



HEALING THROUGH DOME WELLNESS

DAN SCHMITT
& GUSTAVO SILVA



Millions of people are overprescribed and dying from either chronic illnesses or depression. These are highly preventable circumstances, and one of the most optimal solutions available right now is the [Dome Wellness](#). Exploring this interesting innovation with Zack Gurick are its inventor Dan Schmitt and kinesiologist Gustavo Silva. Together, they explore how Dome Wellness combines steam and cold plunge to effectively reset the nervous system and process inflammation in the body appropriately. They also share several anecdotes of how this invention not only brings healing but also offers an opportunity to build genuine relationships.

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Healing Through Dome Wellness With Dan Schmitt And Gustavo Silva

This episode is going to be a fun one. I have two guests here with me at Shell Point. Dan Schmitt is an inventor and a serial entrepreneur. He has launched many companies. We also have a kinesiologist and trainer, Gustavo Silva. Together, they are involved in an early-stage startup called [Dome Wellness](#). The domes are actually in Naples right now, but they're getting ready to be commercialized and launched throughout Florida and then nationally as well.

It's essentially a steam room and a cold plunge in one, all within the same space. It's in a dome shape, so that maximizes the effects and the benefits of the cold plunge and the steam together. We're going to talk about the amazing health benefits, the longevity benefits, the way that issues are being cured, everything from spiritual and emotional issues, and mental health issues to autoimmune diseases and arthritis, and regular sicknesses. This is an amazing, very natural way to reset our nervous systems and allow our bodies to do what they were made to do at optimal levels. I'm excited about this conversation. Let's dive in with Dan Schmitt and Gus Silva.



Dan Schmitt and Gustavo Silva are challenging traditional medical approaches by offering a holistic approach to resetting and improving the nervous system.



Inventing And Developing Dome Wellness

Dan and Gus, thank you so much for being on the show. I'm excited about this conversation. I've been looking forward to it for a long time. I got to experience the domes a couple of days ago. I get to speak from experience here, which is fun for me. I'd love to dive in and start with you, Dan. I'd love to hear and for our audience to know the origin story of the domes. How did this come about? How did you come up with it?

The long story or the short story?

Maybe a medium. Let's go medium.

I can try to sum it up. I started a healthcare company years ago, and we sold that to WebMD way back in 2003. At one point in time, we were the largest producer of healthcare claims in the United States. I noticed a trend in those claims, which bothered me. That was that every time you had a claim, there were associated symptoms. Symptoms had CPT codes, and all CPT codes had associated pharmaceuticals with them.

It seemed to be exemplifying this trend in healthcare, where we're treating symptoms like a whack-a-mole instead of a holistic approach. That led me to investigate the healthcare system and look for errors, and come to a realization. I work with people from Harvard who were trying to get down to the root cause analysis of all health, and a person who wrote a book on Alzheimer's.

At that point in time, the conclusion was that inflammation was at the core of all problems. After going through that for a couple of years with that person, I realized it's not inflammation, it's the processing of inflammation. If we process things, we're healthy. If we don't process, we accumulate. It's the accumulation of inflammation that led to things.

Why do some people process and others don't process? That led to the realization that we are much less chemical beings and we're more electrical beings. Our brains have electrical patterns to them. Our nervous system has electrical patterns. Even at the cellular level, it's called the Cellular Action Potential. It's an electrical system. When all of the electrical systems are operating properly, we process stressors. Nothing in our healthcare system addresses that. That's what led me to deep dive and try to figure out what we can do to process.

Wim Hof came out a few years ago, and he started to explode. I realized that he's missing half the equation, which is that if you're going to introduce the cold, you've got to have the heat too. It led me to experiment a lot with the cold plunges and what other heat mechanisms go with it.

I experimented from hot water to saunas, which a lot of people use. I realized that steam was something special because it allowed you to transition between the hot and the cold in a lot easier way. Unlike Wim Hoff or some of the other people who are doing ice baths, the goal is not necessarily this hyper-stress ice bath environment, but we're trying to relax that sympathetic response to try to calm down that nervous system. It is based on a simple theory that if we calm the cells, we calm the nerves, which calms the brain.

When we calm all three, we switch from sympathetic mode to parasympathetic mode. When we're in parasympathetic mode, we heal ourselves. It was a lot of testing to figure out, after a while, that while there is a protocol you can do that can calm that system down and go to a parasympathetic mode, and we can get there and eliminate a huge chunk of pharma that people use.

Tweet: If you can calm the cells, the nerves, and the brain, you can switch from sympathetic to parasympathetic mode and heal yourself.

I was trying to solve a big problem because right now, about 60 million people are over-prescribed pharma or over-diagnosed, which then leads to pharma that they don't need. What everybody is seeking is this reset. If we reset the nervous system, we can get back to a state of homeostasis, and then we can live our lives in a better way instead of relying on pharma. Eventually, pharma starts to backfire sometimes or a lot because our bodies start to react to the pharma.

We're taking something that ends up causing the very problems we're trying to prevent. I say that from the concept of neuropathways, our brain plasticity. Whatever ails us, we start to wire our brains in a way that supports that ailment because it's a natural defense mechanism. How we react and adjust to the environment is that we start to write neural pathways for that reaction.

We participate in what ails us. If we can reset the brain, reset the nervous system, and we can do it in a way we can relax, that is a necessary precursor to rewiring the brain. That combination allows us to heal ourselves, which we see so often happens during trials and things in the healthcare industry. When we do trials, we always have this earmark. We've got to get rid of the placebo effect.

The placebo effect doesn't have anything to do with the drug, but we don't ever ask the question, "Why did the placebo effect work?" The reason it works is that we believe it. If we believe it, we can start to rewrite our neural pathways, and we start to achieve it. It's dawned on me that if we can use them as a way to force that calmness, force that reset, we can do the number one thing that creates health, which is rewrite the neural pathways to change ourselves. Not only change ourselves chemically and enzyme-wise and all that, but more importantly, change the very habits that put us in that situation. I don't know if that was a long answer or a short answer.

Combining Steam And Cold Plunge

That was perfect. Explain to us how you came up with the actual dome with the cold plunge and the steam room together in one space? How does that help us rewire those neural pathways and allow us to go into that parasympathetic state and process inflammation? What we're doing in the dome is we're allowing ourselves to process inflammation.

Yes, it's processing. When we started experimenting, it was walking back and forth, as simple as it may be. You have days when it's cold outside, and it's overcast. You have these steamers inside the house, which aren't very great for the house, and you're walking back and forth. As simple as it may sound, that walk is a task. It's easy to quit. That's the bottom line. When it's all integrated in one dome, you don't have an excuse.

This is after months and months of doing it. One day, I said, "Guys, let's keep going back and forth. Keep going back and forth and see what happens." About the fifth time, I'm sitting in the steam room and understand, I have a chronic condition, by the way. I have a hyperactive nervous system. We're sitting in the steam room, and I'm like, "I'm calm. I haven't felt this calm in years." I knew I had something. I was like, "I've got to figure out how to duplicate that every time."

That led to the idea that we've got to put them together, so take away all the excuses that prevent us from doing the 4 or 5 dips back and forth that get us to that state. That was the impetus to create the dome and to put it outside in nature. Now we can create an environment where we're not only experiencing this for the first time or second time we do it, but the more we do it, we're teaching our brain to do it more and more. It's a reinforcement. It's a cumulative effect. When you go back and when we go in the domes, now I can walk in a dome, take one breath, and my body starts to relax. My body is trained.

I've had the experience of being in the domes. For our audience, so they know, it's a dome-shaped room with the cold plunge in the middle. Steam is about 125 degrees within the dome. The cold plunge is around 45 to 55 degrees. Is there something special about 4 or 5 dips, and how long those

dips are? Gus, you can talk about this a little bit, too, because we did this together a couple of days ago. How did you stumble upon or figure out the right duration of dips and how many dips to do, and is there a science to it?

I'll let Gus talk in a minute. You've noticed the temperature gauge was down low. That's by design. Up high, it's even hotter than 125. You can get up to 140 or so. You can individually adjust. Sit down lower, and it's cooler and easier. The combination of putting the water in there, the steam in there, the shape of the dome, and then speakers in there too, which you may not experience with Gus because he was talking you through it. The speakers are important because now we're generating meditative-type music at certain frequencies that also assist in creating that relaxation of the brain.

It's a combination of all those things that creates the experience. That's as far as I took it. I know I have something besides the physical healing. I've never seen so many people who have come out and said they had a spiritual experience in the dome, which was fascinating to me. Gus is the person who dove into the details of how to turn this into a protocol? How does that protocol apply to a chronic disease? Marriage counseling, somebody who might have an addiction. He's the one who started diving in deep to figure that out. That's why he's here.

Thank you. To answer that, I would say that I like applying a lot of the scientific method. You start with one thing. As I shared with you the first time, I thought I was going to die. I had plunged before. I used to start with cold showers. You go in with lots of ice. As an athlete, you're used to the cold water and everything. The first time I came in, you couldn't breathe. If you have never been in a steam room that hot, your nose will hurt. You're like, "I cannot breathe." Right now, you are starting to work on oxygen deprivation, but you're there for the water, and you're like, "This is the heat, and I feel good and I don't want to step out, but I'm having a hard time breathing."

When I got into the water, that shock of being in the water brought my heart rate up so high. Now, your entire sympathetic system goes into a fight-or-flight. If you are not used to it, it gives you the sensation that the room starts spinning. Your brain is like, "Get out. It's time for you to get out. You've got to get out." I'm like, "I don't want to." I couldn't do it. I asked for help and I was helped out of the domes. Dan was around. He was like, "Are you good?" I'm like, "I think so." He is like, "Take it easy." The people that I was with in the dome calmed me down, helped me relax, and helped me breathe. I felt this need to go back in there.

It was like a voice telling me to go back in. For the next two hours, I was getting in the water, back in the steam, and getting in. I came home and I told my wife, "Becky, you've got to do this with me next week because I felt amazing." That day, I went home and I took the greatest nap I've ever taken. It was like three hours long in the middle of the day. It was amazing. I felt renewed. I have an inquisitive mind, like, "Why? Why did I almost die? Why didn't I die? What's going on with the body? Why did I feel this good? Why did I nap?" I was dealing with all these ailments at the time, and it started building into why this thing happened. I got so curious.

Scientific method, it's like, 'Next week, I'm going to bring my watch. How long can I be there?' You start looking at all this research that people have done, or the podcast, and I'm like, "That's a method that talks about the breathing." The goal was to let me stay in the water as long as I could. Now I break it into little pieces. What happens to the body when I break it into little pieces, and then compare it to other people's experiences? That created the first protocol, which is the dome, which is getting in the water.

For most people, it's like, "I hate cold water. I hate cold." Not really. If you have ever skied, you have been on at least 32-degree water. The setting is different. The whole idea was to have the body work in the uncomfortable. Through many years of research, one of my favorite things, especially when applied to training, is that we get better when we're in chaos. You can train all your life, you can practice all your life, but nothing beats the game where you have to work hard to catch the ball, but somebody there doesn't want you to catch the ball. That's when you put it into that sensation, that elation that happens when you catch the ball. It moves on to like, "Let's do it again." Now you start with the winning and the losing. That led to the next one.

The first time was like, "I'm feeling great," and then now I'm in the water and I feel like a polar bear in the water for 25 minutes non-stop. Something happened, and I stopped focusing. I'm like, "This is bad," because now this place where I feel so nice and so calm, it's not that place anymore, but I love coming in. What's happening now is I break those 25 minutes into chunks. When I started bringing those 25 minutes into chunks, I started getting great control. With the original three dips, I was very hungry, and I wanted to eat a cow, like I said. After the five ones, I didn't need to eat the cow anymore. I'm like, "Why do I not need to eat the cow?" You start finding out that what happens in the water and what happens in the cold is that your body is going to ultimately create a huge dopamine response.

Tweet: When taking a cold plunge, your body creates a huge dopamine response.

If you are eating because you are being trained to eat, then that's what you're all going to do. When you start doing the five dips and suddenly, that dopamine is there and it's already filled up that need to eat, then now you don't need to eat the whole cow. You just need to eat a steak, and that's a good thing. You start applying that to the next thing. I start finding out what the plunge does physically and what it does to those stressors.

If you bring those stressors that Dan was talking about down, then good things have to come up. Those things start coming up, so your body starts reacting differently. You are now getting dopamine that is not coming from alcohol, pharma, drugs, or food. Whatever addiction you need to get to, that dopamine is not being produced by a foreign substance in your brain. You are producing it inside an environment.

You step out of the domes, and you are so calm, so quiet, your life feels better, your cortisol levels come down, you are feeling high. That led me to the next investigation. How much dopamine do you produce? I found out that it's 400 times more dopamine in the heat, and it triggers heat shock protein, and then 315 times more dopamine in the cold, through the body rushing into ketosis. In an hour session, you can have 700 times more dopamine. That's huge.

There are different protocols that you can go through when you're having the domes experience. Most of the time, it's 4 or 5 dips of 4 or 5 minutes each.

Once you get comfortable with the original one, which most people do because they get so excited. The first one is designed for you to change your mindset. That's what we did the other day. Beat the dome. It's like, I like the water for a minute. The research shows that it takes 90 seconds for your body to go beyond the gas reflex, which is when you have a control spike of adrenaline. That means that now, as adrenaline goes up, your cortisol level has to come up to top it, and then both levels start coming down. Now your body, after 90 seconds, starts thinking, "I didn't die. I'm okay. This is good. Alright, let me shake a little."

Those extra 90 seconds are for you to move that warning in your brain, "I need to get out." You did something that you didn't think you were capable of. Those three minutes tend to be a little bit longer when you're plunging, and then you're like, "This is awesome. I did three more minutes than most people ever. This is great."

The second one is like one minute more than what you did in the first one. Not just for pushing, but also because physically, what happens is that now your body starts to learn that it's okay to be in the chaos. The third one, you go in, and that one means that your body can work through the chaos. You reestablish organ function. Now your gas reflex, that huge control adrenaline that happens once the cortisol levels, both of them, now stay low.

Now we have a conversation in the last one. The moment you step off the water, you're like, "I killed it." That's a great thing. Joe Rogan said cold is the hardest thing you're going to do all day. That's why he starts with a cold plunge in the morning. It's the hardest thing. You start with that, and you're ready to take him to whatever task, which is awesome.

I think it's important to note, too, that Gus has got a few different protocols. We've got a lot of Russians. The Russians think we're crazy because they're like, "Why do you guys do the cold?" They use it for the heat. They go on there for the heat, and they dip in the cold to get a little bit of refresher, but then they're back in the heat, which is a totally different kind of enzymes when you're pushing it that high level heat than when you're pushing into the cold. It's interesting. The other thing I should mention about the whole domes is that it's not an individual effort. We design them purposely. It's 3 or 4 people can go in there, and the social aspect of it is as important as everything else.

Again, talking about that neuroplasticity, they've done studies and they prove that when you're doing group activity, compared to individual therapy, for example, the efficacy is 25% to 30% higher because of the group activity. We started doing some magic around a little community because we started developing a community of domers. It has been amazing that these people are connecting in the domes. They haven't met each other. When you get in there, you're getting in the cold water in front of other people. It breaks down all the walls. Nobody is pretending anymore. You can't do that.

People see each other, and there's this communal aspect that is very cool, very amazing, which is one of the reasons I was starting my nonprofit in the first place. It was to set out and to try to create something good for health, but it can also create cultural change. When you see these communities, you see people that are meeting each other for the first time, and then coincidences start happening, bizarre connections that are magic that come from a source that's bigger than us. That's cool to me.

That's amazing. I got to experience that. Gus and I never met each other, and then we spent an hour in the domes, and now I feel like we're great friends.

I think the best part of bringing so many people to the dome experience is that everybody reacts differently. Your brain is so busy trying to warm up that the BS shield has to come up because it's so busy trying to warm you up. If somebody said, "Honey, you're going to be okay." "Don't talk to me." Most people are like, "What happened? That's not this person." You just let go. My favorite part is that you're still conscious of how you reacted. On that second plunge or the third plunge, "I'm sorry for the way I reacted the first time." You are giving yourself self-knowledge, too. It's amazing the things that I have been able to witness while being in the dome. It has been spectacular.

At the beginning, some of the protocols are designed for the heat to help you get in the cold. Later on, through that scientific method, I found out that the heat is its own therapy, and then the cold is its own therapy. You have both extremes, then now you have the balance. You're getting the most out of them. The stuff that happens in between is cool to see.

You and I could cold plunge if you come in another day. The room is full of strangers, or I invite a couple of other people, and everybody is there to see you win. It's so cool because everybody claps or like, "Yeah, good job, man. That was great." When the time kept getting longer and longer, you got support from the next person you just met. You're all embedded in suits. This is even better. You know that you can be naked. It's awesome.

It's like, "He did three and a half minutes. Let me know when he is 3 minutes, 45 seconds, please." "Okay, let's do this."

Training Your Body For The Reset

I think, too, when we were in the other day, our first dip was about 3 or 4 minutes, then we were in the steam for about 5 minutes, then we went back for like 6 minutes. We sat in the steam for maybe another 5 minutes, then we did 11 minutes for our last dip. I felt like, because my head was out of the water and still in the steam, it was easier to stay in the cold water longer. Is there something to that as well?

Yeah, that's the whole experience. It's interesting because a lot of people are doing saunas and cold plunges. It's too bad that that took off like it did, because when your body starts to cool down and you go sit in a sauna, if you do want to go back and forth, it doesn't work because when you go sit in the sauna, your body is cooled down. You quit sweating, and then your skin feels like it's burning.

It's not a fun experience. You're starting to rewire your neural pathways the other way. It says that's not that fun. You need that 3 or 4 times to get that breakdown because the real goal that is for health is stopping the sympathetic and building that bridge to parasympathetic. With that being the goal, you don't want to create those stressors. You want to have something that progresses to the same end goal. It's fundamentally different.

There's no data on this, but from early on, because I did studies with the sauna people, I know from personal experience, the adoption rate is 3 or 4 times for people who use the domes with the integrated steam, because of that. As I said, it's a cumulative benefit. You're training your brain that, "I like this." Whenever you feel sick or a little off, it's like, "I need to go back and do a reset." For longevity and health, that's exactly what we need. That's something that reinforces not only the reset of the nervous system, but also then rewrites the neural pathways for the benefit of that reset.

Tweet: Train your brain to do a reset for longevity and health. This will allow your nervous system to rewrite your neural pathways.

I can't wait to go back myself. It's been a couple of days. I've been experiencing that and can't wait to take you guys and my family.

You guys killed it. I think you're ready for the next one. The next one should be a little bit more challenging. I'm looking for the challenge. It's not like, "It is too easy for you. I'm going to make it harder for you." No. It's the same thing that happened to me. Once you own that first one, then now we can

concentrate on like, "How can I get the most out of it while I'm here, and what is it going to do?" That's what the protocols are, and they're happening.

They're helping with craving testosterone production, obviously calming people a lot more. There's one that helped me and my family again to boost our immune system. There's one where Wim Hof talks about deep core memories. We were able to unlock the deep core memories in the heat and with the cold, and the resolution, it's incredible.

Certain things that he mentioned, he's taken couples in there.

It's couples therapy.

That's the one that I was talking about, where he goes, "Just stop talking to me. I can't hear Gus." At the end, he's like, "I'm sorry, honey. I didn't mean to yell at you." Also, it's a beautiful metaphor. I had a couple that went in, and you're in it together. You are in a struggle together. Both of you are cold, and one of them is going to have to help the other, or both of you're going to have to feed off each other. Nobody is going to get out, but you are going into it, and that's life. In life, you go through chaos together. You're not quitting. The thing about the domes, too, is that the door is there. The door is unlocked. You can walk out any time you want.

If this is too much for you, you can go. When you're with somebody that you love, it's different. You're looking at each other and like, "We got this, honey." That's life. It's stuff happening in your life, with your children, with your family, whatever. "We got this, honey. Let's do this, babe." That's an amazing thing. You see them hugging again and like, "We did this, we killed this." It's awesome.

Children with their parents, too. That has been a cool breakthrough as well. Sometimes, the position of a parent is the authority and everything, and sometimes they're lying to the kid to give you that support, or the dad or the mom is like, "We got this. Let's do this." It's awesome. It builds. It's doing something good, something healthy, and building each other up.

On a very serious note, one of the reasons this is all in our non-profit that we want to commercialize, but when you look at some stats of our healthcare industry. Some people will call it sick care. It's like 17 to 22 veterans die every day from suicide, that's every single day, from PTSD. When you get up to mental health, there are 135 people a day who commit suicide from mental health disorders.

When you get into substance abuse, that number jumps to 290 every single day. Every day, people are dying from substance abuse disorders and overdoses. When you get to chronic disease, chronic disease is chronic. It's something that is preventable through a lifestyle change. It's a whopping 4,600 people who die a day from diseases, which can be preventable.

That's some of the stuff early on that drove me crazy because things like statins or hypertension, those two are acutely something that can be fixed pretty quickly through the domes. It's about heart rate regulation that is driven off of the sympathetic response. We calm the system, calm the brain, calm the cells, we reset that. This is another realization early on. I was doing the dome with two different people. One person started out the week at 180 over 130 blood pressure. Something high. Another gal was opposite. She was like 90 over 60, low. At the end of the week, he went down like this, and she went up. Same dome, same experience. That proved to me that it's a regulator.

It resets the system for what we're supposed to be naturally, without any drugs. I was like, we've got to commercialize this everywhere because when we start to rely on pharmaceuticals to try to do what our electrical system can do for us, or make a fundamental mistake compared to what we can do naturally. It's not just the physical body. I've had a guy who was diagnosed with schizophrenia. He goes, "After I've been doing these domes for a few months, I no longer have this diagnosis."



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When we start to rely on pharmaceuticals to do what our electrical system can do, we are making a fundamental mistake.



It's sad on a couple of levels because it demonstrates that this can help a lot of mental health issues. You look at our industry, and I've come from healthcare, we misdiagnose schizophrenia like 50% of the time.

You get in mental health, we give people a lot of drugs, and a lot of people don't know that our doctors who are doing this don't understand the mechanism of action of the drug in the brain.

They're guessing, in other words, when they start giving people different cocktails and mixtures of drugs. They may experiment with somebody for years before they find something they think works. Whereas a lot of times, this can reset them right away. These diagnoses that we have are lies. We're off because if the body is off, your body is reacting to that.

You might have a deficiency in your body, but we don't need to treat the deficiency. We need to treat what caused the deficiency in the first place because you walk around WITH the cortisol pumping out of your body every day, which then prevents your body from balancing itself out. We don't need to supplement the imbalance. We need to stop what causes the imbalance.

That, again, is resetting that nervous system, so now your brain and your body talk to each other and they know how to fix things. That's God right there. We've been around for billions of years. Pharma hasn't been around that long, and we made it this far. Somehow, we think that pharma is our solution when it's a distant second or third compared to natural pathways.

Dan's Battle With Chronic Disease

That's amazing. Dan, you mentioned that you have a chronic condition. Gus, I know you mentioned to me the other day that before you started with the domes, you had your own health challenges. I'd be curious, how have you both personally been healed and working through some of your conditions? I know you've both taken hundreds of people. You've shared a few stories. I'd love to hear what some of the ailments that you've seen reversed and healed through this, emotionally, spiritually, and physically. I'd love to hear personal stories and then other stories.

Personally, I've had a double hernia. I've had the mesh. I'm one of those people. You don't hear about it because they don't advertise it. A lot of people reject the mesh, and that creates a chronic condition. I always had this hyperactive nervous system because of the mesh and whatever else it may be. As I said, you start to have neural pathways that enable that. I used to have to sit in dark rooms. Light was bothering me. I was like, "I'm going to have to take myself out," because I couldn't function. I even had an episode where I had to call an ambulance because I had vertigo. I was like, "What am I doing?" That's started the journey more acutely.

I started doing, of all things. Reiki was the only thing I could do that could keep me calm. Something about that human touch. I started doing that before I started experimenting with the domes. That's something that was very expensive. What I love about the dome is that it has water and electricity. We can be the lowest-cost solution in the country for something that has the highest benefit. That's was my personal journey. I was at a point where, and you hear about this, that if you have to sit in the dark all day long, you can't go see people. It's like there's not much to live for. You start to think to yourself. That turned that around for me.

Also, I don't know if I told you this, but we run recovery homes. We have a men's campus and a women's campus, and these are people with substance abuse. One of the things I didn't tell Gus and other people in the beginning is that we have an obligation of confidentiality. A lot of people who would be coming to do domes are from our recovery homes. We have this belief that the opposite of addiction is connection.

We have tremendous results from people. When people are regularly doing domes, they do not relapse. That's the stat we have. We know that when they do them on a regular basis, they don't relapse. Now you compare that to the industry, the industry has a 50% relapse rate for people that get help. The sadder part of all that is about 85% to 90% of people don't even get help. The reason they don't get help is that help is very expensive. Everybody in the industry has geared up, and they're getting help from rehab centers. A rehab center, if people know people with addiction, you've got to go find \$20,000 or \$30,000 for a month of treatment.

I can do better than them for less than 10% of that cost. As a business guy, you see that and you understand it's like I have a moral obligation to try to commercialize this. You then start to read stories that venture capital firms and private equity firms are rolling up rehab centers. From my background doing startups, that tells me the only reason that's happening is because they're great profit centers.

When you're charging somebody \$30,000 to get sober and 80% of the people can't afford that, what are we accomplishing? Here in Florida, we have the second-highest number of annual deaths from overdoses. Some of the problems in this industry, the corrupt problems began in Florida. We were called the pill mill. People would drive from all over the country back in the days of opioids were great for everyone.

They'd drive here, pick up their opioids, and take them back to the rest of the country. I'm looking at all these stats and having addiction in my family, specifically to opioids from doctors. I have a moral obligation to try to fix this. I was like, "It's water and electricity." It's that simple. There's lots of nuances to it and people like Gus are vital. It's like we're fooling ourselves by continuing this lie that we need to go see these expensive treatment programs.

If I get people who have addiction and they're doing domes with other people and they have that connection that breakthrough, that emotional response of that breakthrough and relationship along with the domes, it settles down that sympathetic response. That alone does better than what the big expensive treatments do right now. We're at the early stages. I expect to take these all over the country because we have 100,000 people a year who die from overdoses. All of that is completely preventable.

Tweet: There are around a hundred people a year who die from overdose, and all of that is completely preventable.

That's amazing. Thank you for the amazing work you're doing to solve this crisis and that issue, and how you've healed your own self through this work as well.

That was the necessary path to realize that there's a bigger stake than a pitfall.

This is amazing. Gus, do you want to share maybe a little bit about your story as well?

I had the pleasure of bringing over like 350 people in the last two years to the domes. My background is as a massage therapist and a trainer. I was also a kinesiologist and athletic trainer for a professional basketball team in South America. I've been around the medical. I love it. I love touching people, and I love touching people to facilitate things.

Through the people that come through my table, because a lot of these people are also my clients and patients, they have come with hypertension, depression, tons of inflammation, arthritis, any of that inflammation, they have all come through. Some people have come with overwhelming pain. They don't

know what hurts. It's just everything hurts. The domes have become the place where we have all these people and now, when you shock that nervous system, the sympathetic and the parasympathetic takes over.

All the pains that are extra, all those warning signs that you kept ignoring out of your body, those ones go away. It boils down to your original pain. I have somebody who sometimes complains about pain in every part of their body. We started doing the domes and it's like, "I only feel my lower back." I'm like, "Great. Next time, that's where we're going to be working, and let's get rid of this." People tell me, "I've been in pain for ten years," which is an awful thing to be. There are people who have healed a long time ago, but their nervous system is still so on that they didn't know they healed. They kept that nerve memory.

Now here comes the domes, and you go through all these motions and everything that we do, depending on the protocol. Now it's like, "It's the first time I have not been in pain." Your nervous system is so on, you miss the part when you were in not in pain anymore. That nerve memory stayed with you. Sometimes pain comes from trauma. It could be psychological trauma or physical trauma. People will tell me, "I come because this hurts." I'm like, "Alright." They would be like, "Hold on. I had an accident playing football when I was sixteen years old," and this person is 40, 50 years old. "It was around my neck." I'm like, "You forgot to mention that." "No, you were able to access it."

That's some of the stuff that happens physically. The spiritual part is every day. That needs to be like, we need a box of popcorn. You eat because of the stuff that happens in there every day, which is amazing. Healing from the past, healing from physical healing, forgiveness, a lot of people go through it and they let go. That is an amazing thing to see because God works in mysterious ways. Sometimes, He works through the water, through what happens in the domes. It's temperature and water.

FULLY



God works in mysterious ways. Sometimes, He works through the water.



Some of the men come and plunge very often but my favorite thing is like, “Is this what happy feels like?” You were telling some of these stories, and telling me all this stuff at the end like, “Gus, I’m happy. Is that okay?” For me, it was to get all this core memory where I knew when my addiction started, and it doesn’t cure it. It gave me the choice again because if your brain is on drugs, your brain is on a substance, you’re going to forget the day that you started and why you started.

When you’re giving that choice again, which is God’s given gift of free will, you can be like, “I don’t need to. I don’t have to. I’m okay. I can delay this.” Some of my clients, for her knee pain, go like, “I’m not taking my pill preemptively. I don’t need to. I’m letting it ride and see what’s going on. Let’s see when I

am going to have to," if she even has to. That means you have freedom from whatever substance, whatever thing is holding you and making you happier.

There is a book by a gal named Judith Herman. She wrote a book on trauma and recovery. She was fascinated with the fact that ten guys would go to war, and they would see combat action. She'd say, "Why do 8 out of 10 of those guys recover but 2 out of 10 don't?" There's a lot of study on that. Fast forward to another movie called Sensitive. There's a movie called Sensitive. A lot of people know Alanis Morissette, the music artist. In that movie, they did a study that a lot of organisms, human beings as well as animals, about 20% of the population, are what they call highly sensitive. I think that's a function of nature. When you're highly sensitive, it means you're programmed to have an extra sensitive nervous system.

I think that's part of nature saying, "One out of five people need to be deep learners," and that's why we have that extra sensitive gene. In war, when you're experiencing something bad, you're going to learn something bad, which then gives you PTSD. I was looking at people who are chronic, people who are highly sensitive, people who have mental health issues, and people who have chronic disease. They all have the same underlying mechanism of causation. That's this hyperactive nervous system.

If that's the case, and these are the sickest people in the country, and the people who more often commit suicide, and it's all because they don't have a method to calm themselves down. The things that we give them to calm them down end up perpetuating it because they work for a little bit but our body starts to react to those chemicals because it's chemical based.

It's fascinating, and I don't think anybody's put 2 and 2 together on this. There's 1 out of 5 people. They need something like the domes because they don't have a solution. There's a lot of science behind it, and a lot of connecting the dots of things that we don't think when you say 8 out of 10 people recovering normally, why don't the other 2? Answering that question is answering a much bigger question for human beings in general.

I'm at the domes every day, and I talk to people. When you have a couple of dozen guys, and especially women is easy. They're going to admit their emotions. They're going to admit, "I had a spiritual experience. I bawled my eyes out." When you have a dozen guys tell you that, "Yeah, I cried in the dome." I understand. It happens all the time.

It's easy to cry in the dome when even when you're with people, because it's steamed up. You can't see each other. You can face the wall, let it go. It happens. It's a healing experience. A lot of times, the spiritual experience is that we let go of all these things that we think we are. We let go physically, we let go emotionally, and we're releasing. That is maybe a physical definition of a spiritual experience. When you're let go and you go calm for the first time, because we had plenty of guys in the house. I remember this guy. He's like, "What am I feeling right now?"

It's like, "You're feeling calm." "This is so strange." Somebody who hasn't felt calm in years, and if your addiction was heroin or whatever, it's probably true. They use the drugs or whatever it was to try to escape that anxiety they have, not realizing there is a way that we can physically shut that anxiety off like a switch. This addiction epidemic we have in this country is completely unnecessary and something we should be able to fix. We've got to get these domes out there everywhere.

How Older Individuals Can Benefit From Dome Wellness

I have one other question. I know we talked about this a bit, Gus, but what about people who are older or maybe in the aging population, maybe in their 80s, and they have some of these arthritic ailments or any ailments that are caused by inflammation or not processing inflammation? I know we talked about young people, kids going through this. We've all done this. What about older people?

I'd like to comment on this. They've done studies. You've got to look at this, but there is a study where people who have had heart attacks, quadruple bypass surgery, can go in and take the heat and the steam. It's not a problem. We've only started to understand neuroscience from maybe the last 30 years. I spent ten years in education. The neuroplasticity of the brain never stops. It means we can rewire the brain no matter our age. That is another thing that gives me goosebumps because it's like we settle and say, "I'm old now. I can't do this." It's like, "Yes, we can." The brain is amazing. There's no way the brain was some weird combination of forces that bounced around and created a human brain.

Tweet: The neuroplasticity of the brain never stops. You can rewrite it no matter your age.

It was created by something much bigger than us because it's amazing. There's no way that was some random concept. I don't know if we'll ever understand the brain because we don't. There's nobody on this planet right now who can define what consciousness is. They don't know. I don't know if we're ever going to figure it out because it's bigger than our ability to figure out, which tells you the universe is created by something much bigger than us. It's a matter of fact, not a debate.

I know, Gus, you mentioned that your mom goes to the domes. She's 80?

She's 79 years old. Stents, circulatory issues, and afraid of cold and heat because that's the way that she was brought up. When we brought her in the first time, she was like, "I feel so cold, but it feels so good, and I don't know what's going on." She came the next day and was like, "Are we going to the domes? Are they open today? Are we going to go next time?" She reacted perfectly to it.

Her favorite part of it was that the domes allow you to release the inflammation process. She has a rotator cuff that she doesn't want to get surgery on because the doctors in Columbia tell her that she's too old to do that. She was painless for days because of the experience of the domes, because it was not as bad. It could be as bad, but she's not having the same nerve reaction to it. The inflammation that is causing the pain comes down. She's feeling great.

Same thing for her hips and for her heart. We have brought people with heart issues, with bypasses, with circulation, and hypertension, like you said. Tons of people with arthritis and also older population. One of my clients who plunged with me is 77 years old, and there's no problem. The domes are designed to have so much health in mind that I think that the fact that the water is 50 and the steam can be manipulated, you can have the best experience in the domes and get the most results out of it.

It will be nice to do it and be guided a few times if you're older, but most of these people love it. I don't know if it's your experience, but every single time I go to the domes, there's the 80-year-old and the 70-year-old always in the steam room. You go to a spa or a health club, and the people using the steam rooms and the saunas, the 70-year-olds and the 80-year-olds, love it. What we are adding is the cold exposure. That cold exposure goes in, and I'm sure that they can use it so they can be in the heat a little bit longer, but they love it. I see that the older population mostly loves the steam room and the saunas. It works for them.

Do you think for the kids it's a piece of cake?

It is easy. You put water, and any kid loves water, regardless of what is outside.

What's Next For Dome Wellness

I know we're getting close to commercialization. Can you share any of the plans or what's on the horizon?

We're making some of the domes with wood and different things. The next step is we're going to create what the struts are. You create these triangles, which create the dome. We got some aluminum struts coming. We've experimented every which way we can to realize we've got to do some covering. It needs to be outside because that adds a whole other dimension. You've got to protect it somewhat from the sun, but you still want sun in. A lot of weird little nuances that we had to figure out. We're ready to start going. The one thing we're waiting on is a thing we probably haven't told a lot of people is that we're developing an AI assistant for not only the domes, but we're creating an AI that helps rebuild a community.

It's not going to be just the domes and not just for health, but we're also wanting to create the same effect in education, media, arts, spirituality, a lot of different things through where we can go to a whole community and say, "Here's a way we can renew a community." The domes are the thing that leads the way. In order to renew communities in today's crazy world, we need this fundamental renewal process.

The domes are part of a bigger picture, and we think we're going to do that in Florida, but going deep. Everything is very simple, as you can imagine. Nothing is complicated. It's our Western world which makes everything crazy complicated as we dissect everything in the universe thinking that we're going to build another empire when we just need a local community.

If we establish a local community, 90% of our problems will disappear. Everything from local micro farming to what we call the seven spheres of influence. We've got a great solution for healthcare and there's six other spheres that we've got good solutions in. I've been researching for 25 years. This is a 25-year project for me, but the scaling of it is going to be easy because nothing is that hard, as you can imagine. On the other side of complexity is simplicity. It's a return to the celestial garden where everything is simple, and we start to tame down some of our Western world neurosis of the way we complicate life.

Getting In Touch With Dan And Gus

Where can people find you? Where can they sign up? If in the future they want to purchase a dome or bring one to their community, I know that there are a couple of websites.

There's a sign-up on the website. It's Dome-Wellness.com, but we're going to start reaching out here. By the time this episode goes, we're going to have a beginning level of our AI available, and that's going to help assist to get the word out. As I said, the reason I think we can scale is that any community can take this on and do it all because nothing is that complicated. We did the hard work to make it simple. Sometimes, they say the hardest thing to do is make something simple. That hard work is out of the way. Rebuilding a community is very simple. In this formula, we have. I think when the AI is ready and we test a little bit to make sure it's good enough, that should be in the mid-July 2025 or so.

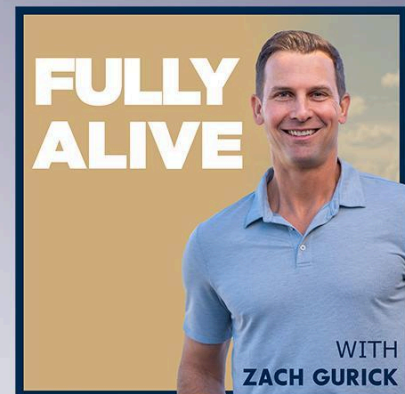
Not too long. Mid-July of '25. Right around the corner. This is amazing. There's so much more we could talk about. We'll have to have you back for another time, maybe in the future when the domes have been released and are on the market, and more people are using them. We'd love to have you back some more and talk more about all the amazing benefits and the things that you guys are doing. Thank you for the life-changing, transformative work that you have launched and that you're a part of. It's a gift to have you guys here. Thank you so much for being on the show.

Thank you for the opportunity.

What a fascinating conversation today with Dan and Gus here at Shell Point. I learned so much through that conversation, and I'm excited about the potential that is out there with this seemingly simple but profound invention and technology of combining the steam room and the cold plunge, and the way that resets our nervous system and how it resets our electrical system.

I love how Dan summed it up that the root cause of almost all ailments is this inability to process inflammation. What this technology of the steam room and the coal plunge in one does for us is it allows us to reset our system, so that it can process inflammation correctly and appropriately. He mentioned a few stats that I thought were staggering. Sixty million people are over-prescribed, and here is a solution to that problem. Four thousand six hundred people a day are dying from chronic illnesses, and here's a solution to some of the root causes of some of those problems.

The root cause of almost all ailments is the inability to process inflammation.



I'm excited for this new startup to launch and for this to become accessible, hopefully even here at Shell Point, and we'll have some of these accessible as well. I hope that you enjoyed this conversation as much as I did, and I hope that you'll check out Dome-Wellness.com. As we mentioned, by the time this comes out, these will become more readily available. We're on the cutting edge of launching Dome Wellness. Thanks so much for checking out this episode. Stay tuned for more to come, and we'll see you next time.

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