



994: The Science of Sound: How Frequencies Support the Body With WavWatch

Child: Welcome to my mommy's podcast!

Katie: This podcast is brought to you by BIOptimizers and in particular, their product that holds my heart, which is their Magnesium Breakthrough. My goal this year is to continue to focus on my wellness and to create more harmony and resonance, and we all know that the foundation of health is a good night's sleep.

I talk about that so much on this podcast. And magnesium is the one nutrient that helps my sleep so much as well as so many other aspects of my health because magnesium is vital for so many things within the body, and it is nearly impossible to get enough from food anymore. And Magnesium Breakthrough from BIOptimizers is in a category of its own.

They have seven different forms of magnesium in one supplement, and since magnesium is involved in over 600 different biochemical reactions in the body, no other supplement on the market offers all seven types of magnesium in one bottle. Pretty much every function of your body is upgraded when you take magnesium regularly from the quality of your sleep to your brain function, from metabolism to stress levels, and so much more.

This is one of the few supplements that lives on my nightstand and I'm a little odd, but I take every morning because I actually get energy from it though most people notice that it's better at night. Now studies point to a lot of benefits of magnesium, including that it may help improve sleep quality, especially by supporting healthy sleep onset and have more peaceful nights.

Magnesium is also involved in stress management support and it may help maintain energy levels and positive mood while also supporting mental clearness and relaxation.

Magnesium is also important for healthy and balanced muscle tone and providing the building blocks to strong bones, and it promotes a balanced stress response, supports relaxation.

And I feel much calmer when I'm regularly taking magnesium. So let's face it, even if your 2025 resolution is not all about focusing on your health like mine is, how are you going to be able to achieve your goals in any area without enough quality sleep and stress management? Check out Magnesium Breakthrough and make it part of your daily routine this year as well.

For better sleep, better stress response, and much more. They have a 365 day money back guarantee and you can find it at bioptimizers.com/wellnessmama and use the code Wellnessmama for a discount.

This podcast is brought to you by Hiya for children and especially I love to talk about their new greens line for children. Now, I have tasted these vitamins and they're delicious, and my kids are the ones who really love them though. And I love that they're getting the nutrients they need without the sugar because most children's vitamins are basically candy in disguise with up to two teaspoons of sugar and dyes and unhealthy chemicals or gummy additives that we don't want our kids to have.

So Hiya created a superpowered children's vitamin that's chewable, without the sugar or the nasty additives and it tastes great. My little ones love it. They especially are designed to fill the most common gaps in modern children's diets to provide full body nourishment with a taste kids love. And it was formulated with the help of pediatricians and nutritional experts and pressed with a blend of 12 organic fruits and vegetables, then supercharged with 15 essential vitamins and minerals, including vitamin D, B12, C, zinc and folate among others.

It's also non-GMO, vegan, dairy free, allergy free, gelatin free, nut free, and everything else you can imagine. I love that they test every single batch with third party testing for heavy heavy metals and microbials in a qualified GMP compliant lab using scientifically validated testing methods so you can be completely at ease knowing it's safe and nutritious and it's designed for kids and sent straight to your door so you don't have to worry about ordering.

My kids really like these and I love that refills show up on schedule with no stress. Also, again, honorable mention to their new greens because if you are tired of battling your kids to eat more greens, their Daily Greens Plus Superfoods is a chocolate flavored greens powder designed specifically for kids and packed with 55+ whole food ingredients to support kids' brains, their development, their digestion, and kids actually like it.

We've worked out a special deal with Hiya for the bestselling children's vitamin. Receive 50% off your first order. To claim this deal you must go to hiyahealth.com/wellnessmama. This deal is not available on their regular website. To 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 this episode goes into the topic of the science of sound and how frequencies can support the body in a really unique way. I'm so fascinated by this topic because I feel like this is an emerging area of research and one that I've been experimenting with myself.

And we have quotes from people even like Einstein who said that future medicine would be frequency medicine. And I know we're seeing lots of devices and research around this area,

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which I find very exciting. And today's guest, I got to learn from a lot in depth today. I met her recently at Dave Asprey's Biohacking conference.

And got to try a device that we talk about called the WAVwatch. Which I actually felt an immediate difference from and ended up getting and buying on the spot and had been using since then. So I wanted her to come explain the science of it today. And Linda Bamber-Olson developed a fascination with sound after, she explains, being born deaf in one ear.

And this led to, her, she'll explain, her whole journey with this that led to now WAVwatch. She also had her mother and sister get diagnosed with breast cancer around the same time. And her doctor recommended a preventative double mastectomy, which she did not wanna to do. And so her passion in both of these areas led to some deep research and she'll explain more about that today. But I definitely learned a lot from her and I know you will as well. So let's jump in. Linda, welcome and thank you so much for being here.

Linda: Well, thank you for inviting me today. I'm very excited.

Katie: I am too. This is, we're gonna actually get to dive into a couple topics that I've never gone super deep on on this podcast before and that you have a lot of knowledge around. And I'm so excited to learn from you on both. And the first one is the science of sound and frequency, which I think is such a fascinating topic and potentially especially relevant to moms because of all the potential ways it can be beneficial.

And I got to know you a little bit at a recent conference as well as get to know a lot of your team and was fascinated by what I learned. So I'm super excited, selfishly, to get to deepen my own learning about this today. But to start off, I feel like I would love to hear a little bit more about your personal story.

From what I understand, you were born deaf in one ear. And that there's actually a connection here that led to the research that now is this incredible tool. This is a little personally relevant for me as well because both of my parents actually are legally deaf as well. So I would love to hear your personal story and a little bit about how that led to all the things we're gonna talk about today.

Linda: Sure. Well, you know, everybody has a passion and usually it comes from pain or from, you know, some type of problem in their life. And mine wasn't necessarily pain. I was just born without a part. They didn't discover that I was completely deaf in the left ear until about third grade. So somehow I had learned to fool everybody, you know, by maybe, you know, looking at people when they were talking, trying to read lips.

They did say that I put my hands on people's shoulders a lot, or would touch people and look at them intently, that type of thing. So I learned a lot of things about connecting with frequencies evidently as a young child. But that didn't play a lot of, you know, didn't have a lot to do with anything at that point in time I didn't think.

So life continued and I graduated from high school and then I actually played a couple of instruments, you know, saxophone, when I was in high school. And then when I got into college, I played drums. I started playing drums and I continued to play drums in a band for 35 years. So, and I didn't know, I just thought that was something really fun to do. But later in life I learned that that was my sound. There was something about that that really helped me, you know?

And that's what we need to take away, is that sound can be so healing and energetic and for people. And we all have probably listened to a song on the radio and when it's our favorite song we turn it way up, you know? And we move to it and our countenance changes and, you know, there's some reason that we need to hear that song.

And I was evidently like that for the drums. I needed to hear that and feel that vibration. So that was a new discovery for me as to why I like the drums so much. It just really helped me. So basically that's just a small idea. I taught school for years and then, both my mother and sister were diagnosed with breast cancer at the same time. And they are survivors, but my medical doctors just wanted me to do a double mastectomy and go on with my life.

I mean, they hadn't done any tests or anything. There wasn't anything wrong. I didn't even have a lump. They just wanted me to do a double mastectomy for preventive. And as a teacher, in my mind, I'm going. Oh, are you crazy? You know? And probably saying some lot worse things than that. But trying to look at the doctors and say, I think I can figure out something better than that, you know? So I started working, quit my teaching school career, got a naturopathic degree and studied a lot about natural health. And started a business called BRAS, Breast Research Awareness and Support.

So for the last 18 years or so, I have taught women how to protect their breast health in many different ways. And as a result of that, I just kept seeing all these problems that women had and it was getting to be more and more, or it was getting to be harder and harder to suggest things for them to do because there was a lot of things. And so one day I'm like, you know, God, tell me what to do, this is getting too much. You know?

And it just came down, you know, frequencies, you know, you need frequencies. So I started working with frequencies more and paying more and more attention. And so my slogan is, there's a frequency for that. Everything has a frequency. So just a little bit behind.

I hope that's not too much. If that gives you some information. So, you know, it was a need to protect myself and then to protect other women and my mother and my sister also. So a direct need.

Katie: Yeah, I feel like this is such a fascinating topic to get to dive into and one, I will say like I don't have a super deep knowledge on, but I have now felt the difference of, and I got to test it out actually at the conference where I met you and I felt the difference. And then I brought several friends to the booth, including a couple who are like energy workers who are very sensitive to things like vibration and sound.

Who immediately felt a difference and could feel a difference even between the different settings on the WAVwatch. Which I know we're gonna get to talk more about the WAVwatch, specifically, in a few minutes. And also in regards to the work you do outside of this, we're gonna also get to do a whole follow up episode about breast health and some of that ways that we can protect rather than get into the problems in the first place.

But I would love to go deeper on sound for now. Can you walk us through like what exactly is sound healing? What are these frequencies and what's happening in the body when we interact with them?

Linda: Well, again, this is a whole new education for me and for most people out there. So what I feel myself doing most of the time is educating people about frequencies. And that is a whole field that should be natural to us. Just like I mentioned the music before. We all know that music can change our countenance, that we can be saddened or we can, you know, we all of a sudden we can be just really enthusiastic or change our methods or get ideas just like this when we have different sounds.

And so we have just been, if I can try not to be, put too many words into somebody's mind, thoughts and minds... But we knew about frequencies and using them for natural health over a hundred years ago. But we were steered a different direction. And so we were steered in the idea of using pills and medication and things like that.

And what I learned was that there were some basic reasonings behind that. So there is a frequency for everything in the universe. They've measured it. So Nikola Tesla actually was one of the first people, if you can imagine, you know, that got into this. And I always talk about how I was so excited to find out that his, one of his friends was Mark Twain, and they actually experimented with frequencies and a vibration plate. You know, way back in the nine, early 19 hundreds at some time.

And then Nikola's work went on to Dr. Royal Raymond Rife, who is now considered the father of frequencies. And so he had developed his own microscope. And I talk about this a

lot. It's fascinating. It's a microscope that hasn't even been replicated today. And he was able to see tiny pathogens.

And then when he introduced a frequency, their sphere, you know, when they actually met, those frequencies would actually kill a pathogen of some kind. And so Tesla had already named that. He called that the mortal oscillation rate. And it's just the frequency when two frequencies meet each other that are the same frequencies, you know, they will actually change, self amplify, blow up, fall apart.

Lots of different words that you could attach to that. But that is an amazing idea that we just connect or connote to the singer who sings a high note and can break a crystal goblet. But why haven't, you know, we knew that all these years ago, but why haven't we connected that and use that for our health?

So that's what my tool is about. It is about letting us use frequencies to change our body, to rebalance it, to re, you know, do a variety of ideas using frequencies. So, again, technology is old and the rest of the story is that Dr. Royal Raymond Rife was actually put out of business by the medical community.

And so if you are not up to date on that, if you'd like to learn more about it, all you have to do is look him up. There are several books written about it. Videos and stories and things. And so basically his tools were destroyed. His frequencies were considered to be you know, voodoo and not any good.

They, any medical doctor that worked with his frequencies or agreed with Dr. Rife was put out of business or they had to recant. It just goes on and on and on. And so in my mind, I'm going, but why? Why would that happen? And it turns out there's a specific reason why. Have you ever thought and wondered why we have to take medications over and over and over again?

Katie: Oh, that's interesting. Not, not specifically, but I would love an explanation on that.

Linda: Yeah, and I hadn't either, you know? It's like, okay, so what I learned was that there are different kinds of frequencies. There's a frequency from a sound, a wave file, WAV, and vibrations. That's why I named my watch WAVwatch. Those frequencies are a hundred percent absorbed by your body and they go through your body at the speed of sound or faster, basically because they're going through water.

But a chemical frequency from a supplement, even, you know, or food, prescriptions, all of those kind of things, is actually going through a very slow, and it actually moves through your body about a foot a second. And that's really, really slow. And it is actually heated up by your body. The heat of your body destroys 98% of that chemical wave, so only 2% is

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getting through your body. So you have to take that over and over and over again to get any results.

And we kind of know that when we think about supplements, because we say, oh, we, you know, you can see it in the toilet, you'll see that you're flushing them out. But it's a little bit different too. A different way to think of that with chemical waste. So the fact that frequencies can move through your body so quickly and can make changes quickly, they can move through your body, and very effectively. Frequencies can be changed. They can be remeasured. If there's a, you know, a mutation in some in some kind of a pathogen, it can be remeasured and shared with people easily. The list goes on and on.

There's no drugs, there's no side effects. It's very cost effective. And so all of these ideas were just thrown away with the bath water, if that's a way to say it. And the AMA said that frequencies were bad and could not be used. So that's been going on for around a hundred years. But somehow they've eased up and things have changed a little bit because more and more tools are using ultrasound frequencies or ultralow frequencies. But none of them seem to be using acoustical frequencies.

And so that's the idea that I went with, is that acoustical frequencies are safe. We are not using, you know, there's no way that we do anything with an acoustical frequency that is unsafe for our body. Now they are mixing some different frequencies, some ultrasound frequencies with different things, but acoustical frequencies are really safe.

So I don't know if that's answering the question good enough, but...

Katie: Yeah. That's so interesting to me. And it makes sense that like when you separate, kind of like you said, the chemical versus the wave frequencies and how those interact with the body differently. And I believe it was Einstein that said that the future medicine would be the medicine of frequencies. And there's similar quotes about, like, sound frequency and vibration being kind of the future of medicine as well.

And I feel like we're kind of right on the cusp of more understanding of that and more openness toward that. And I think you know, obviously people like you, but also a lot of moms are kind of pioneering the experimentation of that sort of, like, the new directions of this, which I love to see. And I've heard you also say, and we talked about this a little at the conference or I did with your team, that you don't even have to necessarily hear the frequency to benefit from it.

Not, it's not even necessarily anything to do with the ear, which is interesting to me. And for people like my parents, I feel, like, really good to know because they might not ever hear the sound itself, but they can still, from my understanding, benefit from the sound and the

frequency. So can you explain like what you did a little bit, but, like, go deeper on the cellular and energetic level what's happening?

Linda: I mean, who would know that we don't have to hear those frequencies? But our skin is a receptor for every frequency that there is. And also bones. So frequencies go through our bones. Zip, zip, zip, zip, zip. And basically what is happening is that every cell will react to a frequency or a vibration.

So that's the whole theory of the WAVwatch, is that I was able to put frequencies or a sound, or music, a song, you know, different ways to describe it, onto a watch. And then you make your selection, you turn it on, and there's a speaker on the back of the watch, and basically the sound goes through the back of the watch and touches your skin. And the cells beneath that start to vibrate. Basically there are 70 receptors in every cell, and so they're gonna vibrate first, you know? And then that will make the cell vibrate, then the next cell vibrates and the next, and then it zips through your body, again, faster than the speed of sound.

So it is totally amazing how that can happen. Now there is also some new evidence from the Niels Bohr School of Physics in Denmark, and they are saying that, you know, 10 years ago they've been trying to tell everybody and get that theory across that frequencies that, or excuse me, that our nerves are not electrical. Our nerves are sound pulses and that makes so much sense.

They've got all the information there. I sent several scientific people to that site to look at the information and they're going, oh my gosh, they're right. But you know, it's gonna take another 40 or 50 years for us to reconfigure our thinking and realize that, oh, sound impulses do move through our body. And they do have a lot to do with our nerves.

So that is one of the better things that the WAVwatch works with. And it's just very quick, sometimes, that nerves are changed. And we do have the scientific information to back that up. So it goes through your bones and your skin and through your nerves, like you can't believe.

So our body is conducting. In many different ways, all of these sounds that are around us, you know, we hear sounds 24 hours a day, so our body is adapting all the time to sounds.

Katie: That's fascinating. I didn't know that about nerves, but like you said, that does make so much sense. And I feel like this also really touches on the nervous system component, which I'm, I've been so happy to hear talked about more when it comes even to physical health. And there seems to be much more understanding of how things are not in silos. And

obviously our emotional health, our nervous system health, our physical health, our mental health, they all work in, kind of harmony, to have actual, like, our optimal level of health.

And I know in my personal story, actually releasing, kind of, stored trauma, and actually addressing that and addressing the emotional and inner side, was drastically impactful even in my physical health. And I've talked before about that being a big part, I feel, of my reversing my Hashimoto's.

And I know that there seems to be, like, obviously emotions are tied to our body's healing capacity and can actually kind of block our body's innate healing capacity that we all have. I'd love to hear how sound can impact if there are, like, stored energy and emotions within the body when it comes to trauma or just tension. Like is there anything we know about that or what have you seen even anecdotally in people when it comes to these frequencies and the emotional and trauma side?

Linda: Well, those are some really good ideas also. I don't know how much I should explain about the WAVwatch yet, but we have so many frequencies on there and probably 10% of them are emotional frequencies. So again, these frequencies were measured over a hundred years ago. They've been in our possession.

They just haven't been legal to be used, and all of this information was destroyed and it had to be, you know, found again, retested, you know, a lot of different things like that. But emotions are huge. They are definitely huge. So we have different emotions, specifically on the WAVwatch and many, many testimonies.

That's why people wear it a lot, is for anxiety or for fear, or PTSD, ADD, that kind of thing. And we have all kinds of testimonies. I don't know that I know how many types of testimonies we have for emotions, but overall I have about 1,100 different frequencies and probably 500 different kinds of testimonies to back those up.

And then of that, we have multiple testimonies, you know, people saying yes, yes, yes. So, on the ideas for your emotions. We did have someone call in on a Zoom call from overseas and they were saying that they had a son that had lots of trouble with PTSD and excuse me, ADD, all kinds of emotional problems.

This child had actually tried to kill himself. And the list just went on and on and the mother was crying so hard. It was hard to understand everything that she said. But the gist of it was that she had gotten a watch and played it for those emotions and she got it over the weekend. And on Monday he was a normal child for the first time in his whole life.

And she was trying to tell us that he was a 10-year-old who she said, I've never seen him normal. He had so many problems and he just calmed down like that. Just, just amazing,

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you know? So here is this woman crying and then everybody's crying with her, you know? So emotions can be huge. It has changed a lot of lives.

Now, another fun thing that you might not have realized or people might not realize about sound, we know this about electricity, you know, it passes from one person to the other. Well, so does sound, you know? So you can actually be wearing the WAVwatch on anxiety, and if you have a pet or, or a grandchild or a small baby sitting on your lap, they're going to be absorbing the same frequencies that you are playing on your watch.

So all kinds of testimonies about that. Mostly from animal lovers, pet lovers, they'll call in and they'll say, oh, my dog just loves the anxiety one, you know, he just comes up and snuggles with me, or my cat does, or all kinds of testimonies along that line. And then I have a great testimony from a gentleman who called in and basically said he had bought the watch for his wife with Parkinson's and then he got all embarrassed.

You could kind of tell he was trying to figure out what to say and then he just blurts out and he goes, and we sleep really close together. So of course you're kind of trying to, you know, figure out what else he is gonna say and then he blurts out again and he said, I could feel her frequencies when she had the WAVwatch on. You know, I'm going, oh wow, that's really neat.

He goes, well, you know, I got up the next morning and my feet didn't hurt. And I'm going, oh, that, that's really neat. And he goes, no, you don't understand. They've hurt for 15 years and I've been on medication for 15 years. So he called back and in two weeks he was off his medication all because he'd snuggled with his wife for a couple of weeks more while she had the WAVwatch on. So perfect testimony there to let me know how viable that is, and that frequencies do move from one person to the other very, very easily.

Katie: I feel like that obviously for obvious reasons could be especially relevant for moms. Especially when we have little kids like you just mentioned. And I feel like this is a great time to really give an explanation of what the WAVwatch is. Like I said, I got to try it and immediately bought it because I loved, like, I actually could feel the difference of it.

I used the sleep settings a lot and I love how it's like there's settings based on when you go to sleep to make sure that it's like lining up with your sleep cycles and like really dialing that in. But can you kind of walk us through who it works for, how it works, and is there anything we should know before using the WAVwatch? And then I also wanna make sure we get deeper into, kind of, some of the really cool use cases that are especially relevant to moms.

Linda: Okay, so basically the WAVwatch can be worn by anybody. And somebody's even shared a testimony with me on their horses and their ducks. You know, so we're talking

about lots of people and animals relate to frequencies and it can be shared. You know, the family can share one or you could have more than one, you know, obviously.

And it can be, there are, basically a favorite list just like you might have on a music player. So one person in the family could have a different list of their favorites if you wanted to do it that way. But basically there are over 1,100 frequencies, but they have been combined into about 146 different major categories.

And then when you play that category you're gonna be playing a lot of different ideas that connect to the same basic problem so that it's worked on in several different ways. And so all you have to do is turn the WAVwatch on by holding it for three seconds, and then, when it comes up, basically there are just choices here. And this one, it looks like I've got right here. So there are choices and you just make your selection and touch a button, you know, and it actually starts playing a sound. Now, I don't know that you can hear the sound, you know, with us talking, but it is a little bit like a bee buzz, is that how you'd describe it?

You know, or a mosquito, that kind of thing. So when you touch it, I'll see if I can turn this up here. Can you hear that at all?

Katie: You can and it does. I would say I compared it to a bee buzz. Which random side note, I've been a beekeeper since I was 12 years old. We now know the sounds actually that bees make also, and the note of sound healing is very beneficial and calming to the nervous system as well.

Linda: It is so fun to learn that bees are talking to other plants and other plants are putting out a frequency so that the bees come to them first. It's just totally amazing how our world really revolves around sound to start with. We're always thinking light, you know, but to me, sound was first.

We, the first sense that we have in the womb is sound and they say it sounds like a drum chord. You know? So there I go. That's maybe why it, you know, I was so enthusiastic about drums. I don't know. But then sound is the last sense that we have, usually, when we pass from this world. So in between, we're not doing a lot with sound.

You know, that's what gets me, is that we haven't listened to our ancestors and all the tools and things that they had for sound. We kind of poo poo them and it's like, oh no, we're so much smarter than they are. We can, you know, but we're not, you know? We're missing the most obvious thing. We were spoken into existence, you know? And the list goes on and on of different ways if you wanna be biblical about sound and frequencies being used in the Bible.

So anyway, all you're going to do is just put the watch on and it's all set for a particular time once you've made a selection. There is a small book that you can see that shows, you know, all the different ideas for using it. You can also go online and there is a list also. And you can also use, like, a robot, a bot, if I'm saying that right. And if you don't know where something is, you can just type it in and the bot will tell you which particular folder it is in.

So, like, if you wanted to know where Epstein-Barr virus might be, if there was a frequency for that, then you could find it online very easily. Now we have to be careful with how we say it because you know, the FDA wants us to stay within the general wellness guidelines. And so that's why we have those 146 categories. With tons of ideas tucked into them. So that makes it very easy to do. And then when you actually get to the screen where you're playing something, like I mentioned before, it tells you how long it will play and then you have the ability to set it to, to play, to just repeat.

It could make, they're about an hour long and it could repeat over and over all night long if you wanted it to, or you could just play it an hour and then go onto something else. So a lot of people play the sleep frequencies like you mentioned. And those are really very, very great for most people who are having sleep trouble. And all you do is pick the time of bed that you go to sleep, you know?

So there are 11 different hours, and if you're going to bed at 10 o'clock, touch the 10 o'clock selection. And then it goes through there and every hour it changes the frequencies that it is working on according to the circadian, you know, our circadian cycles.

It also works with the Chinese body clock and uses different organ systems that are in play in that particular time in our body. It also has the vagus nerve, hormones. And so there are a variety of things that are being worked on all night long to support your body. A perfect example is our body is working on the liver, using the liver from one to three, a little bit more. And from three to five we're using, our body is concentrating on our lungs. So, you know, that's an example. At those particular times, there are frequencies to help those two categories, organs, and very, very necessary. So that's why people are sleeping better. It seems to be a great hit with people.

Katie: And another thing I feel like it's important to note because I know I get this question a lot when it comes to even the wearables like the Oura ring or like any kind of technology that's on the body. From my understanding there's actually someone on your team who's very EMF sensitive and the WAVwatch is completely free of EMFs.

There's not concerns, there are people wearing it at night as far as like the EMF concerns. And because it's not connecting to the internet, so there's not, it's not communicating with

anything. And I sleep within an EMF canopy and it works perfectly fine in my bed. So I know that's a concern for some people, so I wanted to make sure we touched on that.

And also just wanted to get confirmation. It sounds like it is, and I've certainly used it with my kids already, but wanted to confirm it's safe for kids, it's safe for pregnancy because it's just sound and it's not invasive and it's working with the body's natural frequencies. But I just wanted to get verbal confirmation of that from you.

Lisa: Oh, that's perfect. And you know, you just tied right into it because that was one of my major concerns when I developed this. You know, people kept trying to get me to tie it into the internet and, you know, have a something, an app so their phone could speak back and forth to the watch. And I'm just like, no, I am not going there.

That was one of my strong points that that has to be something, because people are so aware now of the problems with EMFs. And so I'm very pleased to say that there is no connectivity there and you can wear it in safety. Now. Another idea, you know, people are always asking me if somebody who's had a pacemaker can wear the WAVwatch.

And this may not be, you know, as much for mothers, but the grandparents and things like that. And it makes perfect sense. I kind of tease a little bit and I can kind of say, well, you know, did your doctor tell you that you can't listen to any music or you can't talk to your spouse? And I, they're going, what? No, why? I'm going, well, because this is sound, this is an acoustical sound. And they would be warning you if sound was dangerous, but it is not. So you can wear that knowing that sound, you know, is all around us and it, acoustical sound, and it is safe for us to wear. Now some other things are not, you know, if you have a pacemaker, there are definitely some things that you shouldn't wear that are alternative ideas.

Like a, you know, that some, and I guess I won't mention those, but it is, there are some dangers. But when it is acoustical frequencies, they are considered safe. And obviously all those things are safe for our children. And the no EMFs is very, very important.

Katie: Yeah, that's good to know. And it makes complete sense when you explain it as far as, like, you are not told not to listen to the radio when you're pregnant. You're not told, you know, like, actually that can be very helpful. Pregnant women find music can be very soothing. We often do that during labor. So I feel like that's a great reminder and puts it in perspective of, like this is an incredibly powerful tool and it's generally safe, for this reason of that. It's something that we encounter already in daily life.

And the vibration of someone's voice or the sound of music that we listen to. And I know we're kind of getting really close to the end of our time. I'll make sure, of course it is linked

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in the show notes. I believe there's even a special code for listeners that I will link in the show notes as well at wellnessmama.com.

But maybe just give us a brief overview if someone were to get a WAVwatch of what would be a good place to start. How do you get started? And maybe a couple, just what are the kind of amazing stories that you've heard, especially from moms who have really implemented the WAVwatch and seen a difference with their families?

Linda: Well like I mentioned before emotions seem to be a big factor. I did have a testimony from a gentleman from Denmark and he called in and gave a video testimony telling us that he had a daughter that was about 12 years old and she had been bedridden for about two years. She could barely get outta bed and wouldn't do anything, and it sounded like it was more from depression, from mental problems.

And he said they got the WAVwatch and they played it on brain ideas for two sessions. Now that's two hours. The way, you know, the way he described it, two hours was what they played it. And then she got up and walked for a mile the first time that she used the watch. So we were very, very excited about that.

And that still brings tears to my eyes when I think about it from going, you know, in bed not moving around because of brain problems to fully moving within just a short period of time. So, I really liked that particular idea. And it is so important for mothers to know that anything on the watch can be used for them.

I mean, if they, if your child has a burn, there's a first aid frequency set that has all kinds of things for burns and cuts and repair, that kind of thing. There's a special category just for kids and it's labeled so that you can see exactly what you might be interested in. But kids are gonna have, you know, colds and flus and all kinds of things, just like adults. But basically they can use anything there is no differentiation from. So there's a kids cough, first aid, sleep for kids. Also working with spectrum balance. And definitely viruses, that kind of thing. Plus all of the other ideas can be used for kids or anywhere else, or anyone else. Also, just, you know, like, for grandparents, the same thing. So the watch can be passed around for anybody to use, you know, and be very, very workable. So I hope I covered those ideas. I'm kind of hoping I didn't miss your question there.

Katie: That was great and I know you guys have educational resources available online as well as of course the WAVwatch itself. And I'll put those links all in the show notes at wellnessmama.com. But I love that, like I said, it is EMF free and that it can be passed around, like my kids can share one and use it.

I feel like there's some devices that different bio hacking companies come out with where each person has to have their own account and it's so complicated. And so I love how easy you guys made it to make it wearable and usable and implement it in your life without EMFs and without a lot of fancy technology or a tech degree.

And like I said, I think this is such a fascinating topic and one I hope that we see more of kind of entering the mainstream conversation. But I love that you are making it accessible for families and for moms. And I love that we're gonna get to do a follow-up episode all about breast health and salt, which is one of my favorite topics.

So you guys stay tuned for that one. But Linda, for this episode, thank you so much for your time. This was so enlightening and I loved getting to have this conversation with you.

Linda: Thank you.

Katie: And thank you for listening, and I hope you will join me again on the next episode of the Wellness Mama Podcast.