

But, there's some, we see deeper sleep. We see REM sleep increase, deep sleep increase all through this. And again, it's not that the quantum energy is doing that, it's just, it's finally putting you in a space where you can be in your natural state. So sometimes people are like, why do I need these products?

Well, technically you don't. They really are a great tool, but it's the same thing, if you don't want to deal with this stuff, then yeah, go camping out in Yosemite, go camping in Glacier National Park where you're not around EMFs and everything, and your body at that same time will be able to produce more ATP naturally. It will heal wounds twice as fast naturally, because your mitochondria can focus on that. It's not having to figure out and you know, create a budget of, oh, 30% of the mitochondria today is gonna work on the mold issue, and 30% is gonna work on this screaming EMF cell tower and protecting you from it, right?

So it's just putting you in a place where it can breathe and do what it's supposed to do naturally.

Katie: I love that caveat because I say that so much in the wellness centers. Like all of our best technologies really are just mimicking nature and what it does perfectly. And the more time we can spend there, I feel like there's obviously so many benefits that are science backed.

And in the modern world, we often do have to be indoors. And even when it comes to EMFs, I've never been a fan of the like shielding, blocking, et cetera for that reason because like, yes, I wanna not be damaged by EMFs, and in today's world, they are everywhere. So I've seen people who go to this extreme with shielding and kill switches and wires at their house.

And I did that for a while too. But the problem is it seems like it makes you potentially less resilient when you're anywhere else, where you're gonna actually still come in contact with it, whether it be an airplane or a store, or a hotel, anywhere you go. And so I love that this kind of acts on, like you said, the chaotic energy of that and helps neutralize it versus avoiding it.

And I kind of view it as just giving the body more resilience and more capacity when it comes to that. And like you, how you explained then your body's not having to give reserves to counteracts what you're getting from the EMFs. And am I remembering that I think Dr. Drew covered the study you guys did related to 5G specifically or something? And I would love to talk about that one.

Todd: Yeah. Yeah, that was a cool one. I'm gonna, I'm, I'm pulling up something just so I can get the exact numbers here. So you're gonna see me kind of gear my eyes because I wanna make sure I get the right numbers. But, so with Dr. Drew, which, you know, is kind of such a cool thing to me because I, he, I was a generation where I grew up listening to him and Adam Corolla on Loveline, you know. And all the stuff that Dr. Drew had and now his own, he's more... It's cool to see that he's kind of given a nod to more of this alternative health stuff. And so what we did, and it was, they thought it was so cool that they sent people out to Austria to do this test with us because... We had to go to Austria because we were looking for a 200 and 256 channel, like an EEG device.

Which does not exist here in the United States. You know, I reached out to Andrew Hill from Peak Brain Institute, Jim Hart from Biocybernaut, and they're just like, yeah, we just don't have those, they're not accessible or tangible financially because either are extremely expensive to use. So we had to go over to Austria, which was the only place that had this thing.

And so what we did was, is we had someone sit in a chair and we took a, the newest iPhone and we put it right up to their ear for about 30 minutes as if they're

having a phone conversation. We did this like the most, this is the most in-depth brainwave length study, scan, right? So it's gonna check everything that's going on.

And we did this for 30 minutes, and normally with our studies and tests, what we'll do is like, okay, we'll activate the technology, but we'll wait five minutes. Like let it do its thing. And these guys were like, I have an idea, how about we test it instantly? And we're like, well, okay. I mean, we can do it. But we weren't really thinking that the adjustments would happen instantly.

So after 30 minutes, we got all the scans, all the data that we needed from the biomarkers. Then instantaneously we turned on the quantum upgrade. And you could also do this with a block, right? So that we could also do the same thing with a block, but we're showing that you don't have to have the block.

And instantaneously this is with no change, the gamma ray, so this is what I need to read just to make sure we have these numbers exactly right. But so the gamma rays decreased 77.6%. The beta decreased 82.9. Now, remember from before I said the, the beta and the gamma are the ones that cause anxiety, stress, anger, more of your an like, you can't handle stress.

It really puts you in a fight or flight. And so when people sometimes have anxiety and they're not sure why, like it doesn't make sense, it's usually because your gamma and beta are really high and you're either around EMFs or something else that's triggering those. And then on the flip side, we saw a 1,300% alpha increase.

So I know 1,300 sounds extravagant, but let's just say 13 times, right? So we saw a 13, 13 times increase in alpha brainwave links. Which I also mentioned earlier is kind of like the flow state it, you retain information better, you have a better memory. You can handle stress and anxiety better. So for also people, you know, for like athletes and stuff, trying to get in the flow state, that's kind of where the alpha is.

At the end of the day, this is all fluid. It's not like you always want to have this crazy high alpha and you wanna have this crazy low beta. It's like a heart rate, right? Like you want things to fluctuate and move around based off of our environment. It's off communication because... so it's not like we're saying also, you want your heart, you want your alpha always at the highest and your beta the lowest. Like that's a great spot, but that's also not like you don't want any of this stuff to be

static. You want things to adjust because again, it's communication and changes. That'd be like having our heartbeat at 90 beats per minute all day, whether we're asleep, whether we're meditating or we're sprinting.

Right? Like that's not a good idea. You want things to ebb and flow and adjust with its circumstance, but this is really cool to show that yes, if you are in a Tesla or any ev, like these are the same things that are happening to you. And I always call those our EMF soups. So having this stuff set up for you, whether you drive an EV or not, we did the same test and, which was the Tesla isn't the highest producing EMF car in the world.

There's another one, another brand that makes one. And that's what we did these same tests with. And we were able to show double blind placebo controlled that with our technology activated, you could be driving this car as if there was no EMFs whatsoever in the vehicle.

Katie: That's so interesting and so good to know. Because I know certainly it doesn't seem like those are going anywhere. And I actually, full disclosure I have a Tesla, and I just keep quantum products in there and don't worry about it. And I also haven't noticed any negative effects, which I'm not giving as medical advice in any direction of the other.

But it's helpful for me to know that there are tools that don't involve just getting a 1970s car and renovating it. And I know you guys are...

Todd: Yeah, and it's also really good, Katie. Just, it's really good because most, any car, I don't know, let's say 2012 and newer, maybe older cars, all have Bluetooth and wifi. And a lot of people think just because you're not connected to the Bluetooth or wifi in your car that you're okay.

And it's actually the opposite, like, these things are social creatures. Bluetooth, wifi, they want to be connected. So if they're not connecting, they are searching harder to find something to connect to. So if you're not utilizing your Bluetooth and your wifi in your car, it's actually emitting more EMFs looking for something to connect to.

Same thing with your cell phone, right? If you're somewhere you don't have self-service. Absolutely put it on airplane mode because it is doing everything fighting

for survival to try to find a cell tower to connect to. So is it actually producing more EMFs than if it was just connected to a cell tower.

So that's always important for people. I think we have kind of a misguided understanding, like, well, I'm not connected to it. It's like, well, that's even worse. So even if you don't have a Tesla, a lot of these cars have Bluetooth and wifi, so they're still emitting the EMFs and we are literally in a metal container and it's just sitting there in us. So it's microwaving us.

Katie: That's such a great point. And if you're not doing it already, please put your phone in the airplane mode if it's in your bedroom at night or in airplane mode, in a different room at night for that same reason, especially when you're in that more relaxed state of sleep. I feel like we're even more prone to potentially like the effects of EMFs when we are in that state of sleep.

Todd: Yeah. And we did those studies too, Katie, and that's, that's exactly it. Like that is, that is our time to rest. That is our time to be in the most optimal, parasympathetic, right? To detox, release things out of the cells and recover.

And if you have a wifi router or anything of that sort, cell phone, like it's a silent poke at you constantly. It's a nudge. So your body is always kind of reacting, even though it's not physically reacting, well, it is in a biological level. Because we can see the levels of your HRV dropping, all that.

So we saw while sleeping, we saw an increase in deep sleep, REM sleep, all while having these products or technology around because yes, you, how are you? You can't sleep well. You can sleep, of course your eyes close, your brain shuts down. But what happens when you're sleeping is more important, right? The, the digestion stops, everything can start recovering.

And that is not occurring because EMFs, we can also say increase cortisol. Cortisol, there's a whole, you know, streamlined domino effect when you have high cortisol. So no, you're not really asleep. Your body's not getting the sleep. So having a wifi router. And if you live in an apartment complex, you have no idea where your neighbors have their wifi routers. And whether you have children in another room or something, and they're sitting there, you know, it's like.

We have a mutual friend whose child ended up having cancer and like realized that their wifi router was, even though it was downstairs, it was up in the pantry and it was two feet from his, from him where he was on the bed, you know. And it was like, you just don't really think about that type of stuff, where even though it's not in the room, it, I mean, you know... There's a really well known, I've been watching this reel where they show a wifi router and they show the, the heat sensors from it, like a thermo heat and how it just, you know, it goes through walls like nothing.

Like the walls aren't even there, it doesn't matter. And they're showing how if you put a wifi route in the corner of the side of the house, how it still emits everywhere and goes through. So, you know, neighbors, all that stuff, you just don't know where their wifi routers or there's just so many hidden things with EMFs and where they're at.

So it's just better to have yourself entirely protected and work synergistically with it. Because like you're saying with the Faraday Cage. Faraday Cages work, they're great if you have a purpose for it, but you as well, you know, you've got a lot of children. And do you want to put your phone in a position where you are not accessible at some time if there's an emergency?

And you can put it there and not use it, that's fine, but I would prefer to be able to use... again, you and I would not be able to have this conversation the way we're having it right now, if we weren't utilizing the luxuries of new technologies. Wifi, Bluetooth, all that stuff, if it wasn't for these things.

So we want to be able to utilize them and take advantage of these things. Right. And I'm, I know people might have an issue, you know, where I'm at because I still use it by, I can show, I can show 'em my blood markers and my biomarkers that it's the same as if I don't have EMFs around me right now in terms of the way the biomarkers we test show.

So the pre, you know, the founder of Philip, it's always important I think for people to know this, is he was the global vice president of T-Mobile. So like his pendulum switched all the way over. He was on that side with T-Mobile and trying to advance all this stuff, and now he's on this side where it's like, well, let's work with this synergistically so we can still utilize these technologies without having to be scared of them or suppress them.

Katie: That makes so much sense, and I know you guys are always looking at this in new ways, doing new studies and always pushing the science forward. So if I know, without giving away anything you're not allowed to share, like what are you guys intrigued by right now? What do you see as the future of quantum energy in the next 10 years?

Todd: One really cool thing is when we just started this and you know, I'll never forget the first day this stuff showed up. You and your family came over for morning, Sunday morning, pancake breakfast, that, you know, my wife Jill had created. And I was like, what is this thing?

And you know, it was that long ago, right? And to where we've started there, to where we are now, it was like, there was no studies. We didn't know. It was like, well, let's create this. We know it's better. But we didn't know exactly all the benefits and over that long period of time it comes to, okay, people... we have this Telegram group and there's probably like 9,000 people in there. And like that's where Philip gets the ideas for these new studies, right? So I did it with the food, I've done it with other things. And then when other people are sharing their results, people are like, oh, I did this too and it worked.

I did this, and oh, I did this. And then Philip's like, okay, so we got like 15 people who are seeing this response. Let's take the money, invest in the actual study to quantify and measure all this stuff. So that is constantly occurring. We've done this with like we've, I think... We did it recently with sperm production and I believe there was a 96% increase in sperm production.

But again, this doesn't mean that quantum energy is producing 96 more, 96% more sperm in your body. What's happening is it's putting this position where it's like. Okay. You can act natural now because it's the EMFs. It's other things that are suppressing it. So it's just bringing you back to where you were.

But if we can test you, especially men who are putting, we were putting our cell phones that are like right in between our legs while we're driving or in our pockets, wherever it's at. It's just zapping us. And then if we were to test that, yeah, it's really low numbers of sperm production. If we were to now create this protective bubble then yeah, it's gonna increase 96%.

So we have a lot of really cool studies that we're doing with that. And there are so many different new studies, always, whether it's with pets. We have a bunch now with dogs and cats that are coming out. Autism, because we're seeing really, really significant benefits with like whether it's from aggression or creating more consistent bowel movements. With anyone who has a child with autism they know those are really big deals. Better sleep with these children too.

We have them in India. We're doing a lot of stuff there with these actual autistic institutes where children go and spend the day there and we're doing works with them. There's really so many, but what I think is really cool, and this will be more on the quantum entanglement side, I'd say, but like where's the future of medicine with quantum entanglement and quantum energy. And you know I think last time I talked with Phil about this, his like goal and what he'd really love to see this is, is if we could scan your system, scan the vibrations, the frequencies, find the places that are non-optimal, and then basically in turn refill those missing frequencies and vibrations through quantum entanglement to your body, that would help you be more optimal and have more vitality.

So that's where I see it going. Even like with software with us, if we're able to scan your system and say, okay, you're really low in these vibrations and frequencies, so now we're sending you a recipe of a much needed fulfillment of that kind of in a way, supplementation with frequencies.

Katie: That makes sense. And I will link to everything we've talked about in the show notes for anybody listening on the go. But before we wrap up, is there anything we haven't talked about that you still see as something related to quantum energy that a lot of people in the wellness world still get wrong or don't understand that you want to just provide more context and understanding around?

Todd: Yeah, I really think we covered it all. I'd just say like, be curious, be open. There is a lot of muddy waters with the term quantum. You know, like you see these quantum stickers and they, but you just gotta look at the verbiage because where I have a problem, again, is that unethical marketing.

When I scroll and see that a patch that you put on your phone literally blocks EMF's, it's just simply not true. Because if that means if you put that block or that

patch on there, that your phone wouldn't work. So just be really careful, but be curious because I'm telling you, I've been in this industry for a long time and I'm, I've gotten to the point, I'm not perfect at it, but I've gotten to the point where it's like nothing, nothing is set in stone.

Like things are constantly changing and just being open to like, okay, like foot in mouth for a lot of things. And with Quantum, I get it. Like it just sounds silly at first and overwhelming. And that's why we're here just to educate and show. You know, like I, that's, I, my huge thing is just education and the legitimacy of the claims and the science.

And, one thing that Leela Q and Quantum upgrade have that others don't is the amount of data behind it. And it's continuously moving forward on where we're at. But I think we covered everything good. I think it's the studies and the showing that even though you don't see it or feel it, think, I mean, it's just like the cell phones.

Like we don't see them, we don't see the wavelengths, but clearly we're talking to people from across the country. We just can't see it. And it's very similar with the quantum energy and what we're doing here.

Katie: And like I said, I'll put the links in the show notes. But you mentioned a free trial. I'll put that link as well.

But if someone is listening and has never tried this and wants to start, what is the best place to jump in? Like, what would you recommend as a good starting point?

Todd: With quantum upgrade, I would do the field for you. We have, I think about six different ones. You can get it for your car, your home, everything.

The home is great. But I would start it. Because for me, also kind of what supersedes everything else is if I can feel something, it kind of takes down my necessity to understand it. So as long as I, because I get that and this, and especially in the energetic and spiritual world, I there, especially with a science head, like I have, like I really think of things black and white, linear. But all this stuff is opened up to me that's like, okay, I don't get it scientifically, but I feel it. Like that's more important to me. So I want people to try this to at least be able to feel

it and be like, okay, I may not understand everything, but the fact that you can feel this. I think that'll be more important to a lot of people.

So I would set it up on the field for you. I would add, you don't have to, but you can add a frequency bundle and then you could go and change those things around. And then first off, if anyone has any questions, I run the social media accounts, so please DM them. It's me specifically that respond to you because I have a lot of passion in making sure people understand what they're doing, and I'm more than happy to hold your hand while doing any of this stuff. It's important because it's a win-win if you can feel it and understand it. I would set up for the field for you, and then you can kind of crank up this energy just a little bit.

You will feel dehydrated, so make sure you drink water. And, but during the day, you can set up to like 700. It sits about 500, but if you really just need to feel it to be sold on it, put it up to 700. Please make sure you drink water, you will detox and get a headache. Always a funny story. Elise is with Ben Greenfield and I think everyone who knows Ben knows that he is extreme as they come.

And when we set him up with this he didn't feel much. And I was like, well, hey, yeah, let me, let me cut off the ceilings. Let me crank it up for you so you can feel it. And he is like, thanks, bro. Got it. So I woke up two days later to a text message from him that was done at like two in the morning and he was like, Hey bro, can you please turn that off? It is so stimulating I can't sleep. Which says a lot for Ben. So, you know, I went in there and changed it for him, but, you know, I understand that people need to feel it to believe that it's real a lot. And you may not need to understand the how and why as long as you can feel it.

Katie: Amazing. Well, like I said, I'll put those links in there as well as to social media so people can reach out to you directly with questions. But I always love learning from you. It's always so fun to get to catch up with you in general since we've been friends for such a long time. But Todd, thanks for being here today and for providing so much understanding and clarity and simplicity around what is objectively a very complex topic.

I always learn from you and this was so much fun. Thank you.

Todd: Thanks, Katie.

Katie: Thank you for listening, and I hope you'll join me again on the next episode of the Wellness Mama Podcast.