



Your Functional Medicine Expert®
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[#91: Dr. Jill interviews Juraj Kocar on Coherent Energy in a World of EMFs](#)

Dr. Jill 00:12

Hello everybody [joining us] for another afternoon edition of Dr. Jill Live! I have a really special guest from across the world today, from Prague. I can't wait to share the information today that he has at his company about some of the things that they're doing to help us with electromagnetic frequency that's affecting all of us in our environment.

Dr. Jill 00:32

As we were discussing right before we came on, I think it affects the mold, the virulence of viruses, and some of these things that we maybe aren't even completely measuring. But in a decade, we're going to find out all of the things that we've done to our environment through chemicals, EMFs, etc.

Dr. Jill 00:49

Just a little housekeeping: You can find me at JillCarnahan.com. There are all kinds of free resources there. At DrJillHealth.com, you can find products, services, and things like that. If you haven't seen my 'Products We Love' page, it's on my website under 'Retail'. You can also just search 'Dr. Jill products we love'. Somavedic, which is one of the products we're going to talk about today, is there along with some of my other very favorite things.

Dr. Jill 01:14

I'm a real stickler for the kinds of things I promote. I do not use anything or even talk about anything unless I love it and feel a difference. So you can always count on me to give you the real scoop, because there's been a lot of companies that have approached me or that I've talked to about their products, and I would never promote them because I wouldn't use them myself. So you always know if I'm talking about something, it's just out of the genuineness of my heart because I've found an effect and a benefit from that. And that's no different today.

Dr. Jill 01:45

On the YouTube channel, you can find almost 90 episodes. If you haven't seen some of my other episodes, they're all there. Just search 'Jill Carnahan' on YouTube and you'll see the 'Dr. Jill Live' playlist with loads and loads of interviews there.

Dr. Jill 02:00

I will introduce my guest all the way from Prague. We had to arrange this at a different time for me because we had to make sure he wasn't sleeping in the middle of the night, like with a 2 a.m. interview. What time is it there, Juraj?

Juraj Kocar 02:13

It's 8:20 p.m. right now.

Dr. Jill 02:16

That's reasonable, at least. Before, I think I asked you to do a 3:00 a.m. interview. [laughter]

Juraj Kocar 02:21

Yes. We were scheduled for 3:00 a.m., yes.

Dr. Jill 02:24

I was like: "No, that's not right. You need your sleep too." Today we're going to be talking about some ways to create coherent energy in a world of EMFs. And I'll tell you in a moment how I met Juraj—it was a fun meeting by chance—and then the story, the science behind Somavedic, his company, and what I've found with his products. Juraj, how do you say your last name?

Juraj Kocar 02:47

It's Kocar.

Dr. Jill 02:49

Juraj Kocar. Am I saying that correctly?

Juraj Kocar 02:52

Yes. Perfect.

Dr. Jill 02:54

Awesome. Juraj Kocar. He's an endless optimist. I'm very energetic and intuitive, and I remember meeting him—his face lit up with a smile—and I knew there was something special. Again, I'll tell you in a moment where we met. But he is an endless optimist. I've known that even in my short time knowing him. He has a passion to build and grow projects with meaning and purpose, just like me. He's the CEO of Somavedic and is currently working on his dream project. This science-based and broadly accessible frequency therapy device is helping people in the office and home environments to have more energy, mental clarity, and focus during the day.

Dr. Jill 03:32

Like I said, I was delighted. We met at Dave Asprey's Biohacking Conference in Florida last fall. We had to test for COVID the moment we walked in. We did have a really successful big conference. And from what I heard, there was not one person who was affected by COVID, even though it was a pretty large group of people meeting. So that was really neat that that was successfully pulled off. I thought they did a great job of really making everyone safe. Also, all of us that come are pretty health conscious. We've got our ways. We met at Dave's VIP dinner and were chatting over a glass of wine, I think. I don't usually drink much, but I usually carry one around and have a sip just so that I'm not too awkward. [laughter]

Juraj Kocar 04:13

Yes, I'm the same. [laughter]

Dr. Jill 04:15

Yes. One sip of that was all I needed. But it was really fun to meet you and Casper, I believe—you two had known each other—and to hear about your company, because I'm always looking for new things to help myself and my patients. I'm kind of a biohacker, so I'm always looking for things.

Dr. Jill 04:32

Like I said in the beginning, I'll quickly tell my story with your product, and then I'll let you go. You sent me one to try. Thank you for that. I always track my biorhythms with my Oura ring. There are other ways to do that. I love that because you can see heart rate variability, the amount of deep sleep, your breath rate, your heart rate, your resting heart rate, and all those things. So I track that. And part of my

intervention is very science-based because, say I use something with energetic frequency, I want to know: Does this really affect me? Or is it just all in my head? My experience with this was like: "This weird little globe. What is it?" And I'll show you what it looks like. This is the one that I have. It's amber and I love it.

Juraj Kocar 05:16

Here it is plugged in.

Dr. Jill 05:18

Yes. His is plugged in. Mine I just pulled over from the plug. Normally, mine is lit up at the bottom too and plugged in. I was like, "What is this little thing?" And I can't wait to hear what you have to tell us about it. But my experience was that I put it in my bedroom and for the first time, my heart rate variability went 1.5 times what it normally was. And I obviously track that. I do lots of other interventions. And my deep sleep was better as well.

Dr. Jill 05:42

The only thing I've really seen to affect that prior to using this was PEMF. I love my PEMF mat and I use it regularly. The PEMF really increased my deep sleep. I would sometimes get 40–60% of my nightly deep sleep, which meant that there were times when I could get five to five and a half hours of sleep and get like three hours of deep [sleep] that I'd wake up completely refreshed. And [with] this, like I said, the thing that I saw was heart rate variability, which we'll talk a little bit about. I don't want to spend the time now, but I was like: "Okay, there is something going on."

Dr. Jill 06:16

Then the second night, the same thing. The third night, the same thing. I had three interventions that really changed. And since I've been using this—I think we met in October, so I probably have been using this for two months—my heart rate variability average is the highest it has ever been.

Dr. Jill 06:33

So that's my story. I want to hear from you. First of all, how did you start the company? Go way back as far as your history. And you obviously have a dream for things with purpose and meaning like I do. How did you get into Somavedic?

Juraj Kocar 06:46

Yes. First of all, thank you. Thank you for having me, Dr. Jill. It's really an honor. Even at the conference, I was so glad that I was able to talk to you. You're such a radiant person and it's nice talking to you.

Juraj Kocar 07:07

I'm the CEO of Somavedic Technologies. But my dear friend actually started the company. He's the brain behind it. There's a very interesting story behind Somavedic. He was struggling with his health—organ failures, lupus, and various things—but doctors were not able to help him. So he started to study Chinese and Ayurvedic medicine and the different healing properties of precious stones and minerals.

Dr. Jill 07:50

What did you say his health condition was? I didn't catch that. He had some health issues?

Juraj Kocar 07:55

Yes. He had some problems with his liver, detox, and lupus.

Dr. Jill 08:04

Okay, lupus. I want to make sure because it's relevant to our listeners. And you started to say he started to look into crystals. So go on from there.

Juraj Kocar 08:10

Yes, exactly. He started to look into what the traditions in Asia are and how they are healing, not only the symptoms—

Dr. Jill 08:29

Autoimmunity, right?

Juraj Kocar 08:31

Yes, exactly. He was deep-diving into various books and he was eventually able to heal himself. After he was successful, he helped his friends and family. That was working as well. And he's not a doctor. He's an IT guy and a mathematician. But he was just doing it from his own experience and because he wanted to help his relatives. After some time, he found out that lots of these problems are caused by

EMFs, geopathic zones, and things like that. He was thinking about how to put together a device that would mitigate these effects. The first thing that came to his mind was to turn to the precious stones and minerals that he had experience with.

Juraj Kocar 09:43

He developed a frequency therapy technology with a special combination of precious stones and minerals that work with each other and amplify each other. This unique combination is the core of Somavedic. It's what Somovedic is. Physically inside each Somavedic, as you showed, there are various precious stones, minerals, and precious metals. So in a nutshell, that's how Somavedic came to be in 2010. In April 2010, the very first device was born. Last year, we celebrated the 10th anniversary. And we entered the US market in 2019.

Dr. Jill 10:43

Yes, I was so excited. I'm a little skeptical because I like the science, but I also know that there are things that are outside the realm of our typical Newtonian physics; it's more on the quantum level. And these things are real. And you guys have heard me talk about some of the bio-energetic devices that I wear. And those are similar. They actually contain gold and precious metals, so I understand this.

Dr. Jill 11:04

If you think about your teeth, when you get fillings, and if you get a metal crown here and another crown here, you have these charges. Some people have massive health effects because they have different metals in their mouths and they're interacting. This is very simplistic because I'm not the expert on some of this. But in my mind, it makes perfect sense because you're having charges. And in this case, it's coherence with these metals. And it makes so much sense to me that it would affect my heart rate variability because we talk about heart rate coherence.

Dr. Jill 11:34

If you haven't heard of heart rate variability, HeartMath is a great program to learn about it and to practice. You can get that online or whatever. But the thing about heart rate variability—this is what helped me to understand: 20 years ago when I first started family medicine, I was delivering babies. Believe it or not, I delivered 200 babies in my first year. One of the things we would do is [have] a heart rate

monitor for the mother and an intrauterine [device] for the baby. And whether you know it or not, that is heart rate variability. It's beat-to-beat variability.

Dr. Jill 12:03

We would track the baby's health and well-being in utero by watching the heart monitor. It should have this beautiful sinusoidal curve where there's good variability. If it's really spiky and not coherent, the alarm would go off, and we'd have to take that mother to [do a] C-section because we knew the baby was in distress. We've used this technology for decades in labor and delivery to check babies' health and decide when they are not okay, when they're in fight or flight, and when their sympathetic system is in overdrive because maybe they can't get oxygen or a cord is wrapped around their neck or something like that. And that's our decision basis for taking them to the OR to do a C-section. So that makes perfect sense.

Dr. Jill 12:46

Now, as adults, we can measure the same heart rate variability. And what we know is that if it's coherent, it correlates with our parasympathetic system being in balance with the sympathetic. It's a calm, alert state where we can rest, heal, and thrive. To me, it's no surprise that this device actually changed my heart rate variability and coherence. Again, I don't know why. But it's amazing to me because it did, and I have the objective data to prove it. That shows me that it had an effect on my sympathetic and parasympathetic systems.

Dr. Jill 13:16

Tell me a little bit about your experience with the company. I'm sure you've heard all kinds of stories. Are there any stories or even your own experience of healing with this device?

Juraj Kocar 13:26

Yes, of course. You mentioned the word coherency, which I would say is the crucial word. The field that Somavedic is creating is like a coherent space. It's a space that is allowing our bodies—not only our bodies, and I can get back to that later—to thrive, regenerate faster, and start the self-healing processes. What users of Somavedic are experiencing the most—what are the top five feedbacks or benefits? Number one is improved sleep—that's what you experienced—energy levels during

the day, mental clarity, and getting rid of brain fog. Especially women experience fewer headaches or migraines and feelings of calmness and peace. These would be the most common experiences that we are getting from hundreds and thousands of customers.

Juraj Kocar 14:47

Why I mentioned the word coherency is because those are such different things that only if you create a coherent space, it has different effects on different people, from improving sleep to lowering the levels of free radicals to lowering headaches. It's basically allowing the body to fix whatever's wrong.

Dr. Jill 15:21

That makes so much sense because we know that physiologically, when we're in fight or flight, which is a trauma response, we can't heal. It's like back in the days when a lion came and we'd run. Our body was not made to heal wounds while we're running; it puts all its resources into getting away. It sends blood to the periphery away from vital organs and even the brain because all you're doing is just reacting with the base of your brain, which is just a reactionary [impulse] versus a cognitive frontal lobe kind of thing. Whether it's dealing with our old childhood trauma, working with a therapist, relaxing, being in nature, being around water, resting, or enjoying a leisurely meal without rushing, all these things are things that we can do to increase that parasympathetic system, which is where we heal.

Dr. Jill 16:11

So to me, it makes perfect sense that with any technology that will allow our body to go from fight or flight into a more parasympathetic state, we will experience more healing. I've been doing this for a long time—20 years in functional medicine. One of the most profound lessons I've learned is that I can do infections and toxins all day long, but if that patient that I'm sitting in front of is in fight or flight and has sympathetic overdrive from post-traumatic stress, from mold, from toxins, or from infections, there's no way they can heal. So any way that I can help that patient get into a restful and healing parasympathetic state is profoundly beneficial. It may be the most beneficial medicine that I do versus a pill, right?

Juraj Kocar 16:58

Yes, definitely. We have data from various labs in various countries showing that it's

improving the speed of cellular regeneration in an EMF and non-EMF environment and that it's improving HRV, just like in your case. And of course, we do have lots of people sending us screenshots from their Oura apps of how their deep sleep went through the roof, their HRV increased, and these sorts of things. We have [data showing] that it's lowering the levels of free radicals. From the questionnaires that doctors are using, we found out that people really feel optimistic, calmer, and more and more at peace.

Juraj Kocar 17:53

We do have these various data [points], but for some, what's even more exciting or interesting are the stories that various people are experiencing. For me, the first time was in 2018 when I visited a friend of mine and he had these glowing, colorful lamps all over his place. I asked him: "What is it?" He said, "Yes, that's Somavedic," and that he was doing this and that. I also had what I call a transformation. I had high blood pressure, cholesterol, brain fog, and everything. I had to really change my whole diet and lifestyle. And then it magically went away within a few months. Doctors were not able to fix me within three or four years, but this helped.

Juraj Kocar 18:57

Since then, I have had this calling; I would like to also help people on their journey just by sharing my story or whatever I've found out. And when I stumbled upon Somavedic, I said: "Yes, this is it! This is what I would like to do." Because I was always thinking on a scale, I would like to help many people. I was like: "This is a great product. It's a product that we can distribute all over the world and it could help many people."

Juraj Kocar 19:35

So when I asked him, "What are the stories?" he said, "There are really crazy" or interesting "stories about that." He gave it to a friend who said, "I had to run three times to the toilet a day," which was never happening.

Dr. Jill 19:57

Oh, the detox. Yes.

Juraj Kocar 19:59

Yes. The detox was happening. We had a car distributor, and he had two office

assistants. He placed Somavedic there. They didn't know what it was. And they were fighting a bit, but it was okay. He placed the Somavedic there, and he called us and said: "You wouldn't believe it, but they stopped fighting. They are not arguing."

Juraj Kocar 20:33

What was even funnier was that after about two years, one of the LEDs stopped working, which means there's something wrong with the Somavedic. One of them approached our friend, the car distributor, and told him: "You know, something's wrong with the device on the table because we are fighting again."

Dr. Jill 21:06

Wow!

Juraj Kocar 21:08

Yes. And they didn't know. They had no idea what the Somavedic was. This is just one of the stories. Another really great one: We have our advisor from Silicon Valley; we sent him one to test it out. Mainly, he wanted to test the water, how the water tastes, and everything. After about two months, he started to send me photos of the leaves of the plants in his living room. He said: "Juraj, they are two to three times bigger than they used to be. We've never experienced this." And we get this quite often from people [who say] that their plants are bigger, grow faster, or something like that. But the special thing with him was that he had a parrot that had no feathers.

Dr. Jill 22:12

A bald parrot?

Juraj Kocar 22:14

Yes. For the last five years. They had him for ten years or something like that. But for the last five years, he had no feathers. He said that within those two months, the feathers grew back. And he said: "We didn't change anything. The same food, the same water—nothing changed. The only thing that came into our home was the Somavedic." Unfortunately, then it flew away because they were used to it not flying. And they were sad. The field that the Somavedic is creating is not only affecting us but whatever living organisms are in its reach.

Dr. Jill 22:58

Wow! I love that! The bald parrot that grew feathers and flew away. You can't make this up—the parrot and the plants. And again, I know this works. There's no doubt in my mind. I would never be talking about it if it didn't; I have the objective data. But for people who are out there who are like, "What in the world, this doesn't make sense!" I want you to know that this energetic stuff has a potential effect on healing. I really believe that in the next decade functional medicine and integrative medicine—what I do—are going to have to embrace some of these things that seem mystical or mysterious because this is where at the cellular level things really change. I could give vitamin C all day long, and it wouldn't have the power to get someone to have better heart rate variability—[neither] vitamin D, or whatever those things are. So I love, love those stories. And I'm sure you have many more patients.

Juraj Kocar 23:49

Yes. When we are talking about the field, it's really hard to measure it. There are almost no devices with which you can measure the field. You can't measure it in hertz. It's not like a harmonious frequency like Fibonacci or something like that. But what we can do is measure the effects of that field because we can tell the before and after. We are measuring it with bio-resonance devices. And there are some clinics in LA and San Francisco that are able to measure this. But again, it is the effects of the Somavedic, not the field itself.

Dr. Jill 24:48

That makes sense because I had no way to measure it except for my own heart rate variability. And one night is one thing, right? But after night after night, when I saw it was consistent, I was like, "Okay, this is a significant... " And it was statistically significant. It wasn't just like two.

Juraj Kocar 25:05

Yes. I always try to tell people we do have very interesting data. We have very interesting testimonials. But for some, they are not sure whether to go for it or not. And we do have a 60-day money-back guarantee.

Dr. Jill 25:29

I was just going to ask that. I was literally going to say, "Could people try it?"—because for me, that's what I have to do with anything I talk about. It's like,

"I've got to try it." And there's been a lot of things I've rejected because I didn't notice anything. So that's amazing that you have that.

Juraj Kocar 25:42

Yes. Basically, it's risk-free for anybody to test it out and decide, "Yes, this is worth the money" or "This is not worth it." And they can just send it back and we'll send them a refund. There was one chiropractor in LA. We sent him the Somavedic. At that time, I was in San Francisco. It was in 2019. I had a call with him and he was teasing me a bit. And he said: "Juraj, I don't feel anything. I'm not sure if it's working." I said: "Yes, well, this also happens. Some people don't feel its effects. And that's fine. It doesn't mean it's not working. It's just that you can't feel it. But of course, you can send it back" or anything like that. But he said: "No, no. I mean, I don't feel anything. But my wife loves it. She sleeps better." And he said: "Her mood is better. I'm not giving the unit back."

Dr. Jill 26:45

I love it! That's great. Oh, my gosh. And there is something too, I will say. I'm an empath and a highly sensitive person, so I really notice homeopathics and things that are very gentle and maybe more energetic in nature. I am one who notices these things. But even so, like you said, there are benefits, probably even if you don't notice them.

Dr. Jill 27:06

Talk about the water because the structuring of water is very interesting. In the beginning, I set my water right beside it and drank that the next day. Tell us just a little bit about the benefits of structured water.

Juraj Kocar 27:20

Yes. Structured water is the most bioavailable state of water that we can get. And unfortunately, now we can find it only in nature, which makes sense—in flowing rivers. It's not in tap water, plastic, glass bottles, or anything like that. It loses its structure. The way you can tell under a microscope is that if you freeze it, the shape of the water crystal would be chaotic. It wouldn't be like a nice, nice shape. But if the water is structured, it would have a very symmetric shape, like a snowflake shape.

Juraj Kocar 28:13

The pioneer in this was the Japanese scientist, Masaru Emoto, who made it more mainstream about the structured water effects and how even emotions are changing the water and structuring the water. Drinking structured water is the best water we can drink in terms of bioavailability and hydration.

Juraj Kocar 28:44

The way Somavedic is doing it is the same; it's basically mitigating the EMF effects or positively affecting living organisms. It's the Somavedic field that is structuring the water. That means you basically place a jug of water next to the device and in about 15 to 20 minutes, it's structured. The way you can usually tell is that the taste is different. It's more smooth and silky. Lots of people can taste it. Some don't, of course, but some really can taste the difference.

Juraj Kocar 29:30

One example is that when one of our colleagues was starting with us, she said: "I had a lot of migraines and I was drinking like a gallon of water a day and still feeling thirsty." We gave her the Somavedic and she started [drinking] structured water. She said: "I'm drinking half of what I used to drink. The migraines are gone and I don't feel thirsty anymore." This is an example of when you drink the right type of water, I would say.

Dr. Jill 30:07

This is huge! I deal with a lot of mold toxicity and one of the things that mold does to patients is affect their hydration regulation. They drink and they pee and they drink and they pee and they can't stay hydrated. I bet this would be a really great thing for those patients.

Dr. Jill 30:22

It's so exciting to hear from you and to hear all the background. I put a link, wherever you're listening to the podcast, to the website. You can check these out yourself. Take a look and try them out for 60 days for free. I have the amber unit and I love it. But there are other units.

Dr. Jill 30:39

Some of them are incredibly affordable. The more affordable ones just take up a smaller space. Is that right? Less crystals? So if someone wants to try and maybe

can't afford the biggest unit or the most expensive one, they can try this for just a few hundred dollars.

Juraj Kocar 30:54

Yes. We have portable ones that are designed for cars or hotel rooms. And we have what we call the essential models that start at \$700. The best-seller, the all-in-one best power ratio, is the Vedic. That's where we get the most reviews, feedback, and everything. It's really the most versatile, I would say. It's strong enough to mitigate 5G. It has the water structuring capabilities. And the field that it's creating is about 100 feet in radius—up, down, left, right—and it penetrates walls.

Juraj Kocar 31:51

In case you are thinking about where to ideally place the device, it would be somewhere in the middle of your apartment or home. Usually, one for the whole home is enough. And in case you would like to have it closer, then you can put it closer to the bedroom.

Dr. Jill 32:12

Wow! This is absolutely fantastic. Thank you so much for your time today and the information. Like I said, I'll be sure to link up to your website so that people can learn more. I'm always grateful to someone like you who's out there with a calling to do something that makes a difference. So thank you. And I'm so glad we met!

Juraj Kocar 32:30

Yes, thank you. Thank you, Dr. Jill, for having me. I really enjoyed it!

Dr. Jill 32:35

You are so welcome!