



3 BioWellness Advancements Stemming Toxic Stress

By Merilee Kern, MBA



A Los Angeles-area spa taps the power of Epigenetic healing to help people live happier, healthier lives.

Gallup findings indicate stress, sadness and worry are at an all-time high worldwide wreaking havoc on society. A preventative mental care wellness spa equipped with advanced technologies and methodologies is helping alleviate the angst in our lives. I met with **Dr. Katelyn Lehman**, a bio-wellness pioneer of preventative healthcare and co-founder of the **Los Angeles-based Quantum Clinic** to discuss biotech-driven ways to stem daily stress. A model of preventative healthcare, his emphasis on the psychological, emotional, spiritual and physical wellbeing for **Epigenetic** healing through coherence—the correlation between the body's electromagnetic fields. Dr. Lehman underscores interventions and modalities like floatation REST, frequency therapy, scalar energy and more combat stressors negatively impacting our physical, mental and emotional health

wellness. While the theory of scalar energy and water in intracellular communication is relatively new, it has the potential to revolutionize our understanding of the human body and its functions. Exploring the role of scalar energy in facilitating intracellular communication, we can develop new therapy and treatments for chronic illness and acute injuries.

• **Floatation REST** (Restricted Environmental Stimulation Therapy) is a form of sensory deprivation therapy involving floating in a tank filled with salt water heated to body temperature, blocks out light and sound to create deep relaxation allowing a state of deep rest and repair. REST reduces stress, improves sleep quality and enhance creativity.

“Combining these modalities for preventative care creates a powerful tool for maintaining optimal health, preventing chronic illnesses and creating a comprehensive approach to preventative care addressing the root causes of chronic illnesses... rather than treating only symptoms. A non-invasive approach offers stress reduction, and individuals learn to manage their health without costly medical interventions. A holistic approach to our well-being, offers happier, healthier, and more fulfilling lives,” said Dr. Lehman.

This reconnection with nature, our bodies, intuition and each other produces a profound belief that healing is a result of empowerment and awareness. **Quantum Clinic** facilitates a deep transformation of self-healing through coherence. ■ Quantumclinic.com 909-571-6186

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• **Frequency Therapy:** Non-invasive treatment uses frequencies to restore balance to the body's energy systems. Frequencies target specific health issues including pain, inflammation, depression, autoimmune disorders and anxiety by stimulating the body's natural healing mechanisms promoting cell regeneration and reducing oxidative stress.

• **Scalar Energy:** A type of energy not easily measured by conventional scientific instruments, its effects on living organisms have been studied for decades. One area particularly relevant is the communication between cells—specifically in context of water in intracellular communication. One way scalar energy influences the structure of water is through the use of scalar energy devices designed to emit scalar energy waves believed to interact with water molecules to influence molecular structure. Devices enhance the structure of water in the body, promoting intracellular communication improving health and

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