

Dave Asprey ([00:07](#)):

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You are listening to The Human Upgrade with Dave Asprey. Today's a mini episode where I'm going to show you some of the cool technology that you can experience firsthand at the Biohacking Conference. It's at the end of May, beginning of June in Dallas, Texas. Go to biohacking conference.com to check it out. And we have more than a hundred vendors who are making really cool new stuff in the world of biohacking that you probably haven't even heard about. So you can come and you can talk to the inventors and you can play with the technology. That's why I started the conference. I wanted community and I wanted to touch and feel the stuff that I might want. Our guest today is someone who's working at the intersection of frequency medicine and light therapy by using photons of light as carriers for frequencies. It's a really unique idea from a company called A RRC, and his name is Mike McIntyre. Who's CEO? Mike, welcome to the show.

Mike McIntyre ([01:12](#)):

Hey, Dave. Thank you. Appreciate being here.

Dave Asprey ([01:15](#)):

How'd you get into photo biomodulation, which is the technical term for what you're doing?

Mike McIntyre ([01:19](#)):

Yeah, I actually started back in 2006 from the aesthetic side, and we were sending panels out to estheticians and they would come back to me and they'd say, do you know what this machine's doing now? Because they put it on different things and we saw these incredible reactions with it. So basically in about 2012, we started creating our first whole body light bed. 2015, we actually came out with it, and in the last nine years we've had seven prototypes, seven advancements to technology. Pretty much everything's getting better.

Dave Asprey ([01:55](#)):

The whole industry is progressing quickly because the ability to just get better LEDs, it's every six months a new generation comes out, which makes it so we're always getting better.

Mike McIntyre ([02:05](#)):

Right.

Dave Asprey ([02:06](#)):

You're an interesting guy too, though, to be in this industry because I mean, you're just an elite level powerlifter for 20 years and a 40 year meditator, so you're just trying to use light therapy so you can be at least average levels of powerful and calm. Is that the

Mike McIntyre ([02:24](#)):

Yeah. So you're mentioning forget the power lifting. I'm too old for that anymore, but

Dave Asprey ([02:31](#)):

You finally stopped.

Mike McIntyre ([02:32](#)):

No, I'm still lifting. I'm still working out. But from the spiritual standpoint, that creates a different attitude. It does. I believe that we literally can create systems that can change consciousness.

Dave Asprey ([02:46](#)):

That's the big goal. If you're looking at upgrading humanity, you got to fix some of the hardware problems. But who cares if you fix the hardware if you're still angry and unhappy and empty all the time? Right. You've got to do both. I'm with you on, yeah. What brought you into the world of spirituality?

Mike McIntyre ([03:05](#)):

Actually, I started meditating in college. I started doing TM in college. I was about 800 years ago, and it was phenomenal. And then I got involved with Yoga Nanda back in the nineties and in Qigong, I've been doing Qigong daily for 30 years now, so

Dave Asprey ([03:25](#)):

That'll definitely generate some extra energetics. So I have a rich spiritual practice. We'll just say non-traditional multi lineage and involving technology whenever appropriate and faster. That's the whole 40 years as inside of what I do. But I know very well that when I use specific frequencies and colors and types of light, it lets me more quickly access some of the advanced meditation states. So you are definitely someone who knows a lot about light and frequencies and knows a lot about meditation. What have you found about the intersection between what you're doing with A RRC and with meditative states? Is there a connection?

Mike McIntyre ([04:08](#)):

Yeah, no question. It's funny, when we watch people and they come out of the chamber when we put 'em in specific vibratory frequencies and they come out of the chamber, you'll see there a whole energy change. It goes from the person who's super hyper to toning them down to the person who's basically calling a dead in energy to brightening them up. And we can change how we do that by shifting the frequencies. Again, we pulse to 400,000 hertz, we're moving to 2 million hertz, which gives us just tremendous capabilities.

Dave Asprey ([04:51](#)):

So 2 million hertz means 2 million times a second. The light's blinking on and off.

Mike McIntyre ([04:56](#)):

Yes, sir.

Dave Asprey ([04:57](#)):

For listeners, if you ever looked at a Christmas tree LED, and you turn your head and it kind of blinks or you see it blinking on your iPhone, it's blinking at 120 times a second, and you can still barely pick it up. If you have an advanced meditator mind or a fast mind like both of us do, even when they're at 240 hertz, which are supposed to be not blinking, you can still see it blink. So my body does not like LEDs

because I can see the blinking, even though a lot of people can't. But when you get up to 2 million, there's no way your brain can process that because it's orders of magnitude faster than what it can pick up. But your mitochondria absolutely do pick these things up because we know that mitochondria communicate with photons with light. They make light, your gut bacteria make light, and even your DNA makes one photon every 40 seconds. So is it that big of a stretch to say that we could embed those frequencies and photons and expose the entire body at the same time and get really strong effects? I dunno, what do you think? Does that work?

Mike McIntyre ([06:02](#)):

Yeah, that works. It's absolutely not a stretch, especially if you take a look at epigenetics and we're sending, I look at light and frequency and vibration as an information pattern. It's like what Harry Massey over at Nest Health is doing. We're implanting the quantum field with information, and that allows the body to entrain to that information that we imprint. So essentially, we look at disease that all disease starts in the quantum field and the root cause of all healing comes from the quantum field. So that's really what we're trying to do. We're trying to input the information field so that the body and trains to that and then becomes better.

Dave Asprey ([06:44](#)):

Some listeners likely haven't heard of information fields, but many have heard of quantum fields, but very few of us, including me, fully understand quantum fields probably because no one on earth does yet

Mike McIntyre ([06:55](#)):

Who does. Right.

Dave Asprey ([06:57](#)):

An information field theory actually goes back quite a while, and it also explains reality. So the idea that you can simultaneously have an information field that organizes say what tissues become what? Is that a quantum field or is it an information field or is it both? Or do we know yet? We're not quite sure, but we know that light electromagnetic frequency sound and even very slow things like the light dark cycle of the sun is a blinking thing. It just blinks so slowly that we call it day and night. So our bodies are doing all kinds of invisible things according to these, and I think this is one of the most noteworthy explanations for why, and this is a Qigong guy. One person's energetics can affect another across the room, especially if they're trained and it's repeatable. You can test it with science. And a lot of people just got mad. I said that if you just got mad, I didn't even need to use Qigong to affect your energy fields. You're just easily programmable. But this stuff is real. And if you don't just, you still want to be curious about it, okay, fine, then believe it's not real and whatever, that's okay. But assuming it is, what are the mechanisms? And I think it's these things, and I think your tech is tapping into that stuff. I know, because, well, I've tried it.

Mike McIntyre ([08:20](#)):

Yeah. I'll take it a step further. We know about quantum entanglement. First of all, I look at it doesn't mean I'm right, but I look at the information field, the quantum field is one of the same. I also look at it as the buying consciousness.

Dave Asprey ([08:36](#)):

So you think they're the same, the information field and quantum

Mike McIntyre ([08:39](#)):

Field, I think the quantum field is an information. Information is energy, and that's the energy of the field. That doesn't make me right, but that's how I explain it to myself. But from what, see out there, for example, we've created a system where we can treat people remotely, and I can't tell them about their treatment. And in fact, I'll tell them, I said, I'm not going to tell you that we're doing this, but I'll get them in the session. We'll run them, and then I'll send a text out to 'em. I, Hey, you're in the chamber. And they'll come back and go, oh my God, my eyes were flushed or my ears were flushed, and I had all this energy going through my body. So there's something going on there, and we're talking a thousand miles away. In fact, the person that gave me that one is in Austin.

Dave Asprey ([09:29](#)):

It's interesting. There's another company who's been on the show multiple times. It's a device that doesn't even have electricity running through it. And actually, that's their at home device. They have a remote thing that's got a dozen studies backing it up. And because I've studied with leaders from traditional Chinese medicine and Qigong and Shamanic stuff, they all know, in fact, this isn't even special. And I think it's easier if you meditate, but these are techniques that almost anyone can learn. It just takes a while to get good at them. And it's to the point that I've been long just going to see what I can do here. And then the person that I'm working on without even knowing that I'm doing it, will text me and say, what the heck? So maybe I am making it all up. I just don't think so. And the fact that you can use tech to enhance it, of course you can use tech to do almost anything better as long as it's the right tech. When people come to the biohacking Conference and they get a chance to hop on the A RRC bed, how long is the session?

Mike McIntyre ([10:36](#)):

We have from a dose optimization standpoint, we can do sessions in eight minutes and optimize for performance. The peaks for pain are typically twice as long. So if you're getting rid of pain, you're about 15 minutes. The frequency sessions that we have in, because it takes so long to unravel a frequency, those are going to be 21 minutes. And the reason for that is because we need to plug as many frequencies as we can within those 21 minutes. We do those in three minutes sets. So if I run two frequencies simultaneously, then I've got 14 that I can run 21 minute session. Lyme disease, for example, has 28 frequencies, so that's why we have Lyme one, Lyme two.

Dave Asprey ([11:16](#)):

So we've start at eight minutes or maybe up to 16 for people at the conference. And how do they feel? Are they kind of stunned? Are they tired? Are they high? What's the typical response?

Mike McIntyre ([11:26](#)):

Yeah, so we're kind of known as a red light therapy company. Red light therapy is a button on the machine. And a lot of the people that use our system have used red light therapy beds, and they're awesome. They're awesome with what they do.

Dave Asprey ([11:42](#)):

They just stimulate mitochondria.

Mike McIntyre ([11:45](#)):

But you don't necessarily feel it when you come out. When people come out of our chamber, they're smiling, they're going, oh my God. Oh my God. That's the reaction we want. Happy, calm, energized. Yeah, pain's gone, et cetera. Yeah,

Dave Asprey ([12:04](#)):

I absolutely love it. It's actually incredible because we know that flashing lights can affect brain states, and there's just a rich world of operating system things that you just can't see with your brain that are happening in your body, and we're getting closer and closer to knowing exactly what to do. You've got a bunch of different programs on there. Tell me a story about someone who hopped on and then hopped off. What was the most dramatic thing you've seen from use of the A RRC?

Mike McIntyre ([12:35](#)):

Kind of a long story, but Mark and Kelly at Body Center in Newport Beach told me the story of a gentleman. He walked in and his hand was shaking really bad, and he said, I hear that you guys can help me Anyway, so Mark looked at him and he said, okay, yeah. He put him in the chamber and the gentleman came out and his hand was shaking when he came out. And he goes, what the did you do to me? And mark's like, oh, oh. Anyway, he came back and he said, this is a lease my hand has shaken in 20 years,

([13:14](#)):

And then take it a step further. Marks in the center, and a young lady comes in about three weeks later, and the guy had been continuing to use the liability, uses it twice a week, and lady came in, she had tears on her eyes and she's kind of crying, and basically she said, I dunno what you did, but my dad is a changed man. He couldn't hold a fork in his hand before he served us dinner last night. Wow. It's like, we hear this all the time. I'm going to do one more if I have your go for it. This is a really cool one. They bought a machine and the person has stage four lung cancer and cancer is actually a contraindication. We don't recommend you doing it. It's going to change. That's going to change. But basically they went to the doctor and the only thing they did was a light bed. That's the only thing they did different. They did it over six weeks. The doctor looked at his scan, he scanned and he goes, Hmm. He goes, okay, I need to scan you again. He goes, did it a third time. He goes, and doctor turned around. He had tears in his eyes. He looks at, I might don't know what's going on, but all the nodules are going.

([14:26](#)):

Those are things where you just go, wow.

Dave Asprey ([14:29](#)):

I've seen enough cases of that where doctors, especially if they're not functional cancer doctors, he said, do you want to know what I did? And they said, no, it was a miracle, and they will not listen to what you did. And then there are more and more doctors getting curious, saying, I must've missed something in med school. And then they start looking at what's working in cases where it shouldn't work and that that's where all the gold is. You don't look where it's supposed to work. Wait, hold on. That could not have worked. And instead of saying, therefore it didn't, you say, I wonder what they did and would it work again? And it turns out you're seeing it does. And I would be really clear, you're not making any claims for treating cancer just like anytime you come into an upgrade labs, we don't treat anything.

([15:16](#)):

We help your body be healthier. And if a side effect of being healthier is your diabetes or something went away, well, oh no, people like, that's not our goal. And this is important for all listeners. You have a

right to be healthier, do whatever the heck you want. And if some establishment says that you're not allowed to cure a disease by being healthier, that's actually not true. You are. And if the diseases all just fall by the wayside, but you weren't treating them, you can do that. But if you say you're treating them, then you can't do it. The famous case of a guy who got fined for talking about antioxidants in cherries, because there are studies showing cherries did something for heart disease, so they took away his farm. So I'll just tell you, if you go to your doctor or your pharmacist and you say, I'm working on curing whatever, they might not do what you want, but because I'm looking on just improving my health, then suddenly your lens changes.

[\(16:14\)](#):

And that's why biohacking is so important. And that's also why in the world of biohacking, there's no judgment. I only want you to do what works. And if you use an A RRC bed with embedded frequencies in it, that causes a biological shift that you wanted, good. If you needed a pharmaceutical drug with low side effects, good. If you wanted to go on some sort of diet that's lower in toxins, good. Unless it has kale, geez, kale's just gross. But okay, other than that, it's all good. So what I want you to understand is everything's a potential tool. Everything has an upside and a downside. What is the downside of the A RRC bed? What are the potential side effects of this?

Mike McIntyre ([16:55](#)):

There really isn't a downside. So we can lose benefits. So if we look at the, it's a biphasic dose, which basically means as we increase energy over time, we hit a peak. And as soon as we hit that peak and we start overdosing, we lose benefit. We don't cause damage, but we lose benefit. So basically, we definitely want to be dose optimized. And that's one of the things. In fact, I had Dr. Michael Hamlin on retainer with me in 2018, building our system so that we would dose optimize even when we're using the frequency. So that's really important. So side effects, no. Are there a couple contraindications? We do have some contraindications, but no, not side effects.

Dave Asprey ([17:38](#)):

And you compare this with the side effects of eating garbanzo beans. There are more side effects from garbanzo beans than from what you're doing. Yeah. If you don't like farting anyway, there's more contraindications. And the same thing for pharmaceuticals. So what I am teaching everyone in the biohacking world to do is don't be judgy unless it's kale, and look at the risks first, and then look at the benefits. And then you've got a way to see the world. Because what marketers will do is they'll tell you, look at the benefits, look at the benefits, and they don't tell you the risks, but your job is minimize risk while maximizing benefits. So you have to look at both, and you should throw out this stuff if you're a western doctor and they're saying, well, they need potassium. Like, well, here's some cyanide with potassium. You should take that because you look at the cyanide, you only look at the potassium, and that was dumb.

[\(18:37\)](#):

So as a human being and as a biohacker, you look at something like the A-R-R-C-L-E-D, it's not likely to hurt you. So you can take off the risk side or at least make it exceptionally low. And then are the benefits likely to be? Then you look at all the mechanisms of action, and you can have 6,000 studies on photo biomodulation in your library. Right? Right. Not too many. There's a little chance this might do something good for you. So then you're saying, okay, this is worth consideration. And that's why you come to the biohacking conference and then you say, all right, I'm going to give this a shuttle book a session. And you're doing free sessions right when you're there. Yes. Good deal. I should have checked

with you ahead of time. So guys, come to the biohacking conference. It's biohacking conference.com, meet Mike and talk to him about meditation.

[\(19:25\)](#):

Talk to him about the embedded frequencies, nerd out, and just be with thousands of other biohackers who've worked on their brains, worked on their spiritual side, and are continuing to work on it. And you'll just find there's a welcoming community of people who are interested in living longer than they're supposed to. People who laugh at healthspan, like, that's all you want. Maybe I wanted a doubling of my lifespan with healthspan the whole time. These are people who think big. So come hang out with Mike. Come hang out with me. Check out the A-R-R-C-L-E-D, which by the way is is@arrcled.com, and I'm really looking forward to seeing you there, Mike. Thank you. Thank you, Dave.

Announcer [\(20:09\)](#):

You are listening

Dave Asprey [\(20:10\)](#):

To the Human Upgrade with Dave Asprey.