



A Natural Fit

An Interview with
Dr. Jeff Gardere,
Chief Medical Spokesperson,
Philip Stein Watches International

EDITORS' NOTE Dr. Jeff Gardere is a Ph.D. clinical psychologist. In addition to a prestigious private practice in New York City, Dr. Gardere consults with inner-city clinics and foster care agencies, and is an Adjunct Clinical Assistant Professor of Behavioral Medicine at Touro College of Osteopathic Medicine in New York City. He is currently the consulting psychologist for Fox 5 television in New York City; the in-house psychologist for The Maury Povich Show; a contributing psychologist for NBC Today and MSNBC; the chief contributing psychologist for healthguru.com; columnist for Sister 2 Sister magazine; and host of VH1's Dad Camp on Twist TV in Canada.



Jeff Gardere

COMPANY BRIEF The Philip Stein Group (www.PhilipStein.com) has grown to be a leader in watches and other lifestyle products. From its flagship Philip Stein watch and accessory line to its recently debuted Fruitz brand, the company's products all feature its Natural Frequency Technology.

Would you provide an overview of the Natural Frequency Technology that is embedded in every Philip Stein timepiece?

The Natural Frequency Technology that is embedded in every Philip Stein timepiece and sleep bracelet is composed of a blend of frequencies believed to be beneficial to life and overall well-being; the prominent frequency is the earth's frequency, which is also called the Schumann Resonance.

Which major areas of the body does the Natural Frequency Technology target to promote relaxation and well-being?

Every system, organ, tissue, cell, and molecule in the human body vibrates within a certain range of frequencies and each one has an ideal frequency, called Harmonic Resonance Frequency (HRF). Every Philip Stein watch contains a Natural Frequency Technology disc believed to help reset the body to its ideal HRF. It is like tuning a musical instrument that has been out of tune. Many customers have reported increased relaxation and overall improved well-being.

Has the brand attracted scientific support for the impact of Natural Frequency Technology?

Philip Stein has been commissioning empirical research on the frequency technology embedded in its timepieces since 2009.

The most current research was completed by the prestigious NeuroKinetics Health Services, Research and Development Institute in Vancouver, Canada and at the Kennedy Space Center in Florida. The preliminary testing results suggest that the Natural Frequency Technology embedded in every Philip Stein timepiece has a physiological impact on the body that is measurably greater than a placebo and may ultimately result in less stress, more restful sleep, and increased wellness compared to the placebo group.

Is Natural Frequency Technology also used in jewelry and other Philip Stein products?

The new Sleep bracelet also has the embedded NFT Technology but it is set at a differ-



Spokesperson. I was familiar with NFT and some of the preliminary research.

I feel very fortunate to be part of an emerging wellness trend: clothes or accessories that interact with the body. Philip Stein is at the forefront of this trend in creating a watch that tells time, enhances appearance (as an accessory or jewelry), and potentially provides health benefits – it's history in the making.

“Current research is very exciting because it provides some objective measure that Philip Stein’s Natural Frequency Technology is interacting with the human body in a way that is consistent with relaxation and overall well-being. The studies are helping build scientific support for what we subjectively experience and believe, which is that there is a holistic benefit to wearing a Philip Stein timepiece,” explains Will Stein, Founder of Philip Stein.

ent frequency level. This product just hit sales floors this past holiday season.

What excited you about working with Philip Stein?

I began wearing a Philip Stein watch with Natural Frequency Technology before I was hired by the company to be their Wellness Director/

Most importantly, as a psychologist, healer, and “natural” wellness practitioner, working for the Philip Stein Group is truly a “natural” fit. ●

Philip Stein small signature two-tone rose gold-plated and steel case (left); small round stainless steel diamond and mother-of-pearl watch (right)