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In a thought-provoking new book, renowned author Mark L. Fox delves into the untapped potential of energy medicine, which is poised to become the next significant milestone in the field of medicine.

The book, [What on Earth are we doing to our Health?](#), explores how past breakthroughs in medicine, such as germ theory and anesthesia, were met with skepticism in their early stages, only to become widely accepted practices later. The book asserts that energy medicine, despite facing questions about its scientific basis, holds tremendous promise as an effective form of therapy for a range of ailments.

Energy medicine challenges conventional notions of treating illnesses solely through chemical intervention. By focusing on the body's energetic systems, it aims to restore balance and promote healing. Drawing parallels to historical milestones in medicine, the author illustrates how innovative approaches have often disrupted preconceived notions and revolutionized the field.

"There is a growing body of evidence supporting the effectiveness of energy medicine, and we must not dismiss it without careful consideration," asserts Mark L. Fox, the acclaimed author behind this groundbreaking book. "Just as germ theory and anesthesia revolutionized medicine in their time, energy medicine has the potential to reshape how we approach healing."

While some critics have questioned the scientific validity of energy medicine, [What on Earth are we doing to our Health?](#) introduces compelling research and testimonials that demonstrate its positive impact. The book explores how therapies such as acupuncture, homeopathy, and energy healing have helped patients achieve remarkable results.

Nikola Tesla once said, "If you want to find the secrets of the universe, think in terms of energy, frequency and vibration." And Albert Einstein famously said, "Future Medicine will be the Medicine of Frequencies." These quotes serve as a visionary insight into the future of medicine.

[What on Earth are we doing to our Health?](#) is a thought-provoking must-read that challenges conventional medical practices and opens doors to a new era of healing. It serves as an enlightening guide for healthcare practitioners, researchers, and individuals seeking alternative therapies, showcasing the remarkable potential of energy medicine. For more information or to purchase the book, please visit

<https://resona.health/what-on-earth-are-we-doing-to-our-health/>.

## **About Mark L. Fox**

Mark L. Fox is a multifaceted professional encompassing roles as an entrepreneur, scientist, engineer, author, and creative thinking consultant. His diverse expertise extends to being a crop formation researcher and a former Chief Engineer for the Space Shuttle program. A passionate aviator, Mark has been a hot air balloonist for over 35 years and has also constructed his own airplane.

He is the inventor of VIBE, a pioneering “Pocket” Pulsed Electromagnetic Field (PEMF) device. This invention stands out for its low-energy, safe frequencies, operating at levels 100,000 times lower than a typical cell phone. Designed for ease of use, the VIBE can be worn around the neck or carried in a pocket, offering therapeutic benefits during everyday activities like watching TV, reading, or cooking.

Mark’s innovation primarily focuses on Resonance Frequency Therapy, targeting common ailments in both humans and pets. This non-invasive therapy addresses issues like pain, PTSD, anxiety, sleep disorders, back pain, ADD/ADHD, among over 35 conditions, all without the need for medication or doctor visits. It epitomizes convenient, at-home therapy for a wide range of health concerns.



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