

Rob Rene Updated Full ep.

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SPEAKERS

David Sandstrom, Rob Rene



David Sandstrom 00:00

Welcome to the Christian Healthy Lifestyle Podcast, where I help Christians over 40 maximize their health potential so they can age gracefully, live abundantly, and be thoroughly equipped for every good work. I'm your host, David Sandstrom, naturopathic doctor and biblical Health Coach. And this is episode number 145. Today's episode, I'm talking with medical researcher, Rob Rene. Rob is the founder of a company called Q E strong. And his company uses quantum physical energy to promote health wellness. Now, someone might be saying right now, Well, Dave, I thought that your show was biblically based, isn't it a faith based show? What do you do in talking about quantum physics? Well, God created our world, He created the world that we live in. And our world is just simply teeming with energetic frequencies. Light is a frequency sound is an energetic frequency, the very fact that you can hear my voice and interpret the words tells us that we are capable of receiving energetic frequencies and interpreting them. So we shouldn't be afraid of energetic frequencies. It's part of God's creation. So I first learned about Rob, when I listened to a podcast that he was a guest on about a year ago. And I said to myself at the time, this guy would make a great guest, I'd like to have him on the podcast one day, but then I started thinking about it. And I said, you know, maybe someone has a negative connotation attached to energy medicine. And I might scare off some listeners, and somebody might unsubscribe from the show. Well, I've come to the conclusion that that's not the right approach, because I've been studying health and wellness for 25 plus years. And what I want to do with this show is share what I know with you. Now, I've been wrong. In the past, I have had to, when presented with new information, I've had to pivot and adjust my belief system and as to what I believe is accurate and true. So but that's a good thing. Because as soon as you think you know it all, then you've cut yourself off to any future learning. So I like to approach everything that I that I believe in with an open mind and be able to be objective enough to listen to the facts as presented, and make the right conclusions. So that's what I want to do here. I want to share what I've learned with you. And what you do with the information is up to you. But I really think that you're going to enjoy this episode because Rob is a Bible believing Christian, and he's very passionate about what he's doing. He's got a great backstory, I think you're gonna enjoy listening to him. So let's jump right into my conversation with medical researcher Rob Rene. Today we have in the show, Rob Rene, Rob is a frequency specialist and medical deception researcher. After a tragic accident edit his dream of becoming a world class

runner. He turned to formulating healthy all natural supplements, and discovered the amazing world of quantum energy. He then founded QE strong, a company that helps people recover their health without pharmaceuticals. Rob, welcome to Christian healthy lifestyle.

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Rob Rene 02:55

Hey, I'm so blessed to be here. Thank you so much.

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David Sandstrom 02:59

Well, thank you for taking the time. I'm looking forward to this conversation. I've I've heard about you and your work and your company. And I said to myself a long time ago, you know, I'd love to have that guy on the podcast. So here we are we're doing is it's coming to pass.

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Rob Rene 03:11

Yeah, I am so excited. And the more I read your book, I've gotten through a large majority of it. And it's just love the way you did your book is just such a pleasure because everything that I'm learning and passionate about you've already written about. So it's really, really cool. So congratulations for all the effort and time that it took to put that thing together as a great love the organization and even the summary at the end of the chapters is just just really awesomely done. So congrats.

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David Sandstrom 03:41

Oh, thank you for that. I appreciate that right up. Rob's referring to my book, The Christians guide to Holistic Health. And I put a bullet point summaries at the end of each chapter. There's their short chapters, and I want to know there is holding it off if you want to. But I wanted to make sure that people didn't get bogged down with too much information and they could read the summary. And if that chapter sounded of interest to them, they go back read the whole chapter. So that was the idea behind putting the summaries in.

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Rob Rene 04:05

Yeah, really, really, really well done. A lot of information in there is so amazing, because we are mind body and spirit. And this is like if you don't people don't understand that right. So the way that you're looking at the holistic health is a lot different than most holistic practitioners, which I thought was a great call out of how you you look at all natural health practitioners today and they're all about natural foods and nutrition, not the whole body. Right. Right. So yeah, love, love that you differentiating that because I 100% agree. I think God made us wonderfully and fearfully in our bodies are so incredibly complex, and amazing. And I've learned that a lot through the quantum energy work that I've been doing, and the research that I've done just unfolds that more and more. So when I read your book, it just makes total obvious sense that you have to treat a person holistically like mind, body and spirit in my body and soul. What is its spirit?

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David Sandstrom 05:14

Spirit, mind, body, the book says body, mind and spirit, but Okay, there we go. Today I'm going with spirit first because I really feel that's the most foundational.

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Rob Rene 05:21

Yeah, true, true, true, true. So, but I love that you need to address all those in order to treat person holistically, because your, your spirit and your mind have so much control over your body. That's right, that people don't understand, then when you start to understand that then, and you can treat all three in unison. Oh my gosh, you know, it's so much easier to help people transform their health and their lives.

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David Sandstrom 05:50

Well, you're speaking my language here for sure. One quick story, I want to share the type that I shared in the book. And that is, I used to do nutritional counseling. And I didn't it was a health coaching practice. And I called myself holistic back then. But I didn't even know what the term meant I was making the same mistake that a lot of practitioners make. I was natural. But I wasn't holistic, because I focused almost entirely on the physical, which is what a lot of natural practitioners are doing. When we are spirit, we have a mind and we live in a body. And if we want to maximize our health potential, we've got to address all three parts of the human condition and that's where we're gonna experience the most synergy and the most effectiveness.

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Rob Rene 06:27

Yeah, I ah literally absolutely love it. And my story, just from a health perspective started back when I was a young runner. Back in high school, I started being running and I was surprisingly pretty good at running compared to my peers. And so I started doing a little bit of research and I happened upon a book called Eat to win. Right? And yeah, that was an amazing book, right? It was for me, as a young athlete, to understand that what you actually put in your body, you know, fuels fuels your body. And so, and that's something I hadn't understood. And I think that gave me a huge leg up on my competition as I did grow up as a as a runner, because I was able to learn how to fuel my body. So when it got down to the end of a race, you know, I not only did I train, right, so I had energy at the end of the race, but I also ate, right, you know, and so I had the nutrition in my body to fuel it when it needed it and helped me meet a much, much better runner. So it kind of started early on, to me understanding that, that we are a holistic being, and nutrition is a key part of it. But I haven't really spent a lot of time and effort on that my entire life just until the last couple of years. And now, man, I'm diving, I'm diving deep into the pool, and just having a blast, learning and education myself.

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David Sandstrom 08:03

Welcome, and I'm glad you are.

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Rob Rene 08:06

It took me a while but you know, I was unfortunately a man of this world. I got stuck in the into the daily grind that most not most, but a lot of people in, in our world get into right I had a full time job. I had a wonderful family. But I got you know, into to sports, watching sports, I got to watch in the games gaming, I got into all these things that were in addition to my profession, in addition to my family that just took up so much time that I never had I never had time to spend researching anything, let alone how to be healthy. Yeah. So

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David Sandstrom 08:45

Well your accident changed that. Right. So let's hear about that. Excellent. You had it was horrible.

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Rob Rene 08:48

Yeah, it was pretty, pretty crazy. So when I was that young athlete, I ended up getting the Schol full ride scholarship to a D one school. So I was making my way my whole goal in life at that point in my life was to be a professional runner. I wanted to I wanted to make money running, and after college, and so I went to a school that helped produce professional runners. And I was so excited. I made the US Junior team, which is like 19 years and younger, I just got second place. And in the US I was a second best miler in the country at that time. And then I ended up beating that same boy who beat me or young man, I should say, and in an international race when went on a tour and beat or won that race and beat all the other best runners from five different countries. So I was really on my way I thought, right? I'm like, Oh my gosh, my choices are so excited about where I'm headed. And I'm so excited about where I'm headed. And that winter I was out on a training run in Utah, and it was cold and icy and snowy and all the roads were covered with snow and we Got on a 10 mile run. And unfortunately, I was out there and my friend was and I were running single file along this back country road. And he just said, I heard him yell my name and I turned turned around and he had jumped in the ditch. And I turned around and saw a truck coming, just said, I literally screen as I'm gonna get hit, gonna get hit, I had no chance to move. And that hit me on my side and hip. And the four by four truck threw me 36 feet. So that's a really long way Yeah, to throw the human body. And then I landed right on my face. So this whole side of my face was was Road Rash. And it was cut up all over the place. And then I was unconscious. So not a not a good situation. And during the run, I'd had a bloody nose. And so not only was I laying at the side of the road unconscious, my my nose filled clogged my throat with with blood. So I couldn't breathe. So yeah, unconscious, not breathing down the side of the road is is not a good situation.

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David Sandstrom 11:13

Did your buddy do your partner? Did he give you CPR? Or what happened?

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Rob Rene 11:17

R ROB RENE 11:17

Yeah, he literally saved my life. He knew that I had that bloody nose and he could tell I wasn't breathing. So he literally unclogged my throat with his with his finger. And if I if he wouldn't have I would have I would have perished right? So God has me because of that whole incident, I really knew that God had me here for a reason, because I should have died that day. Yeah. And I didn't. And he, you know, I knew he had a plan. And I've been a real struggle for 20 plus years after that accident, just what is that plan? Right? And what should I be doing. And so I thought it was a take care of my family. So I got a, got a good, had a good degree from from college and got a good job and started working in enterprise sales, selling enterprise software. But then I just got into the world, right, I got into doing the things that I don't think are real healthy. Now. I look back on it. And I think I made a lot of mistakes, I still love my family and provided for them. And I went to church, occasionally, not real often. And then I also got into what I call a really bad habit of drinking. And so that wasn't a big part of my story is, as I ended up socially drinking, it ended up being everyday. And in my enterprise sales job, one of the things they wanted us to do was to go entertain clients, right? So you're working with these professionals, and it's like, you need to go develop a relationship with them, you need to take them out to a really nice dinner, and the company's paying for all this and then you need to take them out to the bar after and you need to develop that. rapport. Yeah. And so it just became okay, Thursday, Friday, Saturday, I'm doing doing my my job, you know, taking taking clients out and then come home Sunday and five o'clock somewhere, right? And I'd go I'd have a couple of drinks, but it just got to that point where I was drinking every day. They did it for a really long period of time. So the Lord saved me from that, again, I just literally woke up, went that was going to bed one night, and I was like, just really feeling really bad. I was overweight, I was out of shape. And I'm just like, why am I doing this to myself?

D David Sandstrom 13:31

Well, you know that probably a good good chance for me to share the mission statement here at the podcast. And that is we maximize our health potential by aligning our lives more fully with God's natural design for spirit, mind and body. It of course, is not a sin to drink, right, but it's a sin to be drunk, right. And if you were not supposed to be mastered by anything, and you were being mastered. And that will be an example of not you do not have your life in alignment right then. And it was detrimental to your health and well being.

R Rob Rene 13:58

It was yeah, it was was doing good for nobody. It wasn't wasn't wasn't functioning the way I should have been. That he wanted me to be. Yeah, so the awesome thing is, as my wife and the Lord literally got me through that I didn't want to join a 12 step program. I said, Lord, I was on my knees and praying is helped me through this, I'm going to get through this and I want to be strong, and I want to be healthy. And I want to take care of my family. And that was just like five years ago, so not too long ago that I had done that and it's been a wonderful journey. Ever since I have just been on fire for Christ. Been working really hard to understand the Bible a lot better and just have that personal relationship is something that I really never developed. And that I believe that I'm developing now which is so amazing. It's so different than what I grew up in, in church of just reading the Bible occasionally going to church occasionally, and understanding the Bible but not having a personal relationship yet And when you transition, and you get that personal relationship, your whole world changes. Yeah. And so now I really feel that he's leading me and I'm just trying to listen. Yeah, trying to say, Lord, what do you

want me to do? And how do you want me to do it and he just literally directed me down this path of like, okay, you you know how important your your body is. And you're a great athlete, at least I was when I was young, right? I'm old now. So I'm not a great athlete, but I do have

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David Sandstrom 15:32

Old is a relative term.

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Rob Rene 15:35

Yeah. The I think he really wants me to help educate people, right and in get healthy, holistically and naturally, in a way that, hey, you know, it's just super fun for me now, because I'm so excited. I'm so passionate about it, that that's my goal in life is to get people off of Big Pharma drugs, because when this the big, I call it the second truck, so I had that initial truck that hit me. And then I recovered from that. And then I went through through that whole period of drinking too much. But then the pandemic I think, was like the second trek that everybody in the in the world got hit by, right. And that affected me in a way that I was like, Okay, what am I here for? And so I started doing a lot of research because they were, I could see that they were vilifying people like yourself, right? You know, like, why are they vilifying all natural health practitioners who are just trying to help people, right? I know, one doctor was like, you know, take vitamin D, right? That's really good for your health. And, and man, they just attacked him like crazy. They were attacking all these doctors. I'm just like, there's something wrong with this picture. So I just started doing research on what was happening. And it just disgusted me the more and more and more that I found. Because I started doing I think that I want to implore anybody and everybody to do this themselves. Start doing your own research, right? Don't listen to the media. Don't listen to the news. Don't listen to the radio, don't listen to, you know, social media, go go do your own research on topics and dig. And when you start digging, you're gonna realize that you've been fed propaganda for a large period of your life. Yeah. And this really frustrated me, you know, the same way.

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David Sandstrom 17:25

I was listening to a podcast yesterday, is Dr. Mercola. Take control of your health eating on there, there was a bioenergetic cancer specialist. She was mitochondrial health and all that. And she pointed out I just learned this yesterday, that when years ago, you weren't allowed to put a pharmaceutical ad in a medical textbook. But today, all the medical textbooks in medical school have pharmaceutical ads in them. Yeah. Isn't that tragic? I mean, talk about a brainwashing

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Rob Rene 17:55

100%. driven by money, right? Yeah, the pharma, the pharmacy. Industry is just is taking over, right. Big Pharma is so powerful. They have so much money, that they can control the media, they can control the narrative, and they can control all the health practitioners in a way that's unbelievable that you can tell you literally do your own research. He's like, No, that can't happen. You know, like, individually. I love our doctors and nurses, and our health practitioners,

right? They're trying to do their best good hearts. And yet, at the end of the day, the system is totally set up for their failure. Yes. And it's disgusting. So yeah, when I started doing all that research, that's when I was like, Okay, this sucks. What can I do, right? I'm a little I'm a little Rob, I can't do a lot. But you know, geez, I'm passionate about helping people. So I, I wanted to go craft a supplements. So that's what I started looking at early on was going oh, I'm gonna go find a good person who can help me formulate these supplements to help people. Yeah, and that was where I started.

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Rob Rene 18:10

Yeah, I wanna I want to talk about supplements. But before we go there,

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Rob Rene 19:06

became, the actual the formulator.

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David Sandstrom 19:10

Yeah. So before we go there, I want to I want to just spend a little more time on this medical field thing. And that is, you know, allopathic medicine, Western style of medicine that we've become accustomed to here in the US. They're great with emergencies and acute conditions, right, get busted up in a car accident, man rolled me into the nearest emergency room, give me all the drugs and surgery need to save my life, perfectly appropriate use and could be life saving. But when the emergency is over, that style of healthcare, loses its luster right in when if we have a chronic health challenge, we're far better off embracing a natural, holistic lifestyle, lifestyle changes. So could you talk to that a little bit. Let's say you're talking with a friend or a neighbor. It says, Well, you know, that makes sense, Rob, but, you know, we're about to turn if I'm sick. I go to the doctor, don't I? So what would you say to that? A person?

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Rob Rene 20:00

Well, that's the crazy thing is that's how we were all brought up to the doctor is that when you have a health problem, you go to the doctor, and the doctor was the all being all knowing person who's going to help you with that particular problem in your life. But now it's 100% different. That's the last, not the last place. But I would not go to a doctor for a health problem anymore. I want you to start doing your own research, like I mentioned. And then you'll find people like Dr. Mercola, you'll find people like Dr. Edward Group, and Dr. Howard Kohn, in yourself, you'll start finding people that are that have this mission in life is to help you holistically not just as to cure one specific problem, right? That's a problem with our medical industry, right. And one of the one of the main problems is the specialties, right, they are really good at fixing one problem. But what a lot of times what they do to fix that problem, they give you a pill for that ill. And then as you all know, listening to those pharmaceutical commercials, all the side effects all those have, right, then you you fix that one, but then it causes something else a couple months later, you have some other problems. So you go that specialist, that

specials gives you another pill. And one of the things that just blew my mind was the average senior today in a one year period, is takes 15 different prescription medications. Wow. It's just horrible, right? It's just It's pathetic. So

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David Sandstrom 21:37

You know, one of the things to understand about that, too, and this is a word of caution is that when a drug is approved by the FDA, they'll compare that drug to the placebo in a clinical trial. But they don't compare it to other drugs. Right. So in other words, the people in the control group don't don't have another medication that you're dealing with. So when you start talking about polypharmacy, here, we are going from one doctor to another, and each one has their specialty field, and each one prescribes pills for the symptom that you're experiencing, that symptoms might very well be the drugs that you're taking. And then they're given you another drug to relieve that symptom. And then on and on, it goes like a domino effect, you've got this polypharmacy, you know, all these drugs that you're taking, but the drugs were never looked at, as far as the safety data goes, how they interact with one another, I mean, not never, but for the most part, they're, they're not considered that way when they're approved by the FDA to go to market, which is, you know, something to be aware of, and, you know, you got to, you got to do your homework on that and talk to your prescriber, about those things because it can be hazardous.

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Rob Rene 22:40

Yeah, it's really, really important, really, really important. And that that's why my whole mission is to try to get people to reduce their intake of of prescription medication, because we need to get to the point where we're treating the body holistically and naturally, with with what God gave us rather than all of these pills, and that's why I founded this, this company was to help people start solving some of the symptoms and issues with something that's all natural to kind of get their body back in balance. And then you start figuring out what's causing the problem. Right? And and then I started to direct direct people to ways to start solving the problem rather than just treating the symptom. Like my friend one of the another crazy story about medications, my brother just visited a senior care facility here in Texas, and his, his mother in law is, you know, that that point where they're looking for, for places, and he was talking to the owner of that facility, and he said, not only do the people in his facility that they average taking 15 prescriptions a day, right, so it's not just through a year period, they're in his facility, they're taking on average 15 different prescriptions.

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David Sandstrom 24:02

What kind of facility was as a nursing home or what is it?

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Rob Rene 24:04

Yeah, it was an elderly care facility. Yeah, yeah.

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David Sandstrom 24:09

Yeah. Well, we can chase we can chase symptoms till the cows come home, right, but until we go after the root, cause we're gonna be we're gonna be stuck. You're gonna be

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Rob Rene 24:18

Yeah, and the bad thing is that you're the people like yourself are vilified. In fact, I don't want I was doing research on all this stuff. Back in the 70s or the early 1900s. All the all natural practitioners were vilified. And guess where the term quack came from?

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David Sandstrom 24:35

That was the Rockefeller regime, right?

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Rob Rene 24:37

Yeah, that's when they literally were vilifying all of the people who were treating people holistically and that's what we like you are today. They called them quacks. Right. And they literally had a lawfare program that where they were suing these all natural health practitioners for doing what they're doing their job, and and they they termed them quacks. And so that's where that term came from when you go back and look at the original uses of that term, and just this is sick and eliminate when you see how programmed it was, and how our whole medical system has been changed over time that the medical industrial complex, or medical cartel is really there to make money not to help people heal. Yeah. And so let's help people heal. I just had my body and soul, right.

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David Sandstrom 25:33

Yeah, absolutely. I just had Dr. Ben Rall. On the show. We just did a recording yesterday. And his podcast is designed to heal and He's a follower of Jesus Christ. And he talks a great deal about, you know, hey, our bodies, the default setting is health. Right? So the natural practitioner wants to help you identify what obstacles are in the way, why isn't your body thriving, because that's, that's our default setting. We're wired for health. And we find out what those obstacles are, get the obstacles out of the way in the body has the ability, this innate intelligence that will heal and restore on its own, it was no no conscious effort on our part, which is just an amazing thing. And that's what practitioners in the early late 1800s and early 1900s, were really leaning on. And that is that that innate wisdom of the body, this god given wisdom, of the body to heal itself, and they use things like homeopathy, and they did a coffee enemas, and, you know, natural things that come alongside the body's natural processes and encourage those processes, get the obstacles out of the way, and just watch the healing. And then, you know, in your early 1900s, as you just saw, well said, you know, Rockefeller, that, you know, he had a lot of oil money, and he was looking for a good investment. And he identified the pharmaceutical industry as having a lot of profit potential. And they went after the natural medical schools to homey a homeopathic schools and, and they started, you know, demonizing them. And one by one, they started shutting down by the late, you know, 40s and 50s, they

were almost non-existent. But then in the 60s, things started turning around, people were starting to wake up and say, Hey, what about maybe drugs are not the entire answer. So it's been a, you know, a kind of a grassroots grassroots movement. And one of the positive things about COVID is that I think a lot of people are waking up to that idea. Now, hey, you know, there are alternatives out there. There's ways to treat this, besides just listening to the medical dogma, right?

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Rob Rene 27:31

I mean, you can, I can, I can vouch for that. Right? That's me, right? Because I was in that boat where I just, I was too busy, aka busy to worry about stuff like that. When I had a problem. I go to the doctor, right. And I didn't do my own research. And then when I started doing my own research, it just made me sick to my stomach, because this is how bad it really is. Yeah. And so we need to educate people on how bad it is. Yeah. Because they don't understand. But you're right. This is kind of the Great Awakening from two perspectives. One, I think that people understand that, that God is really in control, and that people are starting to come to God and Jesus, like never before, because of the trauma that was going on through through the COVID. Period. But I think from a health perspective, you're right. I think people are realizing that, hey, there's something wrong here where the government is mandating that you have to take poison and put it in your body. When you know, when there's natural ways to treat something. Something's wrong with this picture, and then you start realizing how much money they're making from it. It's like, okay, something's wrong

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David Sandstrom 28:40

Explains a lot, doesn't it? Yeah. So you know, we could we could talk about this all day. There's a limit on time here. So let's, let's shift gears a little bit. Now I know your supplement company is all about using quantum energy for healing. Now, I know to a lot of followers of Jesus Christ you people listen to this program. When they hear that term that like oh, this is this is woowoo I'm not certain I'm not so sure about this. This is this biblical? And can you tell us tell us what quantum energy is? And where it comes from it how we can use it to our advantage for our health and well being?

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Rob Rene 29:16

Yeah, I would love to that's what I love talking about this because I think Satan is awesome at taking something great and, and, and twisting it and in vilifying it right? And I think you know good frequencies are a great example. And quantum frequency is a great example, where he has tainted it and he has twisted around and a lot of biblical Bible believing people look at that and they think that oh my gosh, frequencies are bad because he's done that but the wonderful thing is God made it all right. So God made our bodies in an amazing way. He made the the earth right and he made frequencies he made all of this So this is all God given technology and God given things that he has created that we're just starting to understand. So there's no reason that the Bible believing people don't understand it, because this is all God given. Right? He made our bodies in such a cool way, all the way down to the cellular level. It interacts frill, our cells interact via vibrations. And those vibrations, guess what our frequencies? So it's like,

when you start understanding that your body is made up of energy, and frequencies are weird. They're not woo-woo. They're everywhere. Right? The way you communicate on your phone, it's through a frequency light is a frequency color is a frequency.

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David Sandstrom 30:46

Sound is a frequency.

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Rob Rene 30:48

Yes, sound is a frequency how you're hearing our voice today is through a vibration and make a frequency. So use when you start understanding that, okay, frequencies aren't weird. And our bodies are made up of energy. And then there's good and bad frequencies, right? There's frequencies that are good for your health. And there's frequencies that are bad for your health. And what we've been able to do is harness really good positive frequencies, and figure out a way to apply those onto a patch that you can apply to your body. And when you apply that to your body, it connects to the energy system in your body. But the other thing I like to talk about not only just frequencies but intentions, right, having a physical intention and saying and declaring something is super important, right, like we talked about with the mind connection, right? Your body and mind are really powerful. And your mind can control a lot of things. But the intention that you have over something has a big impact. I don't know if you've ever heard of Dr. Emoto. If you're heard of him,

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David Sandstrom 31:53

Yeah, he wrote a book, the hidden messages in water.

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Rob Rene 31:56

Yes, there we go. That's right. So that's one of my favorite topics.

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David Sandstrom 32:03

It's fascinating. Absolutely fascinating.

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Rob Rene 32:05

So then I started doing this, for

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Rob Rene 32:07

No, I think it's a thank you because I think you're right. I mean, I just love the way that you're expanding on it because it's so accurate. And the reason I was talking about Dr. Emoto, those

intentions, because it's really important to our product. So not only do we encode the frequency, the positive frequency, we also include the positive intention related to the problem. And then the third aspect we put into the product, which is I love the most is we literally put 40 bible verses on to the patches as well. So we encode those did we digitize the word obviously, and then we just like a computer chip can hold information, these little patches, they're really small, they're about the size of a quarter. But on the top of them, we spray this structure that can hold information. And so it will hold those three things, it'll hold a frequency, it holds the intention holds the Bible verses. And so when you apply it to your body, it connects to that energy system in your body. And you have that positive frequency, that positive intention, and the Bible verses that are flowing through your the energy system in your body. So it's really transformational. It's just helping people so much that it's really incredible. And then we combine it with a prayer guide. Because not only like you mentioned the Mind, Body Spirit, connection is so so powerful, that we want you to be literally reading the prayer. So you're saying it out loud, using your eyes to read it in, you're declaring it and you're talking, communicating with the Lord, and your ears are hearing yourself saying it. So using three senses there plus the patch is the fourth sense, using four out of your five God given senses. To help you with your problem, let's take pain as the problem that you're trying to resolve. Our pain patch has all that information in it, we customize the prayer guide, and we customize the bible verses on it, we customize the intentions on it, we customize the frequency on it for the specific problem. And then when you apply it to your body, it basically interrupts the signal from your pain to your brain. So then you all of a sudden, you know, over a period of time, sometimes it's really quick, sometimes it's like seconds, sometimes minutes, sometimes days. For it to actually help depends on the source of the problem. And like you mentioned, lots of reasons why people are in different chronic issues and or have pain. And but the cool thing about it is it starts working and then your body becomes much more in balance because it's not dealing with that stress. And so what that's where I was mentioning, want to get people kind of in the balance. And then once we get them into balance, then their body can start healing. And then I want to start working on the cause, like what's causing that pain, right now that you can function and you can go play with your grandchildren. And you can you can do get out of out of bed and you can have a much more functional day by using our patch, then let's start working on how we can go find the source of the problem.

D

David Sandstrom 32:07

the people that don't know that that isn't such a good book, because he's got these images in there that are just absolutely striking, they drive home this point of the energetic value that's that's contained, that water is very, very good at at, at holding on to Rob's holding up the book now with a few of these just stunning images. Water is an excellent conductor of electricity. And so it holds on to these energies that Rob's talking about very, very well. And and what the book is about is is how he energized some water with positive frequencies and other water with negative frequencies. And the difference in the crystals that they made. Were just as striking. You know, if you haven't seen the book, pick it up. It's worth it. It's worth a read. And look, I don't want to go back a couple things that you mentioned there. You know, when it comes to energy, and how it's it's everywhere, it's all around us. This is one of the things that the stories I'd like to share. And that is if you don't believe in quantum physical energy, because it's so it's so right in front of us that we almost can kind of look right over it. But I used to ask people this when I was in my health coaching practice, if two people were having an argument in a room, a heated argument, and you walked into the room in a quiet moment, could you tell they were arguing? Yes, most people would say yes, you can feel that negative energy. Right. Another everyday example is, you know, the big sport of it is sporting event, the Super Bowl, let's say

the broadcaster is down there on the field. And they'll say something like this, the energy on the field here is electric. And they literally mean that, because you've got, you know, 60, 70 or 90,000 people that are in a college game. And the energy that those people are putting out can be literally be felt by someone who's really not even attuned to what we're talking about that doesn't know as much about quantum energy as Rob does. But they know it's there. And they talk about it. Same thing with your dog, if everyone's if you've ever owned a dog, I mean, sometimes your dog will go up to someone and greet them in a loving kind way. And other times they'll just growl. Right? Because the dog is in tune to that person's energy. It's like a sixth sense that the dogs have. So you know, I just wanted to throw those out there, as you know, as evidence that Rob's talking about here is real folks, this is this is not woowoo. And it's all as you said, Rob, God created at all. Exactly. He thought all this up. He's the one that thought up the sun, which is a giant nuclear fusion reactor talking about energy. He thought that up it we're just discovering it. Right? He's right. He created all of this. It's based in truth is based in physical laws based on moral laws, his truths stand forever. And we're just discovering these truths now. And so I'm sorry I interrupted you but go ahead...

R

Rob Rene 35:03

Yeah. So Rob does it matter where you put the patch? I mean, would you put it always in the back your neck? Or if I was having, let's say, tennis elbow? Would I put the patch on my elbow?

R

Rob Rene 38:14

Yeah, the cool, cool thing by the like, I like to explain it is there's a yes. And yes. Because you can put it anywhere, because your body is all made up of energy. So when you apply it to your neck, it's connected to the energy system throughout your body. Like when you stick your finger in electrified water, it's electric everywhere, right? Yes. But people with their mind, say my elbow hurts, and you put it on your elbow, your mind says it's going to help me better by put it on my elbow. Yeah. And if that connection is important, it's do it right, I don't want anybody to ever not do what they think is going to help them better. So technically, it doesn't need to go anywhere other than on their body. But if you have a foot that hurts, put it on your foot. If you have elbow that hurts, put it on your elbow, if you think that's going to help try it with on your back and see if it helps the same way. Our lifestyle really works the same way.

D

David Sandstrom 39:17

This is such a great concept. And I talk about this in the book in the section on the mind about the placebo effect and the nocebo effect. Right and you know, anytime a drug is doing a clinical trial, pharmaceutical companies trying to get a drug approved, there'll be a certain percentage of the people in that trial that will receive the sugar pill or the saline solution. And they'll actually experience the desired outcome that that drug is purported to elicit. And then there's the nocebo where people will get the sugar pill and actually experienced the side effects that that drug is supposed to have. Right? So there's a connection there. It's about a third of the time. People will do this and they they of course make effort to minimize the placebo effect because they want to show that their drug is better than placebo, right? So they'll interview people before the trial starts. And if they find somebody is susceptible to suggestions, they don't get asked to be in a trial, they get dismissed, right? They take steps to to make the

outcome look better. So imagine if you were to tell somebody, no, this couldn't be done, because it'd be unethical. But what if you told somebody that in the clinical trial, hey, let me tell you something. I know you're getting the real thing and this. This drug is incredibly effective. What if that what if you told people that what would happen to the placebo effect then, right now couldn't be done? Because that would be unethical, you'd be lying. But But I suggest that we do all that we can to, you know, improve our health. And if the placebo effect is going to help, I'm not opposed to it. You know, there's a there's a great clinical not a clinical trial, but yeah, I guess it was a clinical trial. Dr. Bruce Mosley was an arthero, arthroscopic knee surgeon. And he noticed that about 30% of his patients improved with his surgery. And he said, You know, that's a lot like placebo. Why don't we do a study where we have a sham surgery, a placebo surgery. So people get in, they knew they might get the real surgery, they might not. But the people that got the placebo, they actually made an incision on their knee, and he switched some water down there with lavage made some noise. All the while the patient was watching a video of someone else's knee surgery, right? They didn't actually get surgery. A year later, that people that got the plus the sham surgery actually did better. They had more flexibility, and their pain was reduced by about the same amount as people that actually got the surgery.

R

Rob Rene 39:22

No, that is amazing.

D

David Sandstrom 40:29

It is amzaing right? That's awesome. So rather than just dismiss it as us just all in your mind. No, there's actually Lissa Rankin wrote the book called Mind Over medicine. And she talks about No, this real, measurable impact bald men grow hair, hormones, hormone levels, change, ulcers heal. This is not just I think I feel better. It's not it's a relative thing. They can measure the placebo effect. So yeah, you know, I'm not afraid of it. Let's use everything to our advantage.

R

Rob Rene 42:25

That I think that's the important point. And that's why we include that the prayer guide with the product because we just want people to, to declare it right wanted to believe that's going to work want you to get in that mindset, this is going to help me if you go into it with a critical mindset that says, This is whoo, whoo, this is dumb, this is not going to work. Guess what, it's not gonna work, right? Because you're you're setting yourself up for that failure. But if you set it up yourself up positively, guess what that product is going to be much more effective for you. We know it works. It's helped hundreds and hundreds of people we've got, you know, just credibly fun. testimonials from people. What I love to share is a woman who's had a shoulder issue and problem for 10 years, she's been a casino card dealer, right. So doing this repetitive motion, eight hours a day for 20 years, the last 10 years, she got chronic shoulder pain. And so she literally has to keep her shoulder close. And she has to move her body to do the motion. And she can't wear a purse on her shoulder because he can't keep it up. So the purse just falls off. She used our patch. And we were at a conference. And we had some samples, gave her sample. She came back an hour later. And she says Guess what? And I was like, what? And she

goes, she lifted up her shoulder. And she's like, I haven't been able to do that in 10 years. I was like what? It was so cool. Because the smile on her face was just unbelievable. And then she came back the next day and said, Rob, and I was like what and she goes you know not only can I move my shoulder she said by slept for the first time in forever. Because great because when I rolled over her, her shoulder wouldn't hurt. Right? And so he was able to finally sleep. So just getting some of those transformational stories where it's like literally transforming a person's life just by putting a little patch on your body.

D

David Sandstrom 44:26

Do you have a patch for insomnia?

R

Rob Rene 44:28

Yet we do we have a we have a sleep patch. Right. So

D

David Sandstrom 44:33

Good. I want to go back to one thing you mentioned there Rob. He said that if you don't believe it, it won't work. But I I would disagree with that. I think that you don't have to believe in it for it to work. But of course it would be better if you did.

R

Rob Rene 44:47

Yeah, exactly. That's right. You don't need to be a believer in Christ. You know, so we, we don't like really push that it's got the word of the Lord on the patches and that we have a Bible Prayer guide that goes with it because we want everybody to try it doesn't matter if you're an atheist or not this product will does help and will help. But at the same point, if you are, you're gonna have a better chance of it working even better for you is kind of the way I, I look at it, because it's my little sneaky, sneaky goal is to get people to read the word every day, because I want them to say that prayer every day, but then by reading the word every day, they're going to be communicating with the Lord unchoose the ultimate healer, right?

D

David Sandstrom 45:30

Absolutely. He's our Jehovah Rapha, the Lord our healer.

R

Rob Rene 45:33

Exactly. So I want the Lord to heal people because they made that intentional decision to say that prayer today, and the Lord may honor them with with with healing. Man, how cool would that be that my little prodding of providing them a prayer guide, and having 1000s and 1000s of people saying a daily prayer is going to start healing people, man, you know, that's all it's worth all the money in the world to me to

D

David Sandstrom 46:04

I want to sit this part too is it's not the patch that healed that look that the casino dealers arm, it's the God given wisdom. It's God that healed them. Right? It's God that gave her body the wisdom to overcome that. You just helped remove an obstacle. Right? So yeah, yeah, that's the naturopathic approach to health. So I got another question for you. What type of condition? Are the patches best suited for?

R

Rob Rene 46:31

Like, what do you mean? Like what I would say

D

David Sandstrom 46:33

Is it just pain? Or is are there other things are anxiety, depression? Oh, yeah, those types of things treated as well.

R

Rob Rene 46:40

That's a great thing. We literally have 14 different products. So we have a pain relief product. That's the marquee one. But then we have allergy relief product, we have an anti anxiety product, we have a clarity and focus product, we have, like you mentioned the sleep and refresh product, we've got pre menopausal or postmenopausal product that we have a strength and stamina one, it really helps with elderly people as they're, they're slowing down a little bit. And then we have the pet one that I love. It's called Pepin pain. And the cool thing about the pet one is we have a little dog collar, we put this little medallion on the dog collar and we put the patch on the dog. The pet tag is really what it is. And that by putting that patch on the pet tag, it connects to the dog's energy system. And then there's a lot of dogs with shoulder and, and arthritis issues. And as they age, and the product really helps them have a little more energy and they don't feel the pain as much since it's really cool. phenomenal to see the change in the dogs.

D

David Sandstrom 47:51

That's really cool. I love it. That's really, yeah It's really cool. Yeah, when your pet starts to get old, it's hard to watch, you know, and then yeah, especially near the end, the last year or so.

R

Rob Rene 47:59

We had a German Shepherd literally just ended up having some some back and hip issues. And he's just been such a wonderful, incredible dog in to see him struggle all the sudden just just happened just like that. And it's like, oh, no report poor guy, because they don't know what's

happening. Right? They didn't know they can't move the way they they used to move. It's so sad to see.

D David Sandstrom 48:21

It is sad. we get so attached to them. Yeah. So anyway, I want to ask you this question, Rob. What do you know today that you wish you knew when you first got started in natural health?

R Rob Rene 48:35

Gosh, that is so amazing. Have a question just because I could probably mentioned 10 different things. But I think just the I'm gonna say two things, because I think they're both important. One is I think that our body is made up of energy, and it can interact with external things. Right? If you have that foundational understanding, then the world opens up to you, because there's so many other things that you can use to help you. And then the other one is just inside, there's so many toxins within our body that I didn't understand and realize that if you can clean up the inside of your body and get it the base back to the base level where God made it, then you can make incredible transformations. So I would say those two things are the things that I wish I would have known a long time ago.

D David Sandstrom 49:26

Excellent. Thanks for sharing that. So well. I know you're starting a podcast. Tell us about your new podcast.

R Rob Rene 49:32

Yeah, it's really fun. It's called I Am pain free. Because I really that's a big title of mine is to help people it's a cool title. Right? And the subtitle is naturally and faithfully. So originally, I'm not going to bring faith really into the discussion early because I want it to be bring just welcome anybody and everybody that's dealing with pain and inter interviewing these amazing practitioners who are doing helping people naturally All right. And this with, with, like I mentioned the toxicity I did just did an interview with Dr. Edward Group. And he's just, he owns a company called Global Healing. And it's his company is amazing. And that's where he taught

D David Sandstrom 50:15

He is one smart guy. I know, I know, Dr. Group, he is one smart dude.

R Rob Rene 50:19

He is and he's so phenomenal. And his mission is to help people understand that the toxins are both external and internal. Right. So there's, like, we talked about the EMF stuff, you know, and just external, external frequencies, there's bad ones, right? So we need to get rid of the bad

ones. from an external perspective, the environment, there's lots of smog, and there's lots of things that are bad for you. But then internally, we get lots of tiny little parasites and we get all sorts of we'd eat horribly we have our food has been modified. And so you start looking at the toxins inside your body, and the toxins outside your body and you start healing both and man your life to get in transform in a big way. So yeah, it's been just fun. So that's the podcast, interviewed some amazing practitioners I'm even meeting with people who have nothing to do with a health perspective and are more just, hey, I had pain on no longer have pain, and how did I do it? So trying to do some transformational stories as well as just helping people? And then

D

David Sandstrom 51:26

So has the show started yet or you have a launch date?

R

Rob Rene 51:30

It's launching? When is this show typically will,

D

David Sandstrom 51:35

This is going to probably go live in sometime in March.

R

Rob Rene 51:39

Okay So. sounds good. So it'll be launched by then. So the show is active. And the cool thing about it, just, if you're interested in some of the things that I'm working on, text, this text painfree. So got grab your phone, real quick. Text, painfree to 417-246-3733. So again, it's 417-246-3733. And what that's going to do is I'm going to give you access to a private podcast that I've done, where I've interviewed these special doctors, and we have three episodes that are really going to help you transform your health. And I have lots of resources there for for you that talk about how to get pain free, and it's totally free. And it's just great resources to help you so

D

David Sandstrom 52:28

I love it and the name of the podcast again,

R

Rob Rene 52:30

I am pain free of it.

D

David Sandstrom 52:33

Love it. Alright, so Rob, I know your website is qestrong.com. And if someone wants to go there and buy some patches, I know you have a an attractive deal for them.

R

Rob Rene 52:42

Yeah, the awesome thing is we can give you a 15% discount, right, so you can go to qestrong.com. And then when you look, find the products you want, they're already discounted based upon the actual number of products that you buy. But then when you get out, when you check out, use a coupon code natural. And when you use natural, it's going to give you an extra 15% off of anything in in our store. So that's a big blessing. So do that. qestrong.com use coupon code natural.

D

David Sandstrom 53:14

Thank you. And full disclosure, that is my affiliate link. And I will receive a small commission from that transaction, but you won't pay anymore.

R

Rob Rene 53:21

So it's a blessing for everybody, right? It's blessing me to get 15 15% off if you use the code, it helps your show. And obviously we're helping helping people try to spread the word word of the Lord and get people healthy, using our products.

D

David Sandstrom 53:36

It's a win win for everybody. Rob, thank you so much for being here today. I appreciate you sharing your wisdom.

R

Rob Rene 53:41

Yeah, God bless you, sir. Nice to meet you.

D

David Sandstrom 53:42

Likewise, for more, go to the show notes page at ChristianHealthyLifestyle.com/145. There you can get in touch with Rob. And you can find links to all the resources that we mentioned, as well as a whole lot more. As you get up and go got up and gone? nutrient deficiencies are a part of the problem. In an ideal world, we get our nutrients from our food. But today because of things such as environmental toxins and stress, our nutrient requirements have never been more demanding. And because of commercial farming practices, our food supply has never been more compromised. Well, that's a one two punch that produces daily nutrition that has the potential to fall critically short of our needs. That's why I recommend filling in the gaps with strategic supplementation. Remember, when it comes to supplements purity and potency matter? Stop wasting money on products that don't deliver or worse yet, some low quality

products can actually do more harm than good. Now, in the past, access to high quality supplements was only available at a functional medicine practitioners office. Now through my relationship with Fullscript You You can gain access to 1000s of professional grade products. Third party tested for potency and purity, all delivered directly to your door. Pause this episode, go to my website davidsonstrom.com/fullscript. Create an account and you lock in a 10% discount for life and free shipping on orders over \$50. Remember, you get discount pricing, and I get a small commission. So when you make a purchase with fullscript, you'll be supporting the show and supporting your health and wellness at the same time. It's a win win. Thank you for listening. I appreciate you. Remember, go out there and show up as the best version of yourself. That's it for now. I'll talk with you next time. Be blessed.