Dr. Jill Carnahan, MD - **00:00**

Foreign. Hey guys, welcome to Resiliency Radio, your go to podcast for the most cutting edge insights integrative and functional medicine. I'm your host Dr. Jill and with each episode we dive into the heart of healing and personal transformation. Join me as I interview innovative experts, medical leaders, thought leaders and world renowned experts of all types bringing you the information to help you on your journey of optimal performance and healing. Today you're in for a special treat with this episode on nanov. You're going to learn from the founder Rowena Gates, Co founder, I should say about this German technology that could help you feel better, live longer and prevent reactive oxygen and oxidative damage to your cells. You're going to find this fascinating and you may even want to get one yourself.

Dr. Jill Carnahan, MD - **00:52**

I've been trying mine out for the last three months and I love this device. It's called the nanov exo. Stay tuned for more information about the device and what it could do to help you on your healing journey. By the way, if you don't know, we are accepting new patients at Flatiron Functional Medicine. I have two mid levels who are absolutely phenomenal and we review all cases so it all goes by me in the end. As well I help to teach and train and be involved in the medical care of our patients. You can call 300-399-37910 or go to jillcarnahan.com for more information about scheduling. If you're apprehensive or want to know more, you can always schedule a free 10 minute consult with one of the providers just to get to know if it's a good fit. So check that out.

Dr. Jill Carnahan, MD - **01:36**

Jillcarn.com lastly, if you're looking for products and services, you can find all of our Dr. Jill Beauty line my Dr. Jill Healthline at Dr. Jill Health.com for all your needs and services. You can go there and check it out. Many things carefully curated for your wellness and general health and healing. Okay, let's get to our show and let me introduce our guest. Rowena Gates is the co founder of Eng3 Corporation. She helped launch the Nanov technology and currently oversees business development related to health, regeneration and performance. She's been a serial entrepreneur since 1995 when she co founded one of the earliest companies to offer Internet based solutions to the logistics industry. Rowena received her PhD from the University of Washington for her work on international strategic alliance and economic development.

Dr. Jill Carnahan, MD - **02:25**

When not helping bring nanov to the world, she enjoys family, friends and a range of outdoor activities in Seattle where she lives you're going to love this show. Let's bring on Rowena Gates. Rowena, it is an absolute delight to have you on the podcast and we're going to explore and talk about as a co founder of the company, the new nanov. For me, it's new and the device that has really given patients a new way to have a greater amount of healing. We're going to talk about reactive oxygen, protein folding, some really fun topics that people may not have heard of. But before we dive into that, I want to know a little bit more about you. You're a co founder of the company. How did you get into this business? How did you find the technology for the nanov?

Dr. Jill Carnahan, MD - **03:11**

Tell us a little bit more about you.

Rowena Gates - **03:13**

Well, I started as a tech entrepreneur and my first company I started in 1995. It was Internet based business to business and it was early and I did a couple after that and then I was going to take a break and my co founder Han Zing is German and I said, well, I'll help you at your company because his English language wasn't perfect. And I started to help him and I realized how fun it was to be in health and wellness because it helped people. And nobody ever, you know, called and said, wow, your international trade documents changed my life. I love that. I kind of got, I kind of got hooked on it.

Rowena Gates - **03:59**

And then we had been working on other technologies that were produced in Germany and he started to look at this, what was going on under the hood with what became the nanov device. And so as he started to explore that and understand it better and the technology became available to create the nanov device, then went in that direction and it was right after, originally, it was right after 2008 and were, you know, self funding and all those, all of those difficult startup things.

Dr. Jill Carnahan, MD - **04:38**

Yes.

Rowena Gates - **04:39**

Yeah. Because if people don't remember 2008, it was the financial crisis that really changed the complexion of things for entrepreneurial companies. So we just did it ourselves.

Dr. Jill Carnahan, MD - **04:51**

Wow. One thing I love, I'm German, Swiss background and we like to go deep and be precise on stuff. And interestingly, I've been to Switzerland several times for healing clinics and places and I am always so profoundly impacted and inspired by the kinds of things they're bringing into medicine. And this is no different because what I find with the nanov is it's been a little hard to describe exactly what's happening. Right. And we're going to dive into that today. But, but the technology, it doesn't mean it's not. It's kind of like when we're looking for EMFs and we're measuring the dirty electricity in a house. Right. No one sees that. And yet they maybe know that if they have a smart meter in their bedroom, they wake up with a headache or there's increased risk of childhood leukemias if there's huge amount of electromagnetic.

Dr. Jill Carnahan, MD - **05:36**

So these things that are invisible doesn't mean they're not real and actually incredibly powerful and important to either hurt our health or help our health. Right. So today we're going to be talking about something like that is, I feel like a little bit harder to describe, but we're going to dive deeper and try to give people something to think about and handle. And I love the frame that this is actually a German technology and German inventor. Is that true? Yeah, because I feel like they really understand more than us doctors about the energetics and about. And again, my experiences in being in Switzerland is I would get a lot of therapies that I didn't always understand, but I certainly felt better.

Rowena Gates - **06:11**

Right. Well, the difference I see is Switzerland, Germany and to some extent Russia, they have really dug in on the biophysics, the physics versus biochemistry, which has been the orientation in the U.S. yes. And so they're, they, it seems like they're just way ahead and it's pretty normal there.

Dr. Jill Carnahan, MD - **06:33**

Yeah. Like, I've done all kinds of sound therapies, light therapies, all kinds of modul. And again, you can definitely feel the difference and I'm sure it's measurable because most of this is quite science that it's more metaphysics than the chemistry. Right?

Rowena Gates - **06:46**

Yeah, yeah. And so we fit into the biophysics.

Dr. Jill Carnahan, MD - **06:50**

Yeah. Amazing. So for those who've never heard of nanov, I've got one. I'm going to try to turn my screen for a second. I don't want to break, but I literally have the device sitting right here. I use it almost every day like were talking about before. And I'm super grateful for that opportunity because I have definitely felt better since I've been starting to use it. But for those who are like, what is nanov? Can you tell me more about the very basics of the biology of what's happening and what problem it was originally designed to solve?

Rowena Gates - **07:20**

So for the biology on the human side, when we look at the cell, every cell component, and most importantly for us, the proteins are immersed in the cellular water. And what we do is we influence the cellular water to support all those functions. And it's a very different approach. If you think about the way most almost everything else is hitting the components of the cell, whether it's a supplement or a superfood or a medicine or anything, they're targeting components. We're not doing that, we're targeting the whole environment.

Dr. Jill Carnahan, MD - **08:05**

Wow.

Rowena Gates - **08:06**

And we do that with biophysics. And so that sort of steps back to what's the actual device doing. And what we're doing is we're emitting specific wavelengths that are absorbed by water. And all of the light therapies you would have used in Switzerland and elsewhere will go through the water and they'll hit the cell components. We only use the wavelengths that are absorbed because when the water droplet, that's, that you ultimately inhale from the nanov device is bombarded with those wavelengths, it changes the energy in the water droplet because of the absorption. And so those excited or activated water droplets are then inhaled and there's a transfer of energy to the cellular water. And it's the kind of water that's needed to support protein folding. And we can get into proteins later.

Rowena Gates - **09:04**

Basically, they do pretty much everything in the body, in the cell, they make up the body. But for now they have to rely on the cellular water to get the energy they need to fold. And they start out as a chain of amino acids that has to form into a three dimensional shape. And it, it needs energy to do that folding and it gets it from the water.

Dr. Jill Carnahan, MD - **09:31**

So anyone who's ever really looked at biochemistry and physiology or DNA molecules or any of these things, I mean, we can look now and see 3D images of these proteins, whether it's an enzyme for digestion or an enzyme to create ATP, or all of these things are actually studied. And we can find out of the library of sciences and medical sciences what that actually looks like. So if you're thinking, okay, this sounds kind of weird, these are actually very well studied. And everything in our body is founded on the enzymes and proteins that are doing the actions. It's kind of like the rule book or the DNA code that's underlying our physiology. So this makes a ton of sense to me. And it also makes sense, as you were talking, I just had this image of a baby floating in amniotic fluid.

Dr. Jill Carnahan, MD - **10:13**

And it's almost as if you could, you know, do a heart surgery on the baby in utero for something, or you could maybe change the amniotic fluid to change the environment of the nutrients and the things that baby needs to

survive and be born healthy. Right. So again, a totally different a thing, but in a way, I just was thinking of an image and I thought about it floating. And so it's almost like the surrounding cellular fluid, which is water based, is made more hospitable so that these proteins and enzymatic actions can perform more efficiently. Would you say that's true?

Rowena Gates - **10:46**

That's exactly true. And there's one more piece of this that might help people understand this. We didn't just make it up. We copied what the body does. The body's constantly emitting this specific wavelength. It's a reactive oxygen species. So it's part of the beauty of the body where the very thing that is essential, which is using oxygen for energy, also does damage. And that one reactive oxygen species also initiates repair. Yeah, and it initiates repair by influencing the water. And so we use the very same wavelength. And that was our first device, was just that wavelength initiating it. And it worked. We had lots of studies on that alone. But we did more research in Russia and Italy and found that there were other wavelengths that could be absorbed and they were even more potent for creating the water that we needed.

Rowena Gates - **11:48**

And so we added those to the devices that we have. But we did just mimic, we just copied the body. And that was Hans Eng is the technology person behind this, the German engineer. And he just recognized that there's, we could create that wavelength outside the body and use humidity to deliver it. So that was really the innovation.

Dr. Jill Carnahan, MD - **12:16**

Hey guys, if you are enjoying this episode and want to know more, Please stop by www.eng3.com Dr. Jill get all the science behind nanov. And if you order, you're going to get a free traveling case. They've made a special offer for any of my listeners. So please, if you just even want to know more about this Device, go to www.eng3.com Dr. Jill to get all the inside scoop, including the scientific on the website. So check it out there. Let's get back to our show with Rowena Gates. So what I have right here sitting beside me is this incredible device. And it looks like a box and then it has a little container with a water which is distilled water. And then your mechanism actually changes that.

Dr. Jill Carnahan, MD - **13:03**

And what this tube that you saw when I showed you earlier is you can also attach it to like a nasal cannula. Mine is just open. And so when I'm using that, I just have that up next to my mouth and I'm literally breathing the humidified air from that device. Correct. So I'm Breathing. Breathing the water droplets that have been changed by the machine to assist in the cellular surroundings of proteins so that they fold better. Did I get that right?

Rowena Gates - **13:27**

That's exactly right. It just has to hit the mucous membrane and then energy transfers across the water in the body and the. The something like 99% of the molecules in your body are water. Yeah. So it's readily available to transfer energy. So it just is almost like the physics toy where you hold up one ball and the other end goes up.

Dr. Jill Carnahan, MD - **13:52**

Yes.

Rowena Gates - **13:53**

And it's just transferring across the water like that. It's not diffused like a chemical might be.

Dr. Jill Carnahan, MD - **13:59**

Yeah, that again, it makes so much sense. I know just with like mold related illness and some of these other things. Hydrogen inhalation, very frequently we can use that inhalation into the alveoli of the lungs. And because there's. The alveoli are made to transport nutrients and water and humidity over. Across right into the bloodstream. It's actually quite a direct route to get to the blood. Right. And then to get to the body. And that's probably why you've created it as it's an inhalation device.

Rowena Gates - **14:28**

It's a huge surface area. Right. There's lots of moisture there, so it's going to go right in.

Dr. Jill Carnahan, MD - **14:33**

Oh, that makes sense.

Rowena Gates - **14:35**

Yeah.

Dr. Jill Carnahan, MD - **14:36**

And what's nice about it is so easy. I mean, I can. Like you said earlier, we both. I could be doing work or doing. Not usually when I'm podcasting, but otherwise, many times I'm doing some work here and I'm just sitting with it right here beside me. It's interesting because a friend, a mutual friend of ours, who's a big player in the world of supplements and nutraceuticals and he always knows the latest and greatest and he was the one who introduced us and said, Dr. Jill, you must meet Rowena and you must check out this. I use it every single day. And again, I trust him pretty implicitly. And so I was like, all in. Okay, tell me more. And again, like, I've been trying this out for the last several months. So. So structured proteins folding. Structured, changing the environment.

Dr. Jill Carnahan, MD - **15:15**

The proteins can fold in. What kinds of outcome have you seen with athletes, patients, the kinds of people who have given you feedback after using these devices?

Rowena Gates - **15:25**

Well, the original, one good example is the original upgrade labs, which is like almost 10 years ago now. That team all tried out the nanov and they were measuring at Orange Theory or on the Watts on a bicycle. And they came back and said, we're seeing 20% improvement in our performance. And for that reason, they incorporated it in the launch of Upgrade Labs. When initially they told me, you're too late, we're set.

Dr. Jill Carnahan, MD - **15:55**

Oh, amazing.

Rowena Gates - **15:56**

So they changed their mind, and they changed their mind. And I was so happy. And so there's that performance boost that people can measure in different ways. And then the other areas where we started before that kind of changed things for us a bit. Before that, it was all chronic illness. And so however the person measures their condition, they can look for those changes. And so one that's very obvious is blood glucose levels for diabetics. And that's very apparent to them of how that changes and stabilizes. Or another one is the respiratory illnesses. And those can be quite profound. And, and one story there is we had a woman with cystic fibrosis, and she was declining, and she got a device. And as a result of her getting the device and people kind of watching her there, she.

Rowena Gates - **17:02**

She initiated the sale of 26 additional devices.

Dr. Jill Carnahan, MD - **17:05**

Oh, wow. Because, like, you're doing better for one individual.

Rowena Gates - **17:09**

I mean, people. She's wonderful woman, and people loved her and I guess noticed. And so that's just one story. With the respiratory illness. It's. It's very measurable. You've got lots of different takes on that, including blood oxygen saturation. And then that blood oxygen util, or utilization of oxygen shows up with an oximeter, and it shows up in metabolic testing. So what we've shown, and we have a study that's not released yet, but looking at the prefrontal cortex, and you can see the oxygen utilization and the blood flow in the prefrontal cortex. And so Those were a 9% improvement in utilization and an 11% increase in blood flow.

Dr. Jill Carnahan, MD - **17:59**

Wow. Very.

Rowena Gates - **18:00**

So what you're doing is you're just helping the body work better. You're not overriding anything. You're not adding any. Anything. You're just supporting it to do its job and it knows what to do.

Dr. Jill Carnahan, MD - **18:14**

I love those kinds of interventions where we have, you know, first do no harm. And, and that's what I got excited about, because I thought, okay, this is the kind of power that we could improve performance and oxygenation and glucose and similarly to like, say, inhaled hydrogen or some of the other popular things out there. There's not a lot of risk, which I always feel like those are such powerful interventions.

Rowena Gates - **18:38**

Exactly. The, the contraindications. And actually that also speaks to the complexity of proteins, because we don't know that much about that many of them. And there's all these unintended consequences as a result. Because most pharmaceuticals are based in tweaking proteins. And actually the Nobel Prize, a couple years ago, the prize in chemistry went to the guys developing the AI that could predict the shape of the protein. Because it was so critical to medical research.

Dr. Jill Carnahan, MD - **19:10**

Exactly. Because whether it's binding sites or creating molecules that look like a certain protein, that's really where medicine has gone. But it's very manipulative in the sense of there's, you know, one intervention, and it can be a whole chain of unintended adverse effects.

Rowena Gates - **19:27**

Right. And we don't, from our perspective, we don't care what you call the protein or even what its shape is. We're just going to help it do its job better. And to me, the. The body's own wisdom is the ultimate in personalized medicine.

Dr. Jill Carnahan, MD - **19:41**

Yeah, absolutely. When we support, whether it's with food or nutrition or movement or something like this. So is there. You mentioned, like, for the upgraded labs people, they saw an increase in performance and in this, you know, cystic fibrosis patient improved her ability to breathe and sustain. All of that. Are there any published or implied studies on things like heart rate variability, oxidative stress markers, cytokines, athletic recovery? I'm just naming a few. I don't know of any. But is there anything that you could say, oh, yeah, we've studied these particular.

Rowena Gates - **20:12**

Markers, heart rate variability. That one is just actually going out for publication, but it was a really remarkable 45% reduction in the stress index and then a 19% improvement in parasympathetic over time later in the session. And the other, the big study that's published in the International Journal of Molecular Science is on proteins themselves, and they damage the proteins either with oxidation, which we all have heat, or chemicals, which we probably have some of those as well, but definitely chemical. And they showed how well the proteins functioned after using a sham device or an active nest nanov device. And those results were really profound. And they concluded that the nanov was both preventative and restorative. And it's not antioxidant, so it's complementary with antioxidants, including molecular hydrogen.

Rowena Gates - **21:21**

However, if what it does by influencing the water is create more stability in the proteins so they're less susceptible to damage, and therefore you have better outcomes with the active device versus the placebo device.

Dr. Jill Carnahan, MD - **21:36**

Wow, that's impressive. And I love that you mentioned you could use it alongside of your typical antioxidants or like, complementary really matters.

Rowena Gates - **21:43**

I use both. Yeah.

Dr. Jill Carnahan, MD - **21:45**

Yeah, I'm thinking that too, because I have hydrogen as well. I like them both.

Rowena Gates - **21:49**

Yeah.

Dr. Jill Carnahan, MD - **21:49**

Love.

Rowena Gates - **21:50**

Yeah, it's. It's a great antioxidant and antioxidants are critical and that's where a lot of your work related to food is making sure that antioxidant defense is in place. And the nanophyte is not actually antioxidant, even though it can prevent damage, however it repairs damage. And antioxidants can't do that. Yeah. So they're perfectly complementary.

Dr. Jill Carnahan, MD - **22:17**

Amazing. So what was the most surprising thing in your time, how long have you been with the company?

Rowena Gates - **22:23**

Since the beginning. And we've been working on this for about 8, 18 years. But it took a number of years to get it released and. Yeah, so. So it's been a while. We have a lot of breadth of experience. Yeah.

Dr. Jill Carnahan, MD - **22:42**

And for. I remember you telling me this is like a medical device. Right. Like it's approved. So as far as carrying it through the airport and thing, it's considered a medical device.

Rowena Gates - **22:51**

It is. And it's registered in Europe, the uk, Switzer, US and yeah. You can, you can take it as an extra carry on and you can take it in checked luggage and you don't have to pay.

Dr. Jill Carnahan, MD - **23:07**

Oh, goodness. You know, it's funny because I remember you saying that I get real excited because I already pack a lot and I'm like, okay, that's cool. If I ever want to take it with me. That's amazing. So I ask about your experience. 18 Years. And those 18 years, what. What are some of the most powerful testimonies you've heard from people who've used the device?

Rowena Gates - **23:24**

There are a number of them that are related to chronic illness, but I think some of them are people like our mutual friend, that it's much better concentration, focus and brain endurance. And that's another one where I'll just use 40 years of sin. Because they have the nanov paired with the brain training that's really stressing the system. And they have the same kind of result where people get much better scores if they're using the nanov while they're doing that brain training.

Dr. Jill Carnahan, MD - **23:57**

Wow. Okay, I love that. I'm going to pause there really quick because that's so important. So you're saying some program like 40 years of Zen or when you are like intensely learning a new protocol or they're getting better results and this is a meditation program which makes so much sense, that how cool is that? That when you pair the nanov they're getting Much better outcomes for the training or teaching or meditation or programming.

Rowena Gates - **24:20**

Right, right. And that's actually one where an example of that is I remember when I first met Dave Aspr, he was talking about using the anatomy at night so he could write his book because he was doing it late at night. And that was. That kind of saved him. Well, that's brain endurance. You need that endurance. And so that was one story there. But then there's also that weightlifters and athletes like Roger Snipes is one, or Ben Pakulski or Wade Lightheart are all in our space. And all of them have that same experience of being able to build muscle, recover faster. And they each have their own stories. And I actually have some of them on recording, but I can't quote them at this point.

Dr. Jill Carnahan, MD - **25:13**

Sure, sure. It's just amazing. I know you have a lot on your website too, with just testimonies and it seems like if I just remember the pictures on the website and some of the testimonials. Does it have a place in cancer? And have you had any testimonies of patients who've used it in that state for cancer?

Rowena Gates - **25:30**

It's really a recovery device and it's interesting. It comes up so often and it can be super beneficial to get your mitochondrial function back after certain interventions. But it's really important that people work with their oncologist. You don't want to use restorative foods or technologies or whatever while it's the active phase. And so it's less and less clear of when that is. So you really have to check on that. However, where we have seen really good results are when you can assume there's double strand DNA damage. And we have a small study done at an Olympic training center in endurance athletes because they're overstressing their bodies and that shows significantly less double strand DNA damage when the nanov is used.

Rowena Gates - **26:28**

So that is going to also be helpful if you've undergone any kind of a treatment that has the potential to do that kind of harm.

Dr. Jill Carnahan, MD - **26:37**

Oh, that makes a lot of sense. So like for me, 25 years ago I had breast cancer and then I had three drug chemotherapy, radiation, like lots of oxidative stress and damage. That would have been a great intervention once I finished all the treatment and was in remission to restore and had no hair. You know, it's the whole work.

Rowena Gates - **26:53**

Did you feel really tired, like.

Dr. Jill Carnahan, MD - **26:55**

Yes, yes, yes. I think it took me two years. People eyes are like, oh, the chemo. Right. It took me a long time to recover from the chemo, it was really intense. Maybe one of the hardest things I've ever gone through.

Rowena Gates - **27:09**

Yeah. And that's probably because your DNA had a lot of recovery to kind of dig out of that hole. Yeah. But that, we do see that. But it's really regenerative and recovery. It's not a treatment for any disease, obviously.

Dr. Jill Carnahan, MD - **27:23**

Right, absolutely. And what makes sense to me is I treat a lot of environmental toxicity and mold related illness and radiation from AMFs and things like excessive plastics and parabens and all this stuff, which is just toxins for our system. It makes a lot of sense to me that this would go alongside any treatments in those realms because a lot of that creates oxidative stress, damage to the DNA and all of this, and brain fog and fatigue and all these things you're talking about.

Rowena Gates - **27:52**

And, and we have examples of that. And one for one woman, it was seizures. Wow. You know, it's not trivial of what this can do to you, but often it's. It's the fatigue.

Dr. Jill Carnahan, MD - **28:05**

Yeah.

Rowena Gates - **28:05**

That people are noticing. And just a hint to anybody out there, if you change all the light bulbs in your house all at once and then you feel sick.

Dr. Jill Carnahan, MD - **28:14**

Yeah.

Rowena Gates - **28:15**

Check that.

Dr. Jill Carnahan, MD - **28:17**

Right.

Rowena Gates - **28:18**

But I've. We've seen it happen a couple times where it was simply the light bulbs.

Dr. Jill Carnahan, MD - **28:23**

Interesting. And I was just. I've been looking at homes and I've seen a lot of homes because a lot of them are moldy. And so I've, you know, go from home to home. And I would say maybe 80% of the houses I've seen in the last three months have mold or water damage or EMFs and something that. So I love the solar power. And some of these houses are now doing the solar panels on the roof, which is amazing. However, there's a real detriment to that EMF on the body. And sometimes depending on how they're laid out and how the electricity is run, they can create a lot of dirty electricity. And you can measure this with a building biologist. And this would be another thing if you have a smart meter or dirty electricity or a lot of EMFs.

Dr. Jill Carnahan, MD - **29:00**

I found in my own condo, I measured here and I have an actual RF meter. And the things like the Sonos, which is that high fidelity wireless sound. I love my Sonos. It was putting off like hundreds of thousands of radio frequency, like really high. So it's interesting the things we don't even think about. Like my Sonos sound system is putting out a lot of things, a lot of energy that could be actually hurting My DNA.

Rowena Gates - **29:28**

Yeah. And we have to. As a medical device, we've been through all that testing.

Dr. Jill Carnahan, MD - **29:33**

Amazing.

Rowena Gates - **29:33**

So because that is an issue for. You can't be outputting a bunch of stuff in a medical environment because you could mess up the.

Dr. Jill Carnahan, MD - **29:41**

Right. Right. You're saying your device is not putting off any dirty electricity, which is what I.

Rowena Gates - **29:46**

Right. And so it has to meet that standard. And. And a lot of other standards as well. But that was one of them and it should be. And. And that's. That's always a consideration when you have a technology sitting there. It's. You want to only doing the good.

Dr. Jill Carnahan, MD - **30:04**

Exactly. Now, I have a lot of people have asked me about certain saunas or different other devices, and some of them actually do emit a decent amount of emf, and that's a very big negative. You know, you might be getting this therapy, but if you're sitting by the outlet and getting all radiated with that emf, it's a whole nother story. Well, I just believe that as our bodies are in this toxic world and we have more EMFs, and we have more chemicals and we have more stress psychologically, and we still want to perform and do all the things we do. Things like this are game changers.

Dr. Jill Carnahan, MD - **30:36**

And that's one reason I was so excited to have you on, because I've had it for about three months, been able to use it, and actually now I can be on saying, yes, guys, I love this device. I hope that some of you will check it out. If you're really, like looking for a new way to. Very gently and powerfully. That's what I love. I feel like it's like the most of the gentle like. In fact, I should ask you next, is there anyone who could, like, be harmed by this? Is there any contraindications at all?

Rowena Gates - **31:03**

There are no contraindications, but you deal with a lot of people. If they've got Lyme or serious mold toxicity and so on, they should start slowly and build up because it does help with the cellular detox, which is great. That's the hard part, however, you don't want to overload the elimination channels. So you want to go slowly enough that the person stays comfortable.

Dr. Jill Carnahan, MD - **31:26**

Okay.

Rowena Gates - **31:27**

But it's not a contraindication. It's a good thing. You just don't want a healing cross overdo it.

Dr. Jill Carnahan, MD - **31:32**

And that makes so much sense because if you think about those little cells, you know, floating around in their fluid, and we're making that fluid more healthy, so much at the core of health and wellness and even Exercise physiology and food is medicine. And all of this is that little cell is making proteins, doing its little job, cooking little recipes, and it's also giving out debris and garbage. Like it has to take the waste. So that fluid that surrounds the cell is part of where we eliminate that waste and lymphatics take it. So in my mind, as you describe the mechanism of action of the nanov, it makes perfect sense that it might ramp up that ability for that cell to get rid of its garbage. Right. Take out the garbage right into that fluid and then.

Dr. Jill Carnahan, MD - **32:11**

But if you're, I would say we mobilize toxins and that's crucial. But if we aren't eliminating them and the routes of elimination aren't clean and clear, so say your lymphatic pathways are all gunked up or you haven't moved in a long time, you might be upregulating that cellular little happy cell throwing out its garbage so that you're healthier. But if you don't have those pathways to eliminate. So it makes a lot of sense to me that you'd want to be a little cautious when you start if you're super toxic. Right.

Rowena Gates - **32:37**

And people like Lyme was a huge one for us, huge percentage of people, because some of the key Lyme physicians were recommending it and they were often, you know, carrying a lot of toxicity and the last thing they need is to have a healing crisis. And also if they, if you stir it up too much, it can end up in joints and places. You don't want that, you know.

Dr. Jill Carnahan, MD - **33:07**

Yeah.

Rowena Gates - **33:07**

Extra problems.

Dr. Jill Carnahan, MD - **33:09**

So, so just go slow. If you're, if you're starting, I will say it's interesting. When I first got it, I think I told you this. I did the first session and I have the pro, which is amazing. And 15 minutes is like worth 30 of the other devices, I think. So it's, you don't need a lot of time.

Rowena Gates - **33:22**

You have the exo, you have the big one.

Dr. Jill Carnahan, MD - **33:24**

Oh, the exo. So I have superpower.

Rowena Gates - **33:26**

And.

Dr. Jill Carnahan, MD - **33:27**

And so I was like, oh, I'll do like 20 minutes. I did more than ever, you know, and that very first time, maybe in the second, I definitely felt a little tired. Now that's gone, I feel amazing. It was very short lived, but I think I even asked, I said, is this normal? And now that I understand why, because I've definitely continued to detox and I have very poor detox pathways. So I probably just was like always I overdo a good thing, right?

Rowena Gates - **33:50**

Or some people are kind of close to burning out and they. It can kind of knock them out because their body's so desperate to put them.

Dr. Jill Carnahan, MD - **33:59**

Exactly, exactly. So start slow if you're. But I just really love the work that you're doing. I love this device and I was just absolutely delighted to bring it to my listeners. We also with your help created a page if you want guys want to know more. This will be in the links to the show notes and everything. So you don't have to remember this if you're driving in your car running and listening to the podcast. It's their website is www.eng3.com Dr. Jill. So you'll find all the specials and offers and everything there in the three different devices. Maybe you could just briefly tell us what you have three different devices. So if someone wants entry level or wants the amazing Cadillac that I have, tell us a little bit more about your three devices.

Rowena Gates - **34:40**

So. So Dr. Jill's Cadillac has three of these excitation wavelengths. So it's much more powerful. It's got the high end technology in it. The next one down does not have that.

Dr. Jill Carnahan, MD - **34:54**

And give the names too. So people want to go.

Rowena Gates - **34:56**

So Dr. Jill has the exo. The next one is the pro and it's got two of the excitation wavelengths and it has more of them than the Eco, which is the least powerful one has two wavelengths but fewer excitation chambers. And so it's not as powerful as the Pro. And so they kind of stage where the. The most powerful one, the EXO is a different technology in there.

Dr. Jill Carnahan, MD - **35:25**

Okay. But I do love, I really also love that sometimes, you know, the inaccessibility of the Cadillac is like, oh, I can't afford that. But you've different versions and they all work, they're different power. But the great thing is even if you can afford just the basic, it's a great way to get started on this. I think it's.

Rowena Gates - **35:42**

And we do have people that get the basic and then they upgrade. Yeah. Because what happens. And, and I should mention this. This isn't a one person device.

Dr. Jill Carnahan, MD - **35:52**

Yeah.

Rowena Gates - **35:52**

This. The whole family can use this. The neighbors can use it. And that device that Dr. Jill has is spec for a minimum. The. The least of all parts is spec for 40,000 sessions. Wow. So you don't. It's German engineering.

Dr. Jill Carnahan, MD - **36:09**

Right. The best.

Rowena Gates - **36:11**

It's. You don't have to worry about wearing it out. You can share it. Which is. That makes it very economical compared to, you know, a lot of therapies that have this ongoing cost and everybody in the Family has an additional cost, then it becomes much more economical.

Dr. Jill Carnahan, MD - **36:31**

That's what's great, is again, if you have a partner, spouse, children, everybody can use it. And I have thought about bringing it to my office and offering it to patients. I haven't done that yet because I like having it here at home. But I'm sure practitioners who are out there could also get these devices for their offices.

Rowena Gates - **36:45**

They do. We have a lot in. In offices that's very common. And it. Because it balances the autonomic nervous system. Some will use it when a person comes in for consultation because if they're really ill, they can be also rather stressed and they're going to get a better outcome, better interaction if they just calm down and, you know, and breathe a little.

Dr. Jill Carnahan, MD - **37:09**

Right, right.

Rowena Gates - **37:10**

And so that's. But then it's paired with all of these other interventions and it's complementary to every one of them. So it will make the. Whatever the other therapy is work better. And a good example of that is peptides. Yes, because peptides are just smaller proteins. Some of them work exactly the same way as the proteins. They just have a fewer amino acids. And then some of them work quite differently. And they're transient and they just have one little job and then they go off and they have to be versatile and they go to another job and they're signaling and they're, you know, their hormones activity or enzymes or binding or whatever that is. And so if you're doing a peptide therapy, typically they're not inexpensive. It's like, we'll make them work better. You know, it's such a logical fit.

Rowena Gates - **38:08**

And so it works with any of those protocols, but also with the other devices you'd find in a center.

Dr. Jill Carnahan, MD - **38:16**

Rowena, that really excites me because that's one of my favorite things is peptides and some of these new powerful things. And then the fact that, like you said, I mean, I use peptides myself. We've talked about that on the show before. If you haven't, check some of those episodes out on peptides that have been out in the last month or two. But I really love that, and I do use peptides, but I love that this is actually enhancing the effectiveness of that. And I can tell a difference in my focus and energy. So personally, I've been really excited to see the benefits and you promised me, so you were absolutely right.

Rowena Gates - **38:47**

Well, the peptides, you know, we always talk about the soil is planting the seeds, which is a great analogy. With peptides, you're planting very expensive Shrubbery.

Dr. Jill Carnahan, MD - **38:59**

Right.

Rowena Gates - **39:00**

And you're doing a new shrubbery every month.

Dr. Jill Carnahan, MD - **39:03**

Right, Right.

Rowena Gates - **39:04**

And so make it work better, get better soil. Yeah.

Dr. Jill Carnahan, MD - **39:08**

And again, the great thing, this device is going to last 40, 000 times and it's going to be here. So once I invest in it year, I can use it every day. I do. I have it. Like I said, it should show you guys listening that I have it right beside me in my recording studio, in my office. Because I do love using it. It's so easy. It's just like a no brainer. Well, Rowena, I'm certainly glad you partnered with the German engineer 18 years ago because it's been really interesting and exciting to see things like this that are so safe and so powerful and I think we need more of that kind of therapy, you know, other than like you said, the very targeted drug interventions and things that can do more harm.

Dr. Jill Carnahan, MD - **39:44**

So I am absolutely delighted to be presenting this and I hope that you guys, if you're listening and have questions, put them in the comments. I will come back and answer those. And like I said, we created a landing page for you. Www.eng3.com Dr. Jill, you can get information and check it out there. If people want to know more, that's probably the best site to visit. Is there anything else that we haven't discussed that you feel like people would really want to know before they might want to purchase something like this?

Rowena Gates - **40:12**

One thing I would mention is if you go to that site, we've got study results that we can't just publish at our website. So it's kind of important to go to that page. And it's also safe to sign in on that page if you want to get more study results and information. Because we only use it to give quality, high value information. We don't use it to just push marketing out to people. So I would say you're safe to sign in there.

Dr. Jill Carnahan, MD - **40:38**

Oh, I love that and I love it because I love bringing education to the world. So I feel like I can be a little tiny part of this. So again, you'll have that website in the show notes. Eng3.com Dr. Jill, Rowena, what a pleasure to talk to you at a more in depth level and again, just grateful for your work in the world.

Rowena Gates - **40:58**

Oh, I so appreciate what you're doing and the time we've had together. Thank you.

Dr. Jill Carnahan, MD - **41:03**

Hey guys, hope you enjoyed that great episode with Rowena from nanov. I've really enjoyed using this device and found it has improved my energy, concentration and focus and I always love bringing to the world the things that are helping me perform better. This is one of those really cool European technology devices that I have been just blown away, really, to be honest. So I hope you'll check it out. You can go to www.eng3.com Dr. Jill to find out more and get all that scientific information. And if you haven't yet subscribed on YouTube, join our over 900,000 subscribers. You can like and leave a review on any other platform that you're listening. And as you know, we have new episodes every single week. So come back next week for a new episode of Resiliency Radio. Until then, be well.