

ENERGY 4 LIFE

Energy First Medicine

The Science Behind the Energy Mastery Movement

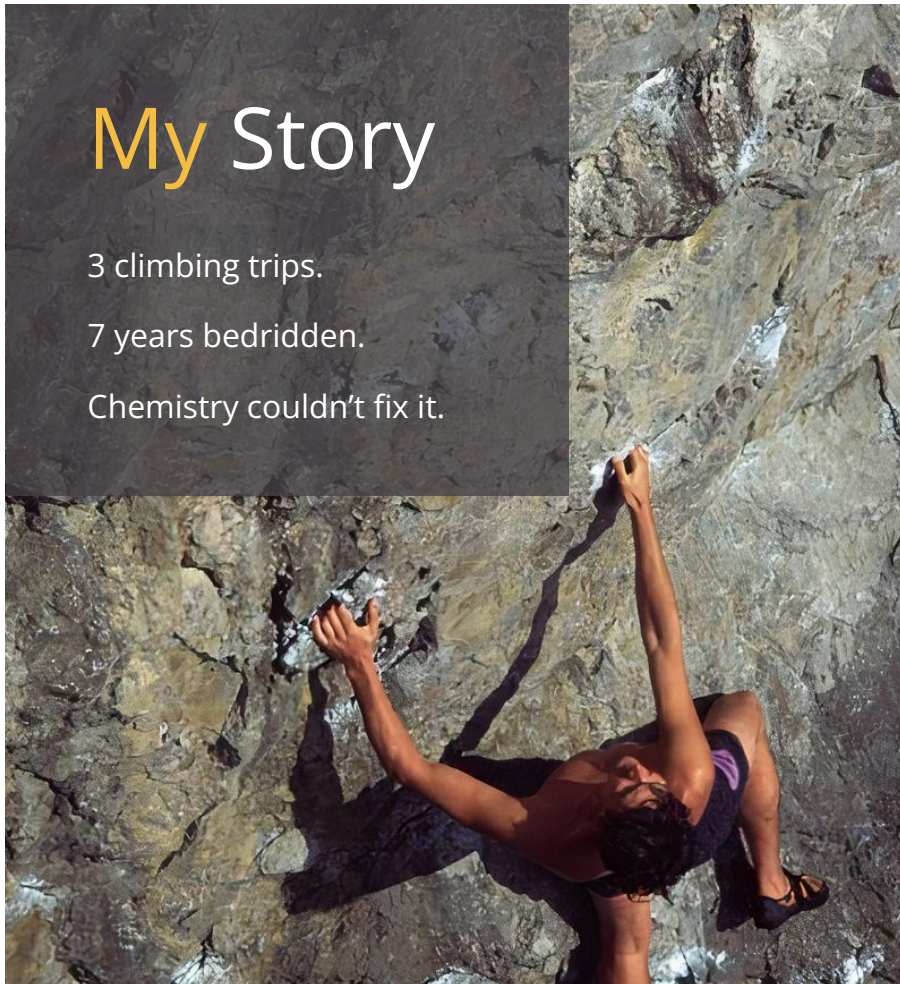


My Story

3 climbing trips.

7 years bedridden.

Chemistry couldn't fix it.



The Turning Point

Bioenergetics Gave Me Back My Life

20+ years later, the research has turned into a physics & technology ecosystem that helps detect, correct & protect people's energy, emotions & health.

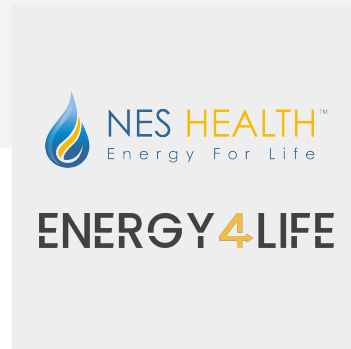
Bedridden



Peter Fraser



NES / E4L



Today



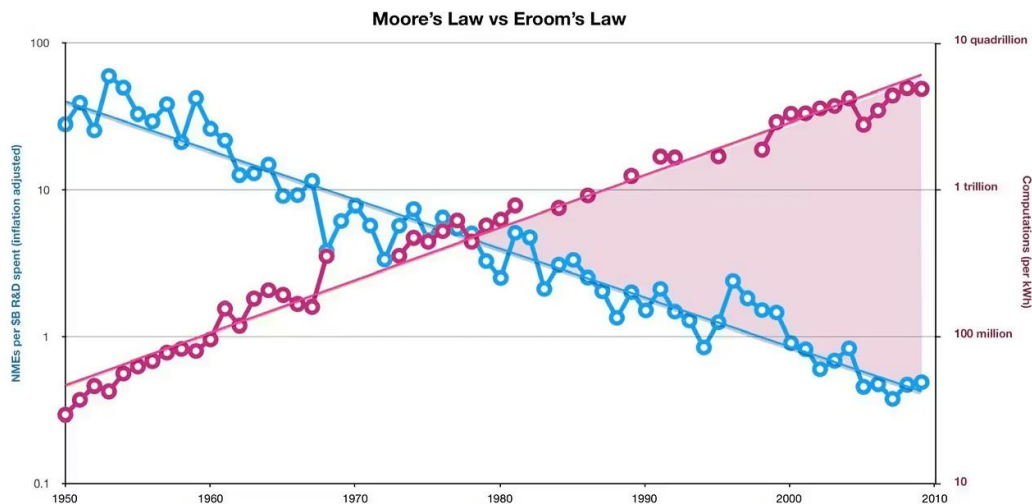
The Question

Why, when we treat the body as a chemical machine, do patients most of the time not get better?



Eroom's Law

Drug discovery cost doubles every 9 years.
Efficacy halves.



Moore's Law: Computing power becomes faster and less expensive over time

Eroom's Law: Drug discovery is becoming slower and more expensive over time

\$1B
↓
30 drugs

1950

\$1B
<
1 drug

Today

The Toxicity Ceiling

Every chemical intervention adds entropy to the system.

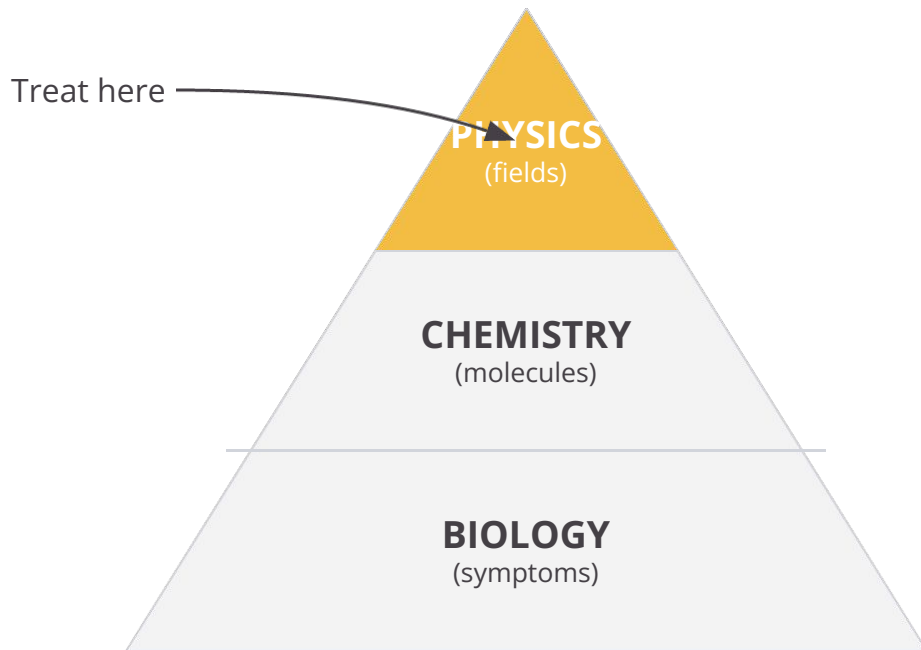
You cannot supplement your way to reverse aging.

Supplements have 2nd Order Effects.

ie. Turmeric - Reduces Inflammation
AND Reduces Testosterone by 35% if you
take it for 3 days in a row

Taking too many molecules of any type,
increases Entropy which increases Ageing

The Missing Layer



Biology is downstream of physics.

The 12 Principles Of Biophysics

$$\Phi = \frac{H \times V}{R}$$

The Blueprint (Information)	The Battery (Voltage)	The Drainage (Resistance)	The Network (Delivery)
Principle 1 Information $I = - \sum p_i \log_2 p_i$	Principle 5 Charging $E_{charge} = E_{light} + E_{electrons} + E_{earth}$	Principle 8 Energy Budget $\Delta G_{heal} = E_{total} - (E_{structural} + E_{basic} + E_{emotional} + E_{survival} + E_{pathogens})$	Principle 10 Microcirculation $Q = \frac{\Delta P \cdot \pi r^4}{8 \eta L}$
Principle 2 Resonance $A(\omega) = \frac{F_0}{\sqrt{(\omega_0^2 - \omega^2)^2 + (\gamma \omega)^2}}$	Principle 6 Battery $V_m = \frac{RT}{F} \ln \left[\frac{P_K[K^+]_{out} + P_{Na}[Na^+]_{out} + \dots}{P_K[K^+]_{in} + P_{Na}[Na^+]_{in} + \dots} \right]$	Principle 9 Pain $I_{pain} \propto \frac{\sigma}{\Delta G_{heal}}$	Principle 11 Broadcast $\nabla \times B = \mu_0 J$
Principle 3 Coherence $C = \frac{ \langle E(t) \cdot E(t + \tau) \rangle }{\langle E(t) ^2 \rangle}$	Principle 7 Conversion $\eta_{ATP} = 1 - \frac{J_{leak}}{J_{total}}$		Principle 12 Connection $D_{H^+} \gg D_{ions}$
Principle 4 Entropy $\Delta S_{bio} = \Delta S_{internal} - \Delta S_{export}$			

4 The Equation In Action

The Vitality Equation



H = Information (blueprint accuracy)



V = Voltage (cellular charge)



R = Resistance (everything blocking energy)

$$\Phi = \frac{H \times V}{R}$$

The Equation In My Life

15 years after recovery, life hit again.



Divorce



Shoulder Injury



Sleep Collapse



Unprocessed stress

$$\Phi = \frac{H \times V}{R}$$

Mapping The Crisis

$$\Phi = (H \downarrow \times V \downarrow) / R \uparrow$$

H degraded

emotional shock
corrupting signalling



V depleted

chronic stress
draining the battery



R sky-high

suppression +
injury + inflammation

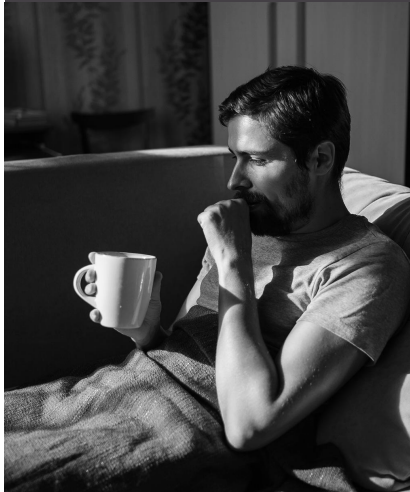


Chemistry:

anti-inflammatories, SSRIs, sleep meds → more thermal noise.

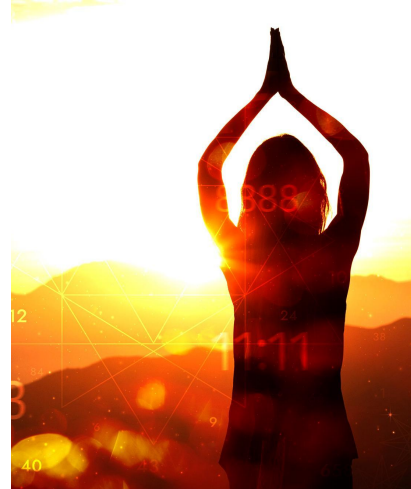


Chemistry Vs. Physics



Physics:

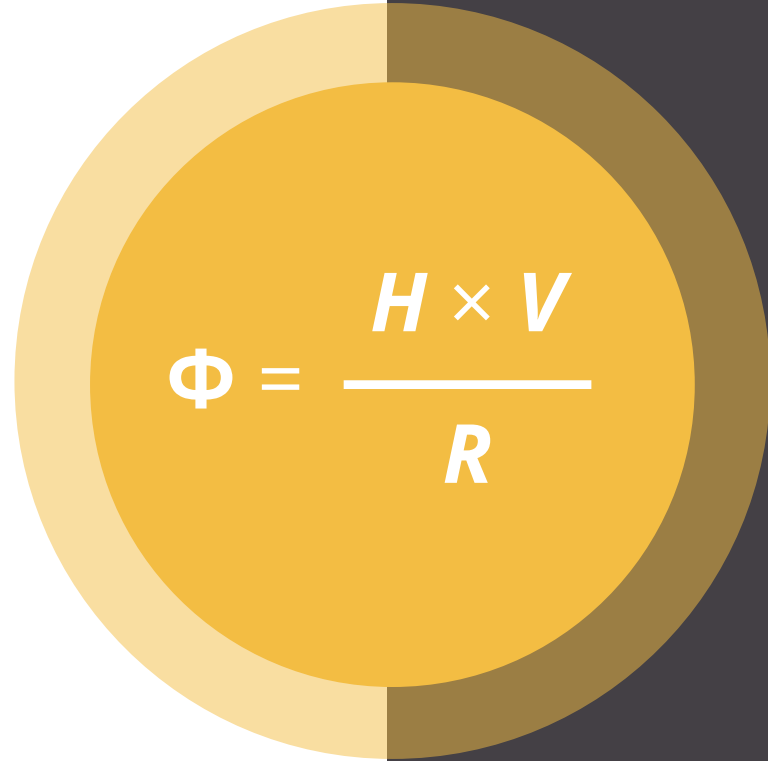
restore H
recharge V
reduce R



The Equation Rebalanced

Shoulder healed. Sleep returned.
Energy came back.

Not willpower. **Physics.**



4 Act 3: The Five Principles

The Information Principle

The body is an information system. Disease begins when information degrades.

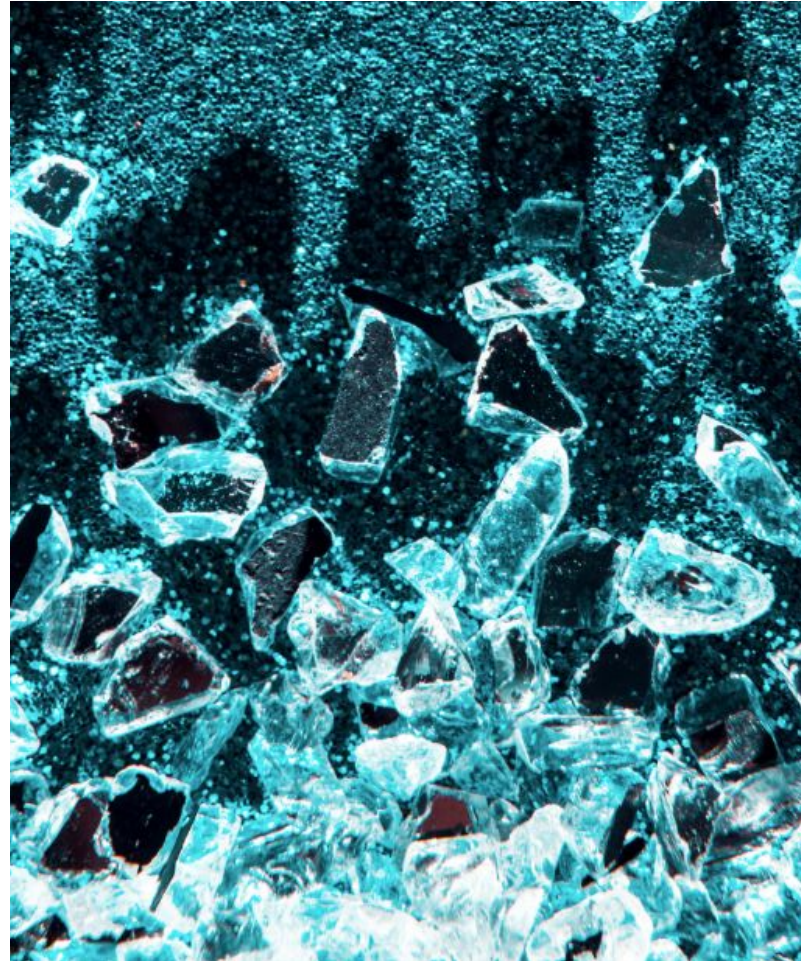
$$H = -\sum p_i \log_2 p_i$$



The Entropy Principle

Aging is entropy winning. Coherent information is the only force opposing it.

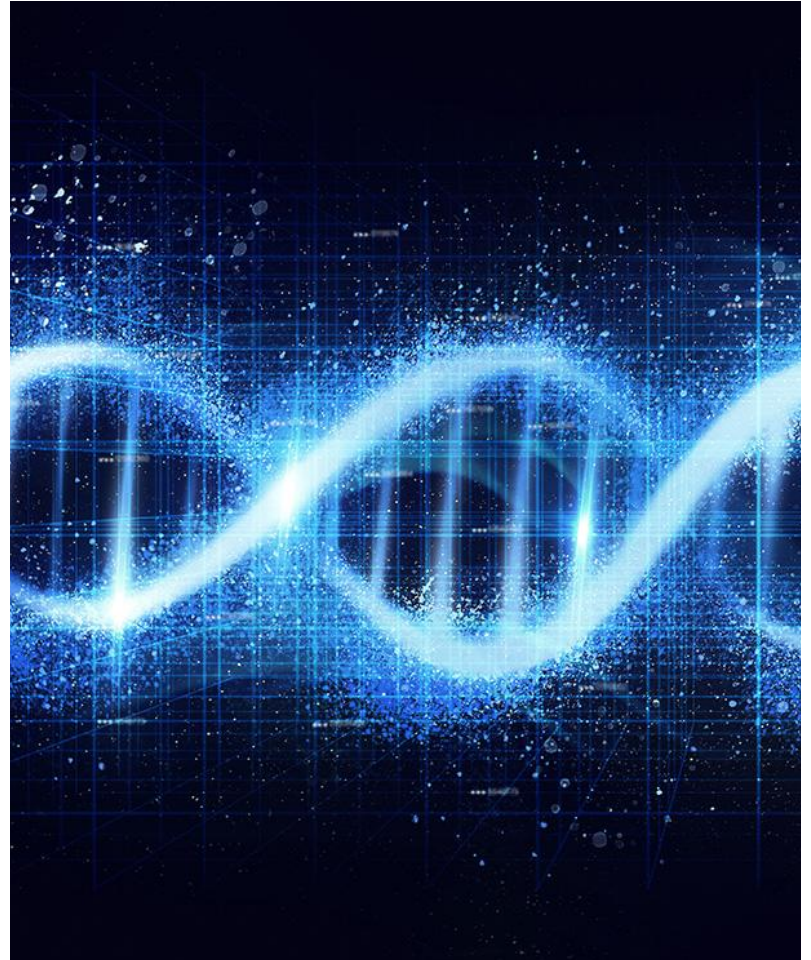
$$\Delta S_{\text{bio}} = \Delta S_{\text{internal}} - \Delta S_{\text{export}}$$



The Resonance Principle

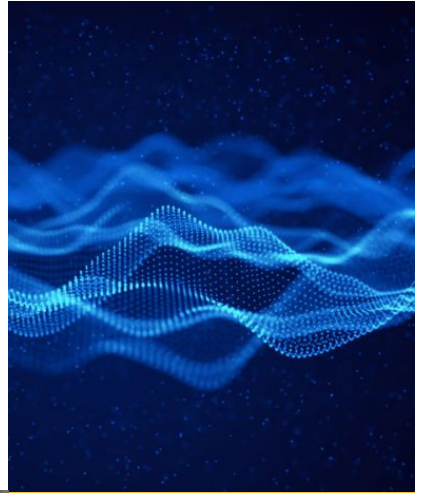
Biology responds to frequency match, not force.

$$A(\omega) = F_0 / [(\omega_0^2 - \omega^2)^2 + (\gamma\omega)^2]$$



Resonance In Practice

A tiny, precise signal at the right frequency outperforms a massive chemical intervention at the wrong one.

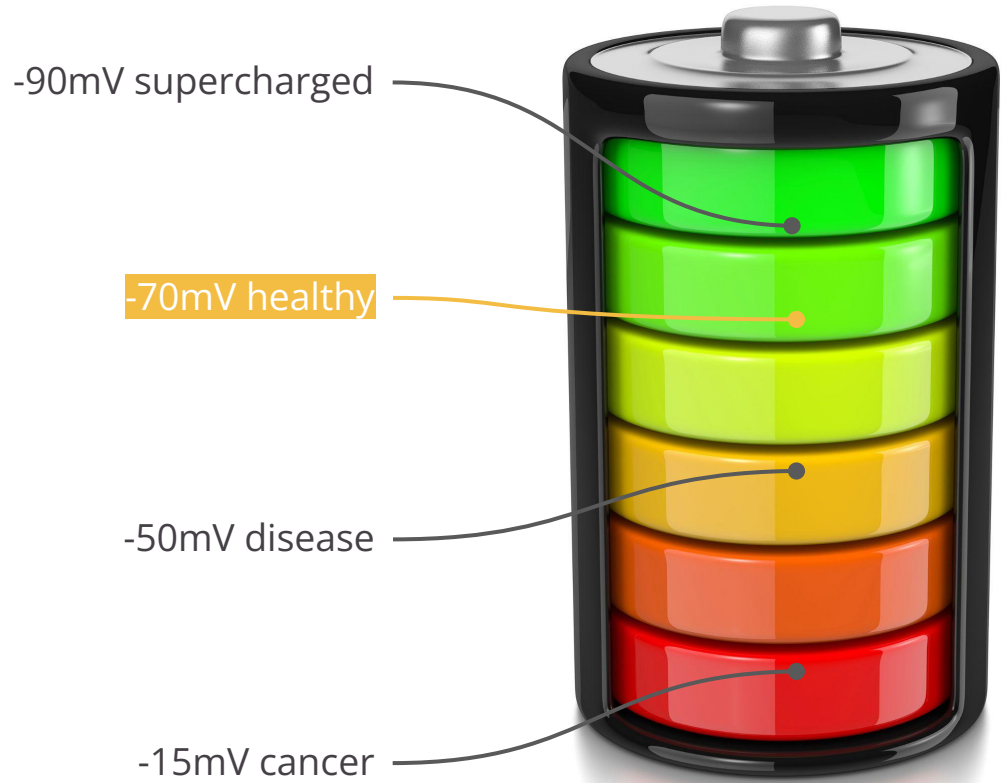


DNA is a fractal antenna.

Field signalling:
speed of light.

The -70mV Imperative

Every cell is a battery.
Target: -70mV.



Three Charging Sources

Most protocols address food alone. That's one source out of four.

$$E_{\text{charge}} = E_{\text{sunlight}} + E_{\text{food}} + E_{\text{oxygen}} + E_{\text{earth}}$$



sunlight/infrared



Food



Oxygen

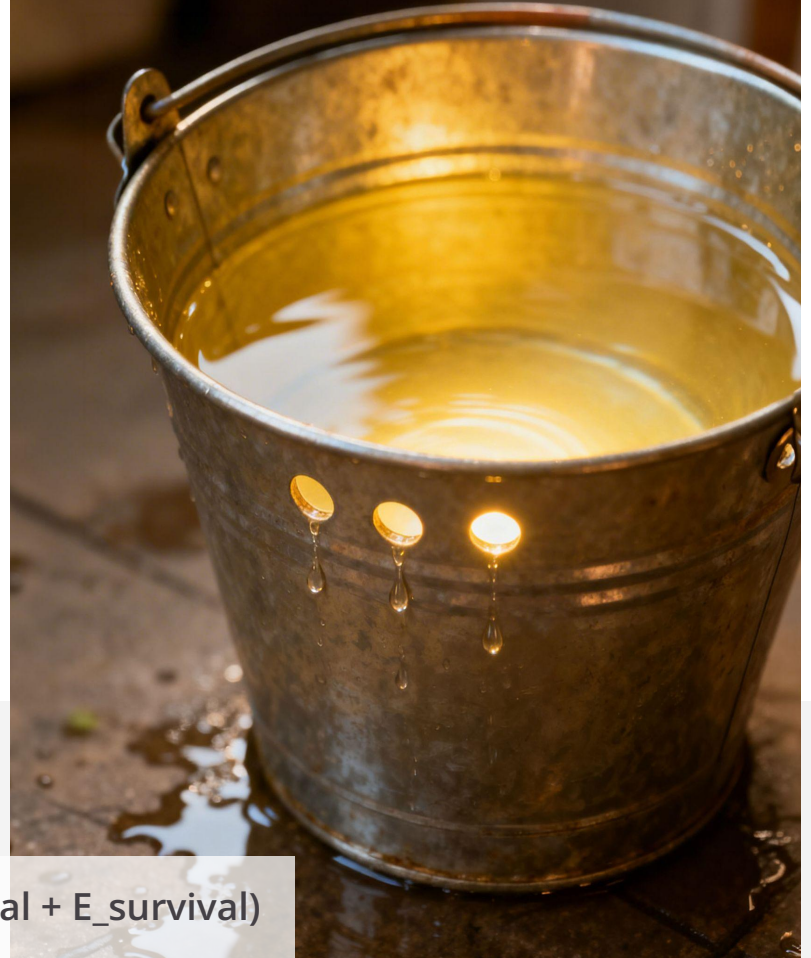


earth/grounding

The Energy Budget

Plug the leaks before filling the tank.

$$\Delta G_{\text{heal}} = E_{\text{total}} - (E_{\text{structural}} + E_{\text{toxic}} + E_{\text{emotional}} + E_{\text{survival}})$$



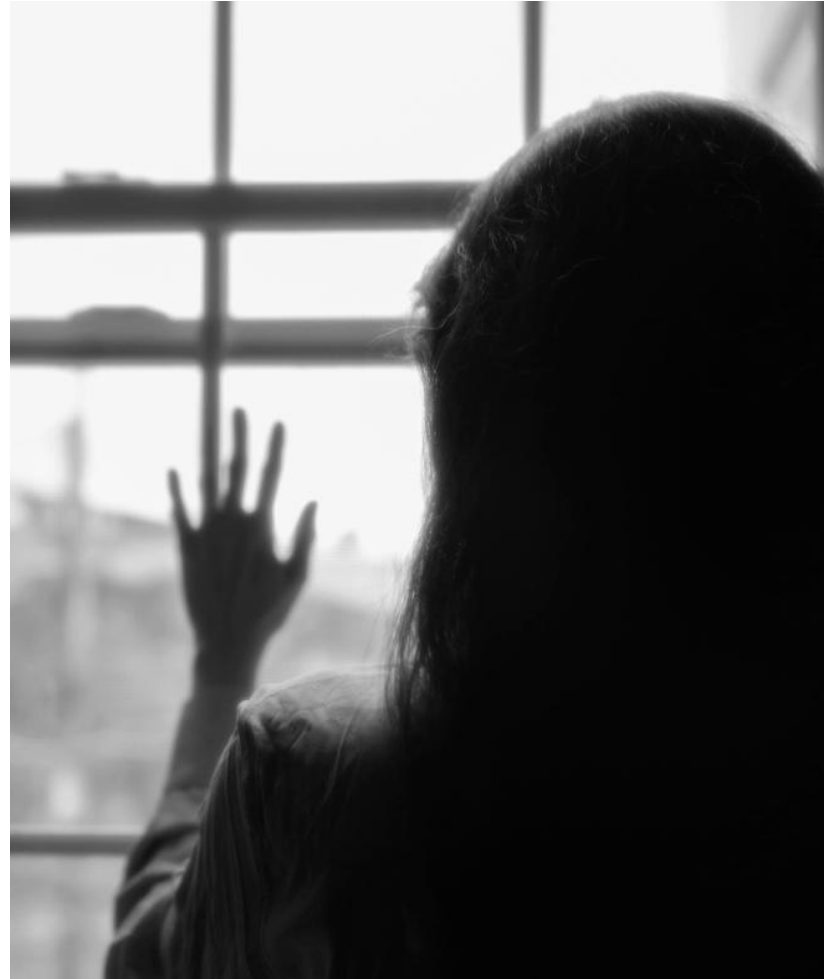
Emotional **Resistance** — The Hidden Drain

67%

of adults have at least one ACE.

20-year

lifespan reduction. 7 of 10 top causes of death.



The Smoking Study

40x

higher lung cancer in smokers who repress anger.

Zero

incidence in low-repression smokers.

DNA Damage + Failure of DNA Repair
= Cancer

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SEARCH ▸ BROWSE ▸ Recent Searches

Personality in male lung cancer patients.

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Citation

Kissen, D., & Eysenck, H. J. (1962). Personality in male lung cancer patients. *Journal of Psychosomatic Research*, 6(2), 123–127. [https://doi.org/10.1016/0022-3999\(62\)90062-4](https://doi.org/10.1016/0022-3999(62)90062-4)

Abstract

Administration of the Maudsley Personality Inventory to 239 males attending outpatient chest clinics indicated that lung cancer patients are "somewhat extraverted and markedly lower in neuroticism compared with non-cancer controls, and that there may be interaction effects with a history of other psychosomatic disorders." (PsycInfo Database Record (c) 2020 APA, all rights reserved)

The Pattern Across Conditions

ALS: all patients suppress emotions.
Suppression accelerates progression.

Prostate cancer:
repressed anger → higher incidence.

Emotional exhaustion → biological wear and tear.

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Emotion regulation and memory: The cognitive costs of keeping one's cool.

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[Richards, Jane M.](#) [Gross, James J.](#)

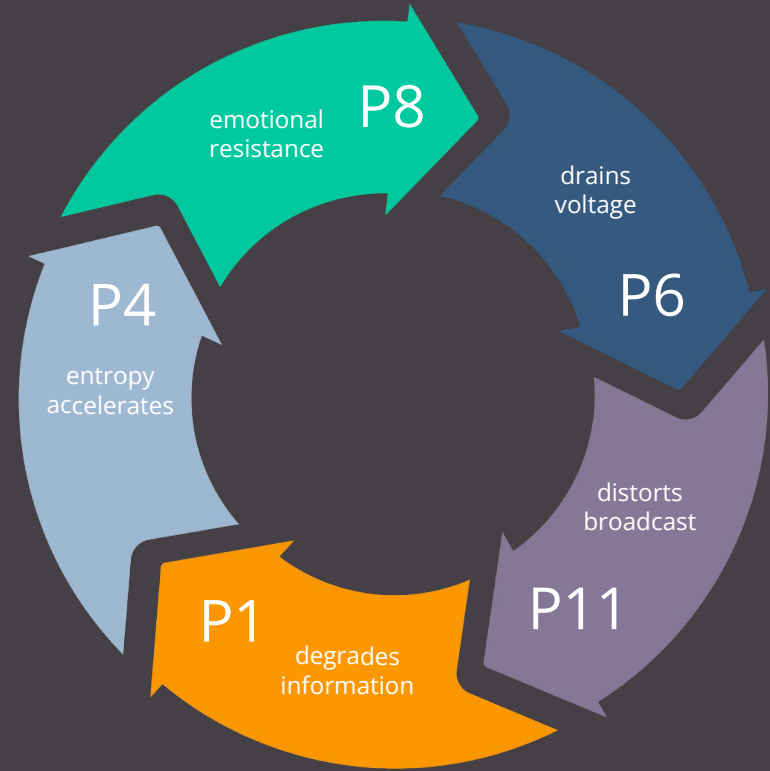
Citation

Richards, J. M., & Gross, J. J. (2000). Emotion regulation and memory: The cognitive costs of keeping one's cool. *Journal of Personality and Social Psychology*, 79(3), 410–424. <https://doi.org/10.1037/0022-3514.79.3.410>

Abstract

An emerging literature has begun to document the affective consequences of emotion regulation. Little is known, however, about whether emotion regulation also has cognitive consequences. A process model of emotion suggests that expressive suppression should reduce memory for emotional events but that reappraisal should not. Three studies tested this hypothesis. Study 1 experimentally manipulated expressive suppression during film viewing, showing that suppression led to poorer memory for the details of the film. Study 2 manipulated expressive suppression and reappraisal during slide viewing. Only suppression led to poorer slide memory. Study 3 examined individual differences in typical expressive suppression and reappraisal and found that suppression was associated with poorer self-reported and objective memory but that reappraisal was not. Together, these studies

Connecting It All



The Pain Principle

Pain amplifies as cellular energy drops.

$$I_{\text{pain}} \propto \sigma / \Delta G_{\text{heal}}$$

Chronic pain is an energy deficit problem.



high energy = low pain

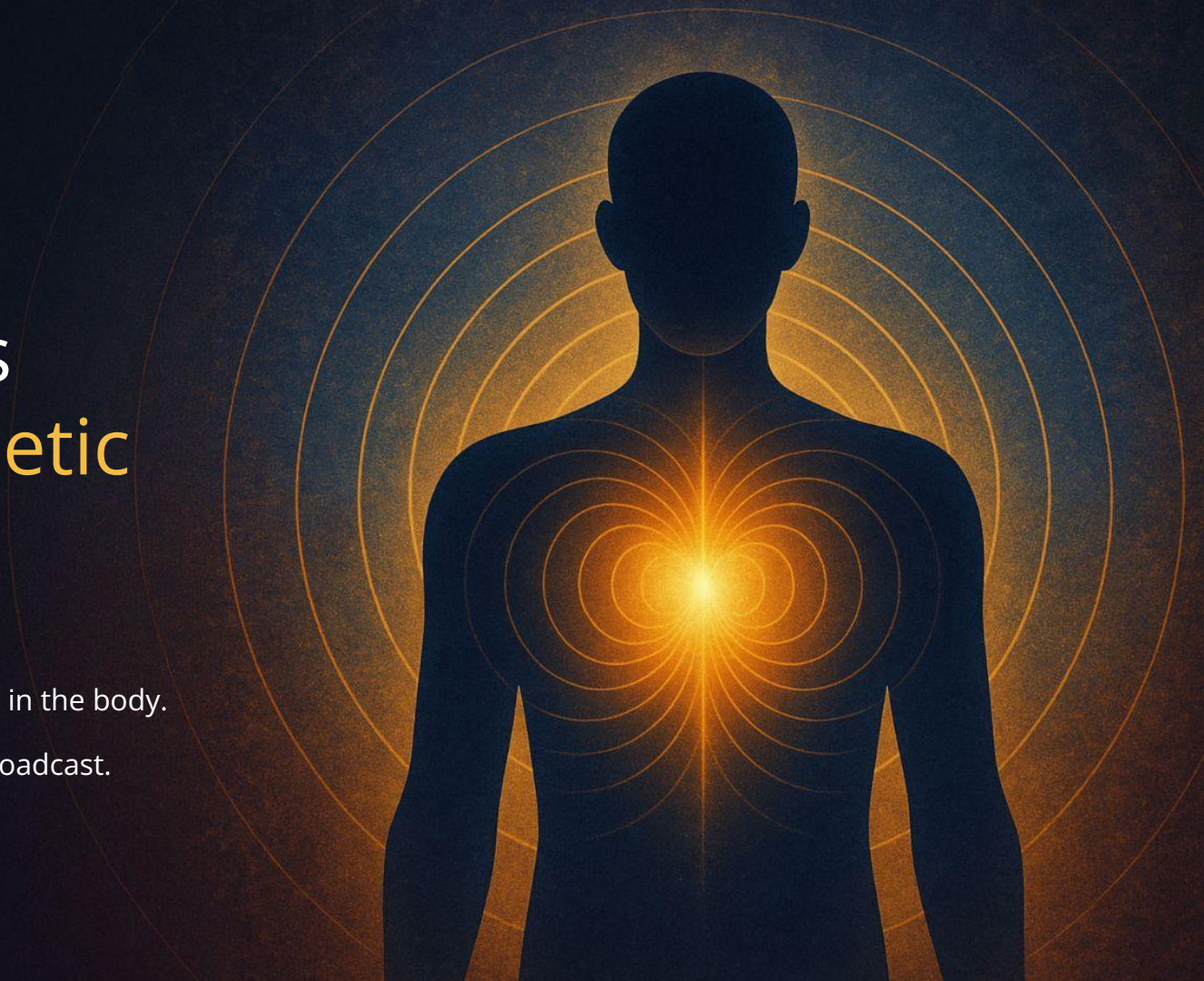


low energy = high pain

The Heart As Electromagnetic Broadcaster

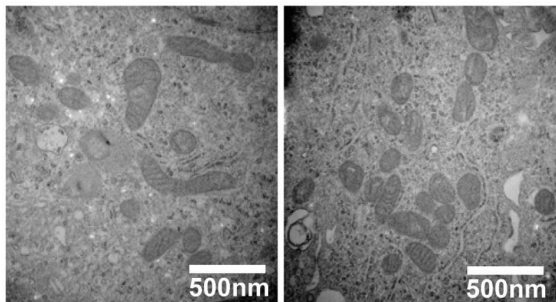
The Heart synchronises every cell in the body.

Emotional distress distorts the broadcast.


$$\nabla \times \mathbf{B} = \mu_0 \mathbf{j}$$

UCSD Study 1

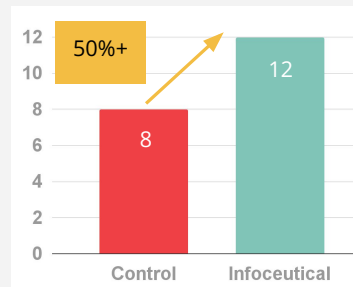
Information Fields & Cellular
Physiology (2022)



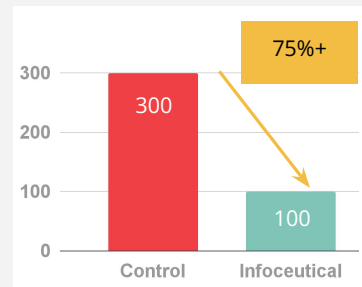
Cell Driver (ED3): mitochondria +50%. ROS -75%.

Membrane structure improved. Viral protection demonstrated.

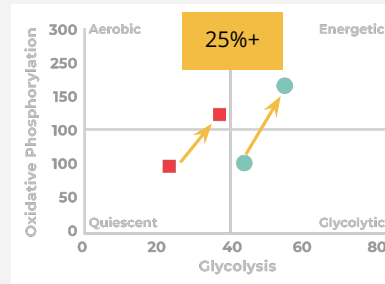
Mitochondrial Proliferation



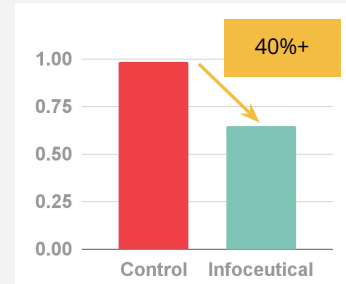
Protection from ROS



Increased Energy



Viral Protection



Bulk RNAseq

Tissues/ isolated Cells



RNA Purification

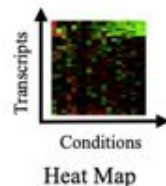


Total RNA extracts

Library construction



Sequencing

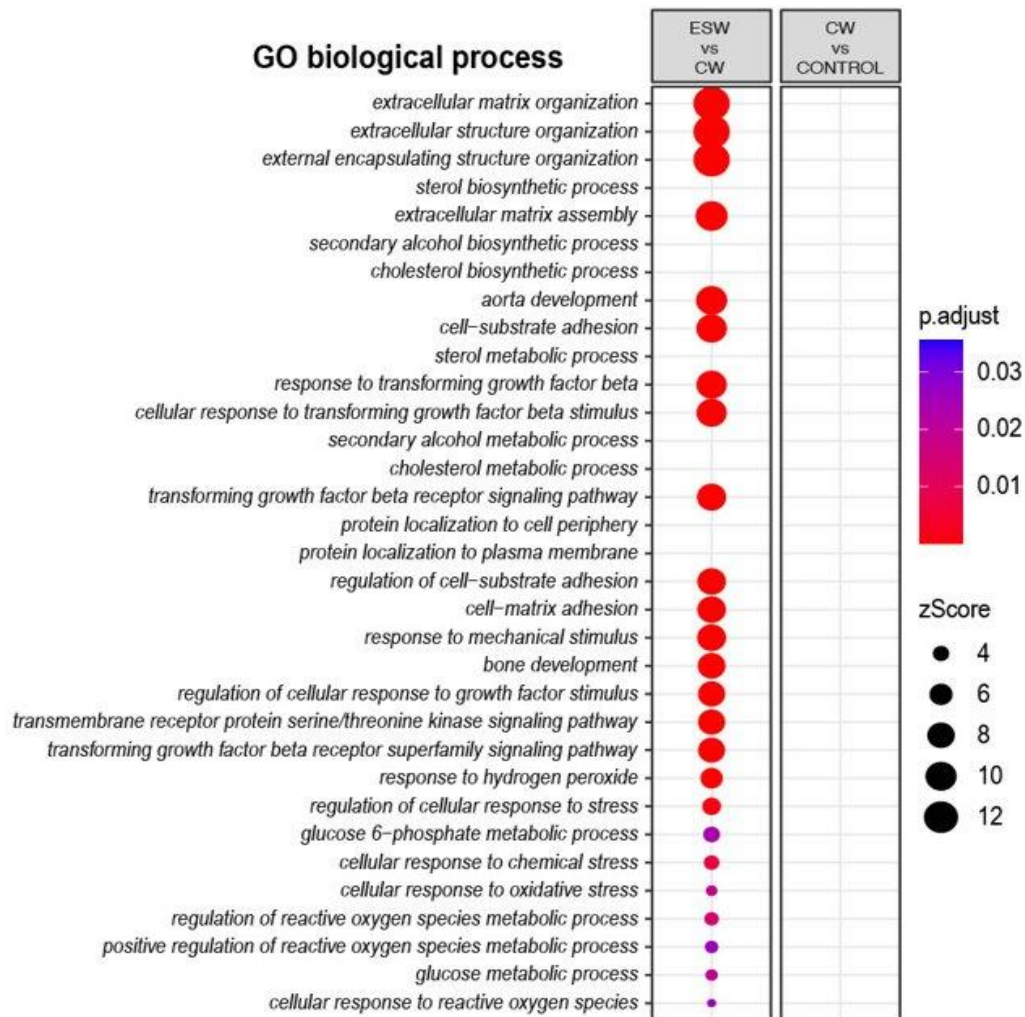


Membrane Health

Communication

Metabolism

GO biological process





What This Means

Information in water measurably changes gene expression, mitochondrial function, and cellular resilience.



4 Act 5: The Movement & Call To Action

Detect → Correct → Protect

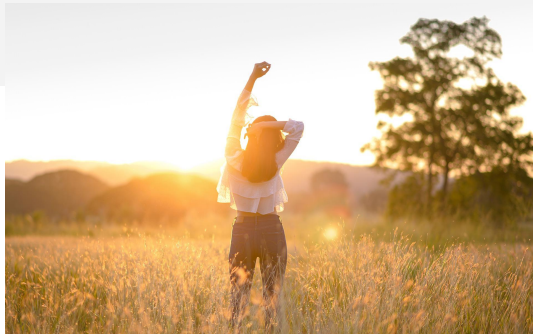
Detect

BWS scan — root cause,
not symptoms



Correct

GEM + miHealth — energy,
emotions, resistance, pain



Protect

Ongoing monitoring +
automated corrections



The Decade Ahead

The reverse-aging movement needs physics, not just chemistry.

Energy First Medicine: the missing layer beneath what you already do.



I Need **Your** Help

Your clinical experience. Your observations.
Your honest critique.

Help us refine this framework.

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Email hlc@e4l.com and I'll send you:

1.

This presentation

2.

The 12 Principles document

3.

Webinar link

4.

Our book



ENERGY4LIFE

Measure. Manage. Master.

